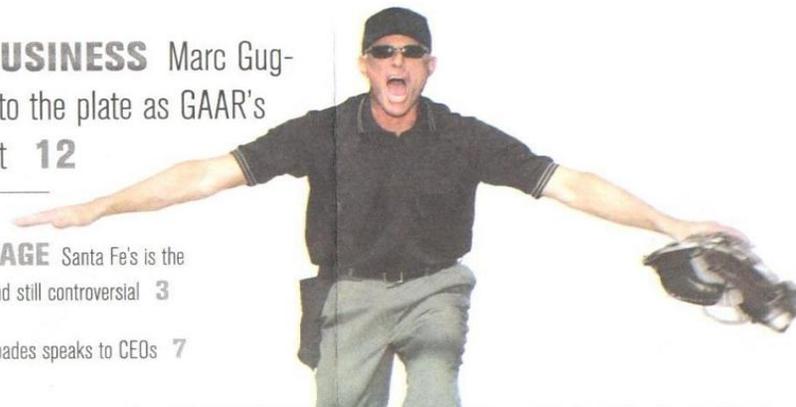


# NEW MEXICO BUSINESS WEEKLY

**FACE OF BUSINESS** Marc Gugino steps up to the plate as GAAR's 2012 president **12**

**MINIMUM WAGE** Santa Fe's is the highest in the nation and still controversial **3**

**VALUES** Ann Rhoades speaks to CEOs **7**



VOL. 19 NO. 4

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MARCH 23-29, 2012 \$2.00

## SMALL COMPANY HONOREE

# Get A Grip Inc.

## VITAL SIGNS

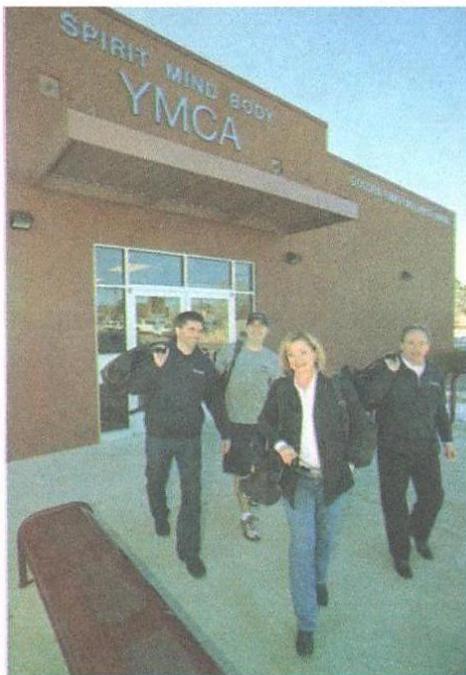
**Website:** [getagripinc.com](http://getagripinc.com)

**Industry:** resurfacing of bathtubs, countertops, cultured marble, tile, shower surrounds and cabinets.

**Top executive:** Sharon Dillard, CEO

**Employees:** 13

**When did your organization launch its wellness program?**  
2010



At left, Get A Grip Inc. employees leave the YMCA. Full-time employees and their families receive a YMCA membership. Top right, Senior Vice President Ryan Dillard talks with staff about the wellness program; bottom right, employees show off their water bottles.

**In 100 words or fewer, why is your organization's wellness program awesome?**

Our wellness program is awesome because it doesn't feel like work! We've integrated healthy foods into our break room, provided water bottles for all employees to carry with them and pay



for memberships to the YMCA so employees' families can get involved, too. And occasionally we have guest speakers talk with us about key health and lifestyle issues – right when everyone gets to work, so that it doesn't disrupt the day. We're thinking up new and different ways to encourage wellness every day, as well.

**How has your wellness program made a difference for your company and for employees?**

Several people have quit smoking. Others have lost weight because they aren't eating candy bars and junk food in the break room. Instead, they are eating fruit and drinking water. And the YMCA memberships have families becoming closer and exercising for fun. All this means less sick time and more engaged employees.

**What are some aspects of your organization's wellness program?**

Seeing the results is the most popular part! We fill up the fruit bowl frequently, the technicians fill up their water bottles in the morning as they head out to jobs, several of us have quit smoking and have lost weight. Exercising means people see the difference in their energy, too. Just becoming aware of easy ways to work wellness into your day makes a real difference for everyone – and we all encourage each other.

**What's the most fun, interesting or unusual activity your organization's wellness has done?**

We've learned that the state and many nonprofit organizations offer free educational programs where speakers will come talk to your company about health and wellness issues. It's been very interesting [learning] that so many programs exist and having the opportunity to learn more about our health.