

Turf Valley Awarded Gold Level of American Heart Association's Fit-Friendly Worksites Program
Program commends employers that make health and wellness a priority

Ellicott City, MD (February 5, 2015) – Turf Valley has been recognized as a Gold Level Recipient of the American Heart Association's Fit-Friendly Worksites Recognition Program. The Fit-Friendly program acknowledges employers who provide resources that benefit the health of their employees and work to create a culture of physical activity, nutrition, and wellness in the workplace.

"We are extremely honored and excited to be recognized by the American Heart Association's My Heart. My Life. Initiative as a Gold Level Fit-Friendly Worksite," said Pete Mangione, General Manager of Turf Valley. "Physical activity and employee wellness are very important priorities here at Turf Valley and we encourage all of our employees to lead a healthy lifestyle, at work and at home."

Turf Valley offers various resources for their employees including:

- Free golf on Mondays
- Access to pools twice a month during summer season
- An outdoor walking path on property which employees have access to
- Emails with information regarding nutrition, exercise, and health
- Wellness experts brought on property to conduct lunch and learn sessions on nutrition, stress management, and exercise
- Annual health fair
- Healthy options on employee menu from Alexandra's Restaurant
- An annual Biggest Loser contest with incentives to be motivated and lose weight

Turf Valley is also a supporter of the local chapter of the American Heart Association by hosting the Howard County Heart Ball every May, a black-tie celebration raising money for American Heart Association.

About Turf Valley

Turf Valley is a family-owned-and-operated golf and spa resort located in the Baltimore/Washington Corridor. The resort features 40,000 square feet of event space, Wi-Fi High Speed Internet in guest rooms, meeting rooms and public areas, on-site Alexandra's Restaurant, Spa and 36 holes of Championship Golf. The newest addition to the Turf Valley community, Turf Valley Towne Square, allows guests, visitors, and the community to enjoy shopping, dining and entertainment.

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