

## HPSJ Kicks Off Another Healthy Workplace Initiative

On April 1, almost 200 staff participated in the first-ever Walking Day event held by Health Plan of San Joaquin (HPSJ) in partnership with San Joaquin General Hospital (SJGH). The event, to support the American Heart Association's National Day of Walking, also marked the opening of a series of walking paths on the neighboring HPSJ and SJGH campuses, part of a new effort to encourage staff to make walking a daily habit.

"As healthcare professionals, staff at Health Plan of San Joaquin and San Joaquin General Hospital care for others while often neglecting their own wellness," said David Hurst, VP for External Affairs at HPSJ, a long-time Chamber member. "As part of our newest efforts to encourage staff to make walking a daily habit, we joined with SJGH for a ribbon-cutting program and warm-up stretches to kick-off a selection of the new walking paths on our adjacent campuses. Then we headed out on the one-mile path." Additional walking paths of varying lengths have also been established for employees, including for staff at neighboring Mary Graham Children's Shelter and the VA Stockton Clinic.

This is just the latest healthy workplace effort by HPSJ. HPSJ, which now has grown to 300 hardworking staff, has a dedicated program to encourage and support employee wellness. During our April 9 FRESH Meeting, Hurst described the HPSJ-wide program he has established. Under the direction of HPSJ Health Promotion/Cultural & Linguistics Manager Jenny Dominguez, MPH / MBA, he touched on additional programs, now underway.



### FACTOID:

Heart disease is this country's No. 1 killer but by exercising for as little as 30 minutes each day, the risk can be reduced. The American Heart Association recommends walking, which offers many benefits – even for healthcare pros.

### Additional Programs for HPSJ

- **HPSJ Walks for Health:** A walking club where employees sign up as teams to participate in community walks throughout San Joaquin County, throughout the year
- **Sonic Boom:** A program to provide tools, contests, and challenges to help employees focus on optimal nutrition, physical activity, weight management, and stress reduction
- **Healthy Grave:** A vendor market including fruits and nutritionally balanced lunches. 🍎

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**Next Fresh Meeting is:**  
Thursday, May 14, 9:00 a.m.  
@ the Stockton Chamber Conference Room



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