American Heart Association Names Apollo Group A Gold-Level Fit Friendly Company for 2012

PHOENIX, May 4, 2012 – For the second year in a row, Apollo Group has been recognized as an American Heart Association (AHA) Gold-Level Fit Friendly company for 2012. Gold-Level Fit Friendly companies are recognized for championing the health of their employees and creating a culture of physical activity and health in the workplace.

“We are thrilled that Apollo and Rev have been recognized for the second year as an AHA Gold-Level Fit Friendly company. It is truly an honor to be among the list of this year’s recipients,” said Eriko Nasser, Senior Wellness Manager, Rev Wellness at Apollo Group. Our culture at Apollo promotes access to a healthy workspace and tools to lead a healthier lifestyle.

Working in an office, almost eight hours are spent sitting at a desk. The British Psychological Society found that prolonged sitting leads to several health problems and mental fatigue. AHA Fit Friendly companies provide resources to help break up the stagnant seated position by promoting walking at the office, providing walking paths and offering a host of other resources to improve and maintain the health of its employees.

Apollo offers:

- Two official indoor walking paths at our corporate headquarters
- An outdoor walking path measuring 1.3 miles
- Rev stairwell in our ten story building with motivational signage, graphics and special tread
- All vending machines offer healthy options which are marked “Fit-Pick”
- Two onsite fitness centers with affordable membership rates
- Rev Café and Rev Bistro, offering healthy, fresh and flavorful food options with nutrition information
“Rev’s mission is to provide inspirational tools, programs and support to empower Apollo Group employees to achieve their happiest, healthiest selves,” Nasser said.

According to a 2009 policy statement from the American Heart Association, “At least half of the working people in the United States do not have access to health promotion programs because they work in small companies or for employers who have employees distributed in small numbers across multiple sites.”

About Apollo Group
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