San Antonio Regional Hospital Recognized as an American Heart Association Fit-Friendly Worksite

UPLAND, CA (July 23, 2016) – San Antonio Regional Hospital has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for their employee wellness activities. Employers qualify for the AHA’s award by offering employees physical activity and healthy eating options at the workplace, and promoting an overall culture of health and wellness.

“Physical activity and employee wellness are important priorities at San Antonio Regional Hospital. We are honored and excited to be recognized by the American Heart Association as a Platinum-Level Fit-Friendly Worksite,” states Harris Koenig, President & Chief Executive Officer of San Antonio Regional Hospital. “Just as we encourage preventive care and wellness for our patients, we do the same for our employees.” American employers are losing an estimated $225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising. Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host of medical problems, such as obesity, high blood pressure and diabetes. Employers face $12.7 billion in annual medical expenses due to obesity alone.

In recent years, San Antonio has implemented a robust and comprehensive employee health and wellness program entitled 4URHealth. The program incentivizes employees for improving their personal health through annual health assessments, preventive care actions, and participation in other health and wellness activities. The hospital encourages employee success through monthly health challenges, personal coaching to those who qualify, discounts to gyms and fitness centers, onsite weight loss meetings and exercise classes, and a hiking club.
Employees can also take advantage of Farm Share, an onsite mini farmer’s market offering access to fresh local produce.

“We are committed to providing the healthiest environment possible for staff,” states Laura Kato, Vice President of Human Resources, San Antonio Regional Hospital. “This will not only benefit our employees’ individual health and wellness, but it also produces positive results for our hospital overall.” The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites make their employees’ health and well-being a priority.

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**About San Antonio Regional Hospital**  
San Antonio Regional Hospital in Upland, California is a 271-bed, nonprofit, acute care hospital that combines excellent clinical care with exceptional compassion. The award-winning hospital offers a comprehensive range of general medical and surgical services, along with the latest technological advances in cardiac care, cancer care, orthopedics, neurosciences, women’s health, maternity and neonatal care, and emergency services. Since 1907, San Antonio Regional Hospital has emerged as a premier regional medical facility with satellite locations across the rapidly expanding Inland Empire. The hospital is nearing completion of a major expansion project that will add a new 52-bed emergency department and a 92-bed patient tower comprised of 80 private rooms and 12 critical care beds on its main hospital campus. The expansion positions San Antonio as a hospital of the future, offering state-of-the-art healthcare services in a healing environment that is focused on the patient and family. To learn more, visit sarh.org.

**About the American Heart Association**  
The American Heart Association is devoted to building healthier lives, free of cardiovascular diseases and stroke. Our mission drives everything we do. To improve the lives of all Americans, we provide public health education in a variety of ways. We team with millions of volunteers to fund innovative research, fight for stronger public 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 or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.