



Worksite of the Month: March 2010

Hamilton Middle School

Worksite Coordinator: Tammy Brown, RN

This worksite not only has good participation in their annual health screen and strong administrative support, but they are partnering with their students in health-related activities as well.

They have formed a walking club that both students and staff participate in "rain or shine."

The staff has their own version of the *Biggest Loser*.

Both students and staff participate in Dance Dance Revolution (DDR).

Hamilton Middle School is a good example of what can be done when staff and students pool their energy and resources.

To quote Tammy Brown: "There is so much more that we can do, but we are off to a good start!"

