



FOR IMMEDIATE RELEASE

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South Shore *Moves!* “Challenges” South Shore Employers To Get Their Employees Moving!

WEYMOUTH, MA, --December 5, 2013--The first South Shore *Moves!* Wellness Challenge was such a success that South Shore Hospital has yet again partnered with A Healthy Balance, Inc to answer the calls for a healthier work environment and to combat rising rates of employer-paid health care costs.

During the Summer 2013 Challenge Alvin Hollis beat out South Shore Bank, Town of Weymouth and South Shore Hospital for the title of Challenge Champion. Collectively the over 250 participants met their goal on the nose of 150 minutes/ week of physical activity.

When asked how the success of the program was measured Al Macdonald, Community Benefits Office of South Shore Hospital, said: “The combination of friendly competition, office camaraderie and coaching clearly succeeded in getting people moving and thinking about how to build wellness into their lifestyle.”

This time around KAF Financial Group and Sealcoating, Inc, Verc Enterprises, Whole Foods of South Weymouth and The South Shore Chamber of Commerce, whose team includes members from over 22 organizations, will compete for the title of South Shore *Moves!* Winter 2013 Challenge Champion, beginning Monday December 9, 2013 and running through Friday January 31, 2014.

These 5 organizations have been charged with another challenge as well; can the Winter 2013 teams out-move the Summer 2013 teams and boost their challenge-wide minutes of activity above 150 minutes/ week?

Throughout the challenge participants, or “Movers” will receive points towards their team and individual totals by engaging in physical activity, preventive health care visits, challenge sponsored workshops, programs and events. Points will earn them prizes throughout the challenge such as fitness gear and accessories, gym memberships, Ipods, Bruins tickets, and most importantly, better health; all of which will be awarded at a post-challenge celebration at South Shore Country Club for February 5th.

Comprehensive health and wellness programs result in healthy employees. For organizations and companies, healthy employees mean fewer visits to the doctor and hospitalization prevention, increased productivity and greater employee satisfaction and engagement. For more information on **South Shore Moves!** or how to bring the challenge to your South Shore based organization visit <http://www.southshoremoves.com> or contact us at SouthShoreMoves@gmail.com

About A Healthy Balance, Inc

A Healthy Balance, Inc works with individuals and organizations to develop customized health and wellness programs. We work with our clients to help them find their own healthy balance by identifying and incorporating realistic nutrition, fitness, and wellness habits into their personal life or into their employee's lives.

www.AHealthyBalanceInc.com

About South Shore Hospital

South Shore Hospital is the leading regional provider of acute, outpatient, home health, and hospice care to the approximately 725,000 residents of Southeastern Massachusetts. South Shore Hospital is a subsidiary of South Shore Health and Educational Corporation. Both are charitable, not-for-profit, tax-exempt organizations, governed by a volunteer board of directors. Our home health care division includes South Shore Visiting Nurse Association, Hospice of the South Shore and Home & Health Resources. www.SouthShoreHospital.org