



## Mayor's Fitness Council Certified Partners

The Mayor's Fitness Council (MFC) Partner Certification Program is a mutually beneficial worksite wellness recognition program for Austin-based organizations of all types and sizes. Employers have found that making an investment in worksite health and increasing access to preventive care can lower overall healthcare costs, as well as improve productivity and job satisfaction. The organizations that have implemented the MFC Partner Certification Program at their worksite have embraced this program and are dedicated to finding positive, innovative solutions to challenges posed by our health care system.

### "Gold" Certified Partners

A special congrats and thanks to these partners who've implemented effective worksite wellness programs in the areas of physical activity, nutrition, tobacco-free living, general prevention services and access to clinical trials. These partners have also taken an additional step to get certified through the national certification program, [CEO Cancer Gold Standard™](#).



#### **Seton Family of Hospitals** (*partner since 2006*)

A not-for-profit organization, the Seton Family is the leading provider of healthcare services in Central Texas, serving an 11-county population of 1.8 million.

*"The Seton Healthcare Family is honored to be among the very first in Central Texas to have achieved MFC certification. As the largest healthcare provider in the region, we not only strive to deliver the best possible medical care to all who need our services but are also dedicated to providing a healthy work environment for our associates. Partnering with the MFC has helped to ensure that our associates stay on track to leading a healthy lifestyle." -Michele Gonzalez*

### "Standard" Certified Partners

Congrats and thanks to these partners who've implemented effective worksite wellness programs in the areas of physical activity, nutrition and tobacco-free living.



#### **City of Austin, Texas** (*partner since 2007*)

To make Austin the most livable city in the country.



#### **Frost Insurance Company** (*partner since 2009*)

Frost delivers banking, investments and insurance products and services consistently, Texas-style. Frost Insurance is an independent insurance agency, designed to help you select exactly the coverage that's right for you.



#### **Ronald McDonald House of Austin and Central Texas** (*partner since 2009*)

RMHC creates, finds and supports programs that directly improve the health and well-being of children. RMHC Austin does this through its 30-room Ronald McDonald House and through two Ronald McDonald Family Rooms: one inside Dell Children's Medical Center and one inside St. David's Women's Center of Texas.



*"We are proud to be one of only a small number of nonprofits to have achieved MFC certification. We strive to be a healthy workplace and to provide a healthy environment for the hundreds of families who come to us each year. MFC partnership is helping us achieve those goals." -Jan Gunter*



**Samsung Austin Semiconductor** (partner since 2010)

Samsung is dedicated to developing innovative technologies and efficient processes that create new markets, enrich people's lives, and continue to make Samsung a digital leader.



**Brentwood Christian School** (partner since 2010)

The mission of Brentwood Christian School is to lead our students to love God and to nurture them in a Christ-centered academic environment that emphasizes excellence and inspires them to develop their God-given talents for lives of Christian leadership and service.

*"Our partnership with the MFC has been a wonderful opportunity for us to further incorporate our mission into our daily lives. We believe that improving our physical health and maintaining healthy bodies increases our ability to be mentors and role models to the students we love, and increases our overall effectiveness as servants of Christ." –Tere Hager*



**Richard P. Slaughter Associates, Inc.** (partner since 2010)

The mission of Richard P. Slaughter and Associates is to grow a profitable business by developing and maintaining loyal clients through expert financial services, while cultivating outstanding employees.

*"Richard P. Slaughter and Associates provides expert Wealth Management to clients in Austin and around the world. Goals and certifications are a big part of our industry. We are so happy that the MFC has been leader in setting goals, certifying partners and measuring results in the employee health area. Employees are the key to our performance and there is a huge correlation between fit and healthy employees and their ability to provide outstanding value to our clients. Our partnership with the MFC has been a big positive to that end." –Brooks Slaughter*



**Simply Fit Meals** (partner since 2010)

Simply Fit Meals is passionate about bringing quality, nutritionally significant, and great tasting food into your life.



**Capital Metropolitan Transportation Authority** (partner since 2010)

The mission of the Capital Metro Wellness Program is to provide employees with a variety of opportunities to facilitate improvement in their health and job satisfaction through a holistic program that addresses the nutritional, physical, emotional and financial health needs of all employees.

*"As members of the Mayor's Fitness Council, we have an opportunity to share resources with some of Austin's most dedicated and knowledgeable health and wellness professionals." -Tim Kelly*



**Graves Dougherty Hearon & Moody** (*partner since 2010*)

Our mission is to serve our clients, our profession and our community with integrity. We believe that the practice of law is both a profession and a vocation. We are dedicated to our clients and to the highest principles of law and justice. We strive to provide creative, timely and efficient advice and counsel. Our dedication to service comes before any desire for personal gain or recognition.

*"Graves, Dougherty, Hearon & Moody, PC values our employees as individuals, which includes their physical and mental health. Being a certified member of the Mayor's Fitness Council is an important way the firm shows its commitment to wellness in the workplace and community." – Michael J. Whellan, President*



**ACTIVE Life** (*partner since 2011*)

AL's mission is to make healthy the norm by generating a persistent demand for healthy living among all sectors of society. It envisions and is committed to creating an American culture which values, demands and supports healthy for all.

*"The Austin MFC Certification is a great way for organizations to solidify their commitment to policies and programs that create healthier environments. Becoming certified is an important way for ACTIVE Life to demonstrate its commitment to building healthy communities, ultimately setting the standard for our great nation." - Angela Hooben*



**Yoga Yoga** (*partner since 2011*)

Yoga Yoga's mission is to make yoga more accessible through supporting our community of yoga teachers and students to incorporate the principles and practices of yoga in their lives in support of their health, happiness and well-being.

*"Yoga Yoga is a community of students, teachers and staff who integrate the practice of health into our work and our lives day to day. We are grateful to be acknowledged by the Mayor's Fitness Council. This certification recognizes the uniqueness of our team members' choices to do work which in and of itself makes our community - and ourselves - healthier and happier each day." -Rich Goldstein, CEO*



WHAT STARTS HERE CHANGES THE WORLD

**University of Texas at Austin** (*partner since 2012*)

Located in Austin, Texas, it is comprehensive university with a broad mission of undergraduate and graduate education, research, and service to society. Enrollment is over 48,000 students.

*"The University of Texas at Austin is honored to partner with the Mayor's Fitness Council (MFC). The certification shows we care about our faculty and staff and are taking steps to support our employees to live their best lives. We value the health and well-being of every member of the university community and strive to offer a premier employee wellness program by implementing the best practices laid out in the MFC certification process. We are proud to support MFC in their mission to improve the health of the Austin community." - Claire Moore, Wellness Coordinator, Human Resource Services*



### **Past Partners**

Many thanks to the organizations who have partnered with the Mayor's Fitness Council in the past. We appreciate your dedication to helping Austin become the healthiest city in the US.

- Austaco Inc. (2007-2009)
- United Way of Capital Area (2007-2009)
- Silicon Laboratories, Inc. (2008-2010)
- Omni Austin Hotel Downtown (2008-2010)
- Eckert Group Insurance (2008-2010)
- Lance Armstrong Foundation (2008-2010)
- Revenue Cycle (2009-2011)
- nFusion (2009-2011)