



Department of Health  
Agency of Human Services



## Vermont Stove Company Achieves Gold Worksite Wellness Award

*Worksite Wellness Conference & Awards to be held March 27*

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MORRISVILLE – Snowshoe Friday, Snap Fitness Tuesday, Healthy Snack Wednesday, a Biggest Loser competition, boot camp and a field trip to Hannaford’s grocery store are all part of what goes into the creation of handcrafted soapstone stoves sold nationally and internationally from Morrisville.

Hearthstone, a 48-employee home heating company, is one of only seven companies in Vermont that will be recognized for setting a “gold” standard for worksite wellness. The company will be honored at the Worksite Wellness Conference on March 27 at the Sheraton Hotel & Conference Center by Governor Peter Shumlin, the Vermont Department of Health, and the Governor’s Council on Physical Fitness & Sports.

A total of 49 companies will be recognized for establishing wellness programs that significantly impact the overall health of employees.

A driving force behind the success at Hearthstone, which won a “bronze” award last year, is Amy Puglise, the human resources manager. Puglise is also a personal trainer who views every day as an opportunity to get out and move.

She helped launch a program that offers discounted gym memberships, an exercise class she teaches on site, and a point system that rewards smoking cessation and exercise with days off. Also offered are interval, stretching and cardiovascular training, and nutrition tips and guidance.

“Once the management became involved last year, our wellness program became part of our culture,” said Puglise. “It has been an amazing team building exercise to see people get away from their desks and move around, and we have brought our workman’s compensation costs down at the same time.”

The conference will be held from 7:30 a.m. to 4 p.m. To register: visit [www.vermontfitness.org](http://www.vermontfitness.org). The cost is \$75 before March 9, and \$100 until March 16 when registration closes.

For more information visit the Health Department at [healthvermont.gov](http://healthvermont.gov). Follow us on [Twitter](#) and join us on [Facebook](#) for up-to-date news, alerts and health information.

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