

LAWRENCE COUNTY

Accomplishments in 2018

- Lawrence County focused on nutrition and the trending diets including the Keto Diet and Whole 30.
- Employees were given access to a variety of cookbooks and journals to help them plan their meals and track their macronutrients.
- Nutrition and healthy weight were encouraged by promoting MacroEd and Weight Watchers.
- Offered a group challenge called “Maintain Don’t Gain” which involved several mini-challenges with the goal of creating healthy habits of drinking plenty of water, meal prep, and exercise.
- Provided standing workstations for several employees.

