

NEWS

American Heart Association Names MVA Fit-Friendly Worksite

Media

FIRM'S BURGEONING WELLNESS PROGRAM SUPPORTS FIT-FRIENDLY DESIGNATION

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Moore & Van Allen was recognized as a national Fit-Friendly Worksite at the American Heart Association's 2013 Worksite Wellness Symposium in May. The Fit-Friendly designation recognizes employers who go above and beyond when it comes to their employees' health. Fit-Friendly guidelines include criteria in the areas of nutrition, physical activity and corporate culture.

"The American Heart Association established the Fit-Friendly program specifically to honor a company's progressive leadership in stressing the importance of health and wellness among employees, and for then providing the tools to make it happen. Moore & Van Allen's growing wellness initiative is a good example of such leadership," stated American Heart Association (AHA) Senior Heart Walk Director, Kathy Jetton.

The Firm's wellness committee, MVA Health, was formally established in the fall of 2011. The initiative was received internally with open arms, and has flourished since its first event in the spring of 2012. Ongoing 2013 programs include yoga, a walking club, educational luncheons, online nutrition management, monthly newsletters and weekly fit tips, as well as an the annual Wellness Fair. The Firm has also provided opportunities for employees to receive flu shots and health screenings.

"We are honored to be named one of the American Heart Association's national Fit-Friendly Worksites, and highly value our relationship with AHA. We understand that heart disease is America's No. 1 killer, and a lack of knowledge and physical inactivity only increases the risk. The individuals who sit on the MVA Health committee are dedicated to providing educational and physical activities that empower and encourage our attorneys and staff to live healthy lifestyles," stated MVA Benefits Manager and Wellness Committee Chairperson Josh Meeks. "It has been exciting to see how the Firm has embraced the efforts."

MVA is a long-time supporter of the AHA's mission. The Firm serves as the Greater Charlotte Fit-Friendly Worksites signature sponsor. The AHA's 2013 Worksite Wellness Symposium was held at the Harris Conference Center on May 23. MVA Employment & Labor Member Paul Peralta recognized each of the 2013 Fit-Friendly Worksites on behalf of the AHA and Moore & Van Allen at the event.

Moore & Van Allen also participates in the Greater Charlotte Heart Ball and Heart Walk annually.

About the American Heart Association

The American Heart Association is devoted to saving people from heart disease and stroke - America's No. 1 and No. 4 killers. AHA teams with millions of volunteers to fund innovative research, fight for stronger public

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health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more, call 1-800-AHA-USA1 or visit heart.org. Additional details on the Fit-Friendly initiative can be found at www.startwalkingnow.org.