

I am pleased to announce that

the installation of Active AM desk and chair technology

has been completed.

Employees will now be able to receive

Active AM alerts

at their desks.

Active AM encourages office employees

to be more active

during the workday.

Active AM keeps track of

how long you have been seated

while working,

and it monitors your heart rate.

After a period of time,

Active AM will send a pop-up alert

to your computer desktop

encouraging you to get up

from your chair

and engage in some exercise.

If you click on the Active AM icon

on your computer desktop,

you will be taken to Active AM's Web site,

where you will find tips

for office exercise breaks

as well as recipes

for healthy office lunches.