This is the day to tell your employees to take a hike. Or a jog. Or a couple of laps around their cubes. Maybe, today you devise a scheme to have your employees take the stairs instead of the elevator. Anything to get them active. Because companies that promote healthy habits at the office have more productive employees and save on healthcare costs. Become one. This is the day to get your employees healthy. Visit heart.org/start or call 1-800-AHA-USA1.

start!

American Heart Association

Learn and Live®

Join these other Start! Fit-Friendly Companies.

A program designed to encourage a healthy lifestyle at your workplace.

These workplaces have been recognized by the American Heart Association for meeting criteria for employee fitness.

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Johnson & Johnson Services*
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Actuant Corporation
Admiral Express Office Supply Inc.
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Aetna, Inc.
Affiliated Foods Market
AG Financial Solutions*
Akron Children's Hospital
Akron General Medical Center
Allegheny General Hospital
Alliance, Inc.
Allina Hospitals and Clinics – Owatonna Hospital
Allina Health System
Alta Bates Summit Medical Center*
American Axle & Manufacturing Inc.*
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AnMed Health*
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Anthem BlueCross BlueShield of Connecticut
Artman Lutheran Home – Liberty Lutheran Services
Assurant
Avaya
Avera St. Luke's
Bank of America*
Baptist Health
Baptist Health South Florida
Barberton Citizens Hospital
Bay County Board of County Commissioners
Bayer Corporation
Bayer HealthCare, Consumer Care*
Baylor Jack and Jane Hamilton Heart and Vascular Hospital
Beaumont Hospital*
Benedictine Hospital
Berkshire Health Systems*
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BlueCross BlueShield of Northeastern Pennsylvania
BlueShield of Northeastern New York
Boehringer Ingelheim Roxane, Inc.
Bon Secours Community Hospital
Bon Secours Hampton Roads Health System, Inc.
Bon Secours St. Francis Healthcare
Booz Allen Hamilton
Borg Warner*
Bose Corporation
Boston Scientific Corporation*
BP Global
Brevard County Government
Brigham and Women's Hospital
Brinks Hofer Gilson & Lione
Broad and Cassel
Bryan LGH Medical Center
BSH Home Appliances Corporation
Cadmus Communications Corporation
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Cape Regional Medical Center
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Cardinal Components
Cardinal Health
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Chico's FAS, Inc.
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City of Dallas
City of Houston Parks and Recreation Department
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City of Missoula
Cleveland Clinic
Colonial Supplemental Insurance
Commerzbank
Comprehensive Health Services, Inc.
Compuware Corporation
ConAgra Foods
Concentra
Cone, Inc.
Contra Costa Community College District
Correct Rx Pharmacy Services, Inc.
Cox Health
CPL Niagara
Crutchfield Corporation – Headquarters
Cuno, 3M Company
Dallas Area Rapid Transit
Dallas Convention and Visitors Bureau
Daytona Beach Community College
Deloitte & Touche USA LLP
Delta Dental of MI, OH and IN
Department of Veteran Affairs, HAC
Digitas, Inc.
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GuideStone Financial Resources
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H.D. Smith
Hamilton Beach/Proctor-Silex, Inc.
Hamot Medical Center
Harbison-Fischer
Harris RF Communications Division
HCA Richmond Health System – CJW Medical Center
HCA Richmond Health System – Henrico Doctors' Hospital
HCA Richmond Health System – John Randolph Medical Center
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Health Net, Inc.
Health Plan of Upper Ohio Valley
HealthSouth Emerald Coast Rehabilitation Hospital*
HealthSouth Rehabilitation Hospital of Mechanicsburg, PA
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Hilton Anatole Hotel
Hilton Head Regional Medical Center
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Horry Telephone Cooperative, Inc.
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Host Hotels & Resorts
Houston Northwest Medical Center
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Iredell Memorial Hospital
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Jamba Juice
JEA
John Muir Health*
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Karmak Inc.*
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Kindred Healthcare
Krieg DeVault LLP
Lake Pointe Medical Center
Lankenau Hospital
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Let's Dish!
Lexington Medical Center
LexisNexis
LifeBridge Health and Fitness
Littleton Coin Company LLC
Littleton Regional Hospital
Lockport Athletic and Fitness Club
Loudoun County Public Schools
Lovitt & Touche, Inc.
Luck Stone Corporation
Martha Jefferson Hospital
Martin University
Massachusetts General Hospital
Matthews International Corporation*
McCormick & Company, Inc.
McDermott Will & Emery LLP
McKesson
McNichols Company
McQueary Henry Bowles Troy
Meadville Medical Center
Medica
Medical Center Hospital
Medical University of South Carolina
Medifast – Jason Pharmaceuticals, Inc.
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National City Mortgage
Nationwide
North Carolina Mutual Life Insurance Company
New York Independent System Operator
New York Life Investment Management
New Hampshire Local Government Center
NORDAM
Norman Regional Health System
North Cascade Cardiology
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Norton Healthcare
Oberg Industries – Pennsylvania Campus
OCO, Inc.
O'Connell and Aronowitz, P.C.
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Oklahoma State University
Organon USA
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Pfizer Research & Development*
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Pitt County Government
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Sam's Club – Abilene Location
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Schick Manufacturing – Energizer Holding Company
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Shore Memorial Hospital
Shumaker, Loop & Kendrick, LLP
SIHO
Simi Valley Hospital
Sinai Hospital of Baltimore
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Slumberland Furniture
South Carolina Department of Health and Environmental Control
South Carolina Electric and Gas
South Central Connecticut Regional Water Authority
Southern Ocean County Hospital
Southwest General Health Center
Spartanburg Regional
Sportsclub*
St. Agnes Hospital
St. Anthony Community Hospital
St. Francis Hospital
St. Joseph Medical Center
St. Joseph's Healthcare
St. Mary's Hospital at Amsterdam
St. Mary's Hospital at Madison
St. Vincent Health System
St. Vincent's Medical Center
Stark & Stark
Sterling Bank & Trust
Strobl & Sharp, PC
Subaru of Indiana Automotive, Inc.
Summa Health System
SunTrust Bank
Sutter Heart Institute (Sutter Medical Center, Sacramento)*
Swedish Medical Center
Sykes Enterprises, Inc.
Symbol Technologies, Inc.
SYSCO Food Services of Syracuse
Tampico Beverages, Inc.
TECO Energy
Tenet Healthcare Corporation
Texas Health Resources
The Heart Hospital Baylor
The Mercadien Group
The Morey Corporation
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The Planet
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The Trane Company
The Valley Health System
The Western Pennsylvania Hospital
Times Union
Total Comfort of Wisconsin, Inc.
Tower Federal Credit Union
Trane Lexington
Trinity Medical Center
Trinity Transport, Inc.
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Trumbull Memorial Hospital
TRW Automotive
UCare Minnesota
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University of Pittsburgh Medical Center – McKeesport
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USC Norris Cancer Hospital
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ValleyCare Health System
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WellAdvantage
West Penn Hospital – Forbes Regional Campus
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William M. Bird & Company, Inc.*
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WorldPoint ECC, Inc.
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Wyeth Pharmaceuticals
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AstraZeneca
Avera St. Luke's
CareFirst BlueCross BlueShield
CentraState Medical Center
Computer Sciences Corporation
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Duke Raleigh Hospital
JEA
JFK Medical Center
Johnson & Johnson
Massachusetts General Hospital
Northwest Physicians Network
Pitt County Government
Pitt County Memorial Hospital
Providence Healthcare Network
Quintiles Transnational Corporation
The Oklahoman
University of North Dakota

Community Innovation
Arkansas BlueCross BlueShield
Avera St. Luke's
CareFirst BlueCross BlueShield
CentraState Medical Center
Jamba Juice
Medtronic, Inc.
Pitt County Government
Pitt County Memorial Hospital
Robert Wood Johnson University Hospital

*These workplaces have been recognized at their headquarters as well as regional locations. Visit americanheart.org/start for the complete list.

"SUBWAY® restaurants are proud to sponsor the successful Start! Program. We believe in active lifestyles, balanced diets, and cardiovascular health. SUBWAY® restaurants congratulates the American Heart Association on getting so many people to walk for a healthy heart, and we look forward to continuing to work together."
JEFF MOODY, CEO
SUBWAY® Franchisee Advertising Fund Trust

"We believe the health and wellness of our employees is critical to the success of our strategic priorities, and the Start! Program will be embraced across ConAgra Foods as a testament to that belief."
GARY RODKIN, CEO
ConAgra Foods, Inc.

"As a healthcare company, improving the well-being of our employees, their families, and the community at large is at the very heart of what we do. At AstraZeneca, we consider the Start! movement to be one of the cornerstones of our effort, and we encourage other companies to join us in supporting this worthwhile program."
TONY ZOOK, CEO
AstraZeneca®

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