

Restek Employee-Owners Stay Active and Healthy with Corporate Olympics

And the global chromatography company officially opens a new fitness center and gym for its 350+ employees and their families

On June 1, Restek held the opening ceremonies for its corporate Olympics, a month-long competition that encourages employees to have fun, engage in friendly competition, and take ownership of their health—all in the spirit of the Wellness Team's motto: "Live well. Work well."

The kickoff festivities were followed the next day by Restek's 15th annual Plus1 5K. This year, the company even invited its health and wellness partners to join the race—almost 200 runners and walkers participated in total!—and after, employees visited with them to learn about available benefits and ask questions about services.

"The Restek Olympics are a great way for employees to take a break from their everyday jobs and have some fun with their coworkers. It is also a way to interact with coworkers you may not otherwise and have the opportunity to do so in a relaxed, 'nonworking' atmosphere," Mike Perlozzo, the wellness coordinator at Restek, said.

Throughout the month, teams of employees will compete in five events: volleyball, basketball, bean bag toss, pong, and a fitness challenge. Teams are each comprised of people from at least five different departments to allow stronger bonds to form throughout the organization.

But the Restek Olympics and Plus1 5K are just a few of many wellness events organized for employees and their families each year by the company, which is a leader in Centre County employee wellness programs. As a result, Restek and its employee-owners enjoy greater energy, productivity, healthy stress management, improved quality of life, and, over time, a reduction of more significant life-threatening diseases such as heart disease, diabetes, obesity, and cancer.

Restek is also celebrating the official opening of its brand-new 17,000-square-foot gymnasium, called Founder's Point. Last month, they installed the finishing touch—a custom-painted basketball floor.

"This space will allow employees and their families to enjoy a number of different activities such as basketball, soccer, and volleyball. There were a

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- A) Beautiful sunny skies greeted three separate waves of runners at the 2017 Restek Plus1 5K.
- B) A fun game of volleyball at Restek's annual corporate Olympics (2015).
- C) A variety of equipment options are available in Restek's new fitness center.
- D) The 17,000-square-foot-gymnasium offers indoor space for basketball, soccer, volleyball, and more.



number of groups setting up times to use the space for soccer and basketball just minutes after we officially opened it. The response has been great, and the space will get a lot of use,” Perlozzo said.

Restek founder Paul Silvis started Restek Wellness in the late 1980s in an empty corner of their original building. They had only a universal weight machine and punching bag. By 2004, Restek hired its first full-time wellness coordinator, and in 2005 the official Restek Wellness Program was born. Silvis started Restek with a vision that happy, healthy employees will be more productive, be more successful, and help make the company more successful. Ever since, Restek has lived the success he envisioned, thanks in large part to the efforts of the Restek Wellness team.

To learn more about Restek Corporation, visit www.restek.com