

Plunkett Cooney takes home 'gold' as 2012 Fit-Friendly Company

August 3, 2012

It may not be a gold medal like those soon to be awarded at the Olympic games, but the American Heart Association's (AHA) *Gold Fit-Friendly Company* designation is just as coveted by recent recipient, Plunkett Cooney, one of the Midwest's oldest and largest law firms.

"Plunkett Cooney is a long-time supporter of the American Heart Association, and it is an honor to be named a Gold Fit-Friendly Company," said Denise Boucké, who is the firm's Human Resources Manager. "Our management team understands the importance of promoting a healthy workplace, and we have implemented many programs that encourage our employees to embrace healthy habits."

Designed as a catalyst for positive change in American business, the Gold Fit-Friendly designation is awarded annually to an elite group of companies dedicated to creating healthier workplaces for employees. Plunkett Cooney received the honor for the quantifiable measures it took as an employer this past year to create a culture of better health and more physical activity within its 11 offices in Michigan, Ohio and Indiana.

To receive the "Gold-level" recognition, companies must fulfill criteria such as offering employees physical activity support, increasing healthy eating options at work, promoting a wellness culture and implementing various physical, nutritional and cultural activities.

While Plunkett Cooney received a lower level "Start! *Fit-Friendly Company!*" award last year, the firm's management team redoubled its wellness efforts and brought home the gold for 2012.

Plunkett Cooney maintains a "Wellness Initiative" through its "Great Place to Work" program, which was established to move beyond compensation and the traditional health, vision, dental and insurance plans offered by most companies.

Specifically, the firm focused on enhancing the overall work experience by providing wellness programs that encourage better health and safety through education, physical activity and prevention of wellness inhibitors like stress. The program includes participation in nutrition focused "lunch and learn" seminars, CPR/First Aid lessons, massage therapy sessions, Weight Watchers meetings, yoga classes and much more.



PLUNKETT COONEY TAKES HOME 'GOLD' AS 2012 FIT-FRIENDLY COMPANY Cont.

Established in 1913, Plunkett Cooney employs over 160 attorneys in nine Michigan cities and one each in Columbus, Ohio and Indianapolis, Indiana. For the past several years, the firm has been named as one of "Metropolitan Detroit's 101 Best and Brightest Companies to Work For" by the Michigan Business & Professional Association and has been designated by the Detroit Free Press as one of Metro Detroit's "Top Places to Work."

For more information about Plunkett Cooney receiving the AHA's Gold Fit-Friendly Company designation, contact the firm's Practice Development Manager John E. Cornwell at (248) 901-4008; jcornwell@plunkettcooney.com.

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