

## Company Spotlight

Last November, SYSCO Food Services of Northern New England employees began thinking about creating a walking trail behind their building as a means to encourage the company's 350 employees to walk during breaks and at lunch. Work began in March and was completed in May. A total of 10 employees helped out with the construction of 2 trails. Trail A is about 1/3 mile, and Trail B is about 2/3 mile, so both are about a mile combined. Nichols uses the trail as well as a few other neighboring businesses.

SYSCO's Healthy Trails illustrates the company's commitment to including wellness activities in their overall strategy to contain health care costs and improve employee health.



SYSCO's walking trail in the winter



SYSCO's walking trail in the spring