

FOR IMMEDIATE RELEASE
January 4, 2016

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SMart LIVING CONTINUES INTO THE NEW YEAR
Stiffler McGraw Joins Blair County Corporate Fitness Challenge

Hollidaysburg, PA- Stiffler McGraw, a full service consulting firm offering complete civil engineering, surveying and architectural design services, recently joined the Blair County Corporate Fitness Challenge. The challenge will begin on January 4, 2016 and run through April 1, 2016.

The Blair County Corporate Fitness Challenge has been divided into three divisions; Northern, Central and Southern. Each division will have a champion who will receive a trophy to display on-site for one year, until the next challenge. The winner of the overall competition will be announced April 24th, on the field at the Altoona Curve game.

Throughout the three-month period, challenge calculations will take place at the beginning, middle and end, with a grand total of five weigh-ins. The calculations will be based on simple BMI measurements and other scaled measurements that take into consideration the varied fitness levels of individual participants.

In addition to the corporate challenge, Stiffler McGraw has created internal teams to keep each person accountable during the challenge. At each weigh-in, the company has decided to reward the team in the lead with incentives to maintain motivation. The firm has 32 individual participants divided into 8 teams of 4. Due to the success of the participants in the first internal challenge, the firm had eight additional employees step up to the plate.

This challenge was designed to help create healthier employees, exhibit increased self-esteem, and to help provide the businesses with a more productive workforce, as well as, improved working attitudes.

About Stiffler McGraw

Stiffler, McGraw & Associates is a full service consulting firm offering complete civil engineering and architectural design services. The firm designs innovative concepts for water, sewer, bridges, roads, buildings, building sites and any other type of infrastructure project. In addition, Stiffler McGraw offers planning, funding and construction management services. With their state of the art equipment and eye for intricate detail, Stiffler McGraw can ensure that each project is completed to the highest of standards.

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