Salt Lake - On January 15, several administrative employees gathered to renew annual memberships and celebrate the Physical Activity Recreational Center's (PARC) third anniversary.

In 2004, Governor Walker signed a letter asking state agencies to implement recommendations designed to help state employees eat better and get more physical activity. In 2005, Governor Huntsman endorsed the Work Well Recommendations and urged all state agencies to implement them. As a result, PARC opened and membership has almost doubled - from 37 to 78 members.

PARC members are raving about overall employee health. "I am so excited that I have a great and convenient place that I can work out in," said Aging and Adult Services Legal Services Developer Jilenne Gunther. "It is something that I look forward to every work day. It is great to be able to take a 'real break' from work and re-energized myself. It is the best benefit that the Department offers."

Employees are initiating and maintaining behavior and lifestyle changes and they are seeing the results. They feel better, have improved stamina, less stress in their life, and some have shed weight or maintained their overall weight while gaining muscle.