

Restek Employees Go the Extra Mile—Literally

As Jimmy Johnson said, “The difference between ordinary and extraordinary is that little extra.” That “little extra” is what Restek’s Wellness team is recognizing in their new Extraordinary Feats spotlight.

Mike Wittrig (R&D Manager) and Gary Stidsen (Business Manager) are the first to be recognized. Mike just checked off one of his bucket list items by bicycling across the state of Pennsylvania in one day—a ride of 213.87 miles and approximately 10,000 feet of climbing! Gary completed a virtual bike ride across the U.S. from Portland, OR, to Portland, ME, aided by the state-of-the-art cycling room in Restek’s brand-new fitness center. Thank you, Mike and Gary, for inspiring us to “Live well. Work well.”



The Extraordinary Feats spotlight is just one of many wellness incentives and events organized for employee-owners by Restek, a leader in Centre County employee wellness programs.

Kari Leah, Restek wellness coach and Extraordinary Feats coordinator said, “People inspire me on a daily basis and I hope that, by sharing Mike and Gary’s feats, others will be inspired as well. I think it is important to celebrate other’s achievements.”

The wellness team will be on the lookout for other employees to recognize, but fellow employees can also make recommendations for the Extraordinary Feats spotlight. The team hopes to feature someone in this spotlight several times per year.

Restek Wellness started in the late 1980s with a universal weight machine and a punching bag in an empty corner of their manufacturing building. Restek Wellness now boasts a team of fulltime wellness coaches, a brand-new 17,000-square-foot fitness center and gymnasium, a paved walking path, a sand volleyball court, and numerous exercise classes.

Restek’s founder, Paul Silvis, had a vision that happy, healthy employees would be more productive and successful, making the company more successful, too. Restek continues to live the success Paul envisioned, thanks in large part to the efforts of the Restek Wellness team and their programs.

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