



## Whirley-DrinkWorks! Healthy Living Programs

Let us aid in you reaching your healthy living goals!

Whirley-DrinkWorks! provides several opportunities for you to improve your health and wellbeing. You are encouraged to take advantage of these programs by participating with your family, yourself or with a group of TeamMates.

**For more information on the  
above programs please contact:**

**DiAnn Savko  
Ext. 1129**

**[dsavko@whirleydrinkworks.com](mailto:dsavko@whirleydrinkworks.com)**

### **Fitness Membership**

The company will pay half of your individual or family membership fee to any fitness center that meet the criteria set by the company (YMCA, Snap Fitness, Results, Jefferson Defrees).

### **Biggest Movers**

Record your daily exercise activity on a quarterly log. At the end of each quarter you could be eligible to earn coins based on the number of minutes you exercised!

### **Nutrimost/Whole Health**

These are services provided to TeamMates who would like to reduce weight, improve fitness, and become educated on proper nutrition and exercise practices. The company will provide financial assistance to those who participate in the program.

### **Weight Watchers/TOPS**

Financial assistance will be provided to those TeamMates who participate in the mentioned fitness organizations.

