



**Arkansas Methodist  
Medical Center**

*It's all about you.*

**Contact:**

Shane Carter

Director of Public Relations & Marketing

(870) 239-7018

July 17, 2007

**- - NEWS RELEASE - -**

**ARKANSAS METHODIST WINS GOLD MEDAL FOR 2007 ARKANSAS FITNESS  
CHALLENGE**

Arkansas Methodist Medical Center employees took home the gold for being physically fit. AMMC was recognized as a top gold medal winner of the 2007 Arkansas Fitness Challenge during ceremonies June 28<sup>th</sup> at the River Market pavilion in downtown Little Rock. The event, hosted by Arkansas Blue Cross and Blue Shield and the Arkansas Department of Health and Human Services, was an employee exercise contest held statewide March through May.

This was the third year Arkansas Methodist employees participated using the Medical Center's state-of-the-art Wellness Center. Sixty AMMC employees engaged in cardiovascular exercises at least 30 minutes a day that took them through a virtual checkpoint which started in Bentonville and ended in West Memphis. "The program was a perfect fit for the beginner or someone already involved in a fitness program," said Andre Watson, director of the AMMC Wellness Center. "Exercising with peers made our employees strive to keep going and get into the best possible shape."

--MORE--

**FITNESS CHALLENGE (2/2) July 6, 2007**

Arkansas Methodist was one of only two hospitals in the state to win the top fitness honor. It was selected because of the number of employees participating and the fitness level they achieved.