

**FOR IMMEDIATE RELEASE:**

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**CONTACT:**Steve White  
(206)-343-2323**MCM Recognized by the American Heart Association as a Fit-Friendly Worksite***Worksites take steps to decrease healthcare expenses and increase productivity*

**Seattle, WA. May 10, 2013** - MCM has been recognized as a Gold Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more. In the Greater Puget Sound area, 66 organizations have achieved Gold Level status.

“Physical activity and employee wellness are important priorities at MCM. We are honored and excited to be recognized by the American Heart Association as a Gold-Level Fit-Friendly Worksite,” said CEO, Steve White. “We’re committed to providing the best workplace environment possible. This commitment will benefit our employees’ health and lead to even more positive results for our worksite overall.”

**Gold Level employers fulfill at least nine American Heart Association criteria including:**

- Offering employees physical activity support
- Increasing healthy eating options at the worksite
- Foster a wellness culture in the workplace

By helping employers make their employees’ health and wellness a priority, the Fit-Friendly Worksites program serves as a catalyst for positive change in the American workforce. For more information about the Fit-Friendly Worksites program and how it helps improve Americans’ health by focusing on an activity that is convenient, free and easy visit [www.startwalkingnow.org](http://www.startwalkingnow.org).

**About MCM**

Founded in 1961 by John Meisenbach, MCM has grown to become one of the leading privately held benefits consulting and insurance brokerage firms in the Northwest. As an industry leader in employee benefits, executive benefits, retirement plans, insurance advisory, and property and casualty insurance, MCM provides individuals and businesses with solutions that meet their needs. For more information visit [www.mcmnw.com](http://www.mcmnw.com) or call 206-343-2323.

**About the American Heart Association**

The American Heart Association is devoted to saving people from heart disease and stroke – America’s No. 1 and No. 4 killers. 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 [www.heart.org](http://www.heart.org).

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