



TRI FIT CLIENT PROFILE

# Greg Peterson

President and CEO Kellogg Canada

Greg Peterson, Kellogg Canada's President and CEO is a model of fitness and well-being and sets the stage for employees to follow.

From the age of 12 Greg was an active sports enthusiast, playing in basketball, baseball and football leagues. He also had the opportunity to learn golf at an early age. Unfortunately, the ability to participate in many of his favorite athletic pursuits came to a halt in his late twenties when a back condition called Scheuermann's Disease forced him to stop many of the sports that had become a big part of his life.

As one door closed another opened up. In graduate school, Greg decided to take up cycling, which would provide a cardiovascular workout without the wear and tear on his back. Since that moment almost 20 years ago Greg has not looked back.

Greg's love of cycling has spread into many facets of his life. Reflecting on his passion he comments, "Some people are into stereos, others are into cars, and I am into bikes." He owns two road

bikes, a mountain bike and a tandem road bike so he and his wife Lia can ride together.

In the summer he rides up to 150 kms. on Saturday mornings with a cycling club in Milton. "I am back by noon", he says, " and have the rest of the day to spend with Lia and our four children."

His wife has become equally passionate about cycling and together they enter in the annual Father's Day National 24 Hour Bike Challenge. They travel to Michigan to participate in this National event, which takes place in several locations throughout the U.S. The goal is to see how far you can ride in 24 hours - last year on his single bike Greg rode 411 kilometres in just over 16 hours.

When asked what keeps him motivated, Greg replies, he always likes to have a goal to work towards. "Whether it is the 24 Hour Challenge, The World Wildlife CN Tour Climb or the Tri Sport Duathlon relay in Niagara on the Lake, there is always the next event to train for".

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*Bill Duggan and Greg Peterson from Kellogg Company trading bikes at the 13th hour of the National 24 Hour Challenge bike ride.*

# HUSKY Injection Molding Systems Ltd. Opens New Wellness Centre

TRI FIT IS VERY EXCITED TO HAVE BEEN RECENTLY SELECTED TO MANAGE HUSKY INJECTION MOLDING SYSTEM'S NEW FITNESS CENTRE IN BOLTON. THE 7,200 SF FACILITY JUST OPENED THE FIRST WEEK OF JULY.

The Fitness Centre, adjacent to the Wellness Centre, has a 2,800 SF individual workout area with state of the art Life Fitness cardio and strength training equipment, and an 1,800 SF aerobics studio to hold a wide variety of group classes including yoga, Pilates, karate and studio cycling to name a few.

**The Husky Wellness Centre takes a proactive holistic approach to physical and mental health.**



Designed by The Ehvert Group, the Wellness Centre features a dramatic carved wood wall in the entrance and colours reflect a spa-like environment with calming earth tones, and natural wood. Many of the finishes including the recycled flooring in the workout area is consistent with Husky's dedication and responsibility to the environment. The lighting is also energy efficient. The Fitness Centre is available to their 1,300 team members free of charge and is open 24/7.

The Husky Wellness Centre takes a proactive holistic approach to physical and mental health. To this end, "The Wellness Team" is comprised of medical doctors, naturopaths, chiropractors, nurses, physiotherapists, massage therapists and kinesiologists. Tri Fit Fitness and Wellness Consultant Erin Nelson-Aube will be an integral part of Husky's Wellness Team managing the Fitness Centre and its related programs.

Health and Wellness have been an important part of life at Husky for many years. Husky has fitness centres in all of their manufacturing campuses and promotes intramural sports and other programs that support team

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building and healthy lifestyle. Other facilities and services promoting a healthy workplace include their cafeterias, managed by SODEXHO, which feature healthy food choices, their on-site child development centre and an outdoor volleyball sand court and portable basketball courts. Team members are provided bikes to travel from one building to the next around their 70-acre campus.

Founded in 1953 by Robert Schad, Husky Injection Molding Systems is one of the world's leading suppliers of injection molding equipment and services to the global plastics industry. Manufacturing facilities are located in Canada, (Bolton, Ontario), China (Shanghai), the United States (Milton, Vermont) and Europe, (Dudelange, Luxemburg). The Bolton Campus is their Global Headquarters.

Husky has been recognized in 2000 and 2001 as one of the best 35 companies to work for in Canada. (*Globe and Mail Report on Business Magazine*).

*Dr. David Doull, Wellness Director trying out the fitness equipment with Tri Fit Fitness Consultant Erin Nelson-Aube.*

## Tri Fit Wins Prestigious Supplier Award For the Third Consecutive Year

Tri Fit was recently honoured as an outstanding Toyota Motor Manufacturing Canada supplier for 2003 at Toyota's fourth annual indirect supplier's business meeting and awards ceremony in Kitchener. Tri Fit received a plaque (the highest award) for meeting or exceeding Toyota's standards in the areas of quality, delivery and cost. On hand to receive the award were Corolla Park Administrator Lisa Lorentz and Tri Fit President Sue Pridham.

Tri Fit was brought on board in December of 1991 to assist in the design of Corolla Park, Toyota's 30,000 square foot fitness and recreation centre in Cambridge, Ontario. The Centre, which opened January 1993, was a gift to the team members for winning the J.D. Power Gold Award for Quality.

The indoor facility has a collegiate size gymnasium, individual workout area with state-of-the art fitness equipment, squash and racquetball courts, an aerobics studio, games room, meeting room and quiet lounge with fireplace. Outside there are facilities for slo-pitch, soccer, tennis, jogging and a children's playground.

## News Brief

### Exercise Lowers Employers' Health Costs

In a recent research update, Reuters reported that companies can save millions in health-care costs simply by encouraging their employees to exercise a little.

Reifei Wang and colleagues at the University of Michigan studied 23,500 workers at General Motors. They estimated that getting the most sedentary obese workers to exercise would have saved about \$790,000 a year, or about 1.5 percent of health-care costs of the whole group. Company-wide, the potential savings could reach \$7.1 million per year, they reported in the Journal of Occupational and Environmental Medicine.

The researchers also reported that the annual health-care costs averaged \$2,200 for normal weight, \$2,400 for the overweight, and \$2,700 for obese employees. Adding two or more days of light exercise lowered costs by an average \$500 per employee a year.

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Greg also likes the way he feels when he stays in shape. "I like it when my clothes fit right", he says. He also believes that his commitment to cycling has had a transfer effect to his overall health. "The more I exercise, the more attention I pay to my diet, the better I sleep, and the more relaxed and comfortable I feel."

"The whole family is committed to regular exercise and a healthy diet", says Greg. Two of his sons have Type 1 Diabetes and have grown to understand the physiological benefits of exercise and healthy eating. "The balanced, well-rounded diabetic diet is the way we all should be eating."

With Greg's busy schedule he knows that mornings are the only time of day he can be guaranteed no interruptions. He devotes four to five mornings a week to working out. When in the KClub, Kellogg's on-site gym, available free of charge to all employees, he uses the stationary bike, the elliptical trainer or climbs the nine flights of stairs at their head office

on Finch Avenue.

Greg is proud to be able to offer Kellogg's employees the facilities and programs to enhance their personal health and well-being, "It is very much in keeping with our KValues", Peterson reports. "Health has always been at the root of our business. We also believe it is a powerful tool to recruit and retain the best talent. Many new recruits site an on-site gym at the top of their benefits list," reports Greg.

Greg believes that Tri Fit's on-site fitness and wellness consultant, Diane Candiotta, has helped to motivate and encourage employees to adopt healthy lifestyle habits and has created a supportive environment in which to participate.

Kellogg Canada's new headquarters slated to open December 2004 at Dixie and Eglinton, will feature a 4,000 SF state of the art fitness centre on the main floor and exemplifies Kellogg's ongoing commitment to employee fitness and health.

# Wellness Within Campaign Launched at Campbell's Nationwide

Campbell's history is deeply rooted in health and wellness from the food they create to the healthier cooking options they make available to their consumers. The organization firmly believes that the future success of Campbell's will be in their commitment to helping Canadians learn more about eating better, being more physically active and making healthier choices about wellness.

In sync with their consumer philosophy is a mandate to support and motivate their own Campbell's team to achieve these goals. To support their employees on the path to wellness they have created the *Passport to Wellness Within Program*.

Beginning in May employees across the country took part in *The Passport to Wellness Within Program*, a health assessment which evaluated height, weight, percent body fat, body mass index, blood sugar, blood glucose, blood pressure, stress, nutrition and physical fitness. A variety of assessment tools were used to make the event interactive, informative and fun. For example, employees tested their nutrition know how by taking part in the Grocery Cart Quiz. A variety of Campbell's products were displayed



in a shopping cart and employees had to guess which products were lowest in fat, sodium, or contained the highest amount of vitamin C.

Upon completion of the *Passport to Wellness Within* event, which took 20 – 25 minutes, employees were invited to set personal wellness goals and embark on an eight-month 6,183 km wellness journey across Canada. The virtual trek started at the Campbell's office in Darmouth at the beginning of May and ends December 31st in Vancouver.

*Tri Fit Wellness Consultant Maureen Campbell chatting with a Campbell's employee about her eating habits.*

Employees earn points by being physically active, eating healthy and looking after themselves through such things as yearly dental and physical checkups. Employees can also earn bonus points by participating in wellness booster activities organized by Campbell's, i.e. participating in a charitable event or a Campbell's sponsored wellness activity.

Tri Fit worked with Campbell's Human Resources Department to develop the *Wellness Within Program* and facilitate the Passport assessment event.

For more information on Campbell's *Wellness Within Program* contact Fanny Karolev, Manager Health and Wellness for Campbell's at [fanny\\_karolev@ca.campbellsoup.com](mailto:fanny_karolev@ca.campbellsoup.com).



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