



[Colorado's 2009 Healthiest Executive Award Nominees Are Put to the Test](#)

Over 20 executives from Colorado companies are going through a battery of tests, competing for recognition as the 2009 Colorado Healthiest Executive.

Online PR News â€“ 27-January-2009â€“ (Denver, CO) The International Center for Performance & Health (ICPH), a premier Denver-based center for executive leadership and health continues its quest to reveal 'Who is Colorados Healthiest Executive?' TM

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The ICPH is leading the query by conducting comprehensive testing and evaluation of almost 30 executives of Colorado companies who were recently nominated for a 2009 Colorados Healthiest Executive Award. The Awards program is a statewide initiative developed by Dr. Andrea Wieland, CEO of the ICPH, to examine the connection between healthy Colorado business leaders and their influence in creating healthy companies. Winners will be announced at a breakfast program on Thursday, February 19, 2009 at the Infinity Park Event Center in Glendale CO.

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All executives were nominated by either a fellow employee, family member or completed their own personal questionnaire. The nominees represent a diverse collection of Colorado companies with at least \$1 million in annual revenues. To date, the majority of the nominees have gone through a battery of tests at the ICPH facility. The nominees are tested for flexibility, strength, balance, agility and endurance and receive a stress management assessment and nutrition quiz.

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The nominees are a fantastic group, not only in their own health but what they do for their employees. comments Wieland, Collectively four nominees have competed in over 20 marathons, several Ironman competitions, and countless road races. A selection criterion for the award considers the executives efforts to promote health and wellness among their employees and in their community. Wieland points out the commitment to others, is what makes the Colorados Healthiest Executive program different from events that just test the fitness or health of executives. "The nominees care about their commitment to lead by example and actually implement health and wellness programs for their employees.

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Scott Binder, a Senior Vice President at Comcast who leads 3,000 employees, competes in Ironman competitions and serves as a board member for the Mile High United Way, Denvers Chamber of Commerce, and the Denver Public Schools Foundation. He was instrumental in piloting a program at Comcast that includes health fairs and personal wellness coaches for his employees. As a nominee for the Award, As Wieland notes, "Scott has made the connection between exemplifying health and creating a healthy organization and community."

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Other Award nominees share similar commitments:

Dr. James Mejia of Denvers Preschool program serves on the board of the Colorado Health Foundation, chairing its Philanthropy Committee which granted over \$40 million last year. His firm pays 75% of health insurance and 100% dental insurance for his employees. Dr. Mejia allows for flexible scheduling so that his employees enjoy a balanced lifestyle with family and exercise. Dr. Mejia lives the healthy executive connection by making time for marathons, running a marathon every month.

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Barb Mica, COO of a Denver-based top ten law firm (with close to 170 partners) also serves as a triathlon guide for blind women. In 2006, Barb qualified and ran in the ITU Long Distance Triathlon World Championship race in Australia. Her firm pays for a health club membership for all employees and provides employee nutrition wellness programs throughout the year.

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Nancy Thonen of SunCor (400 employees who are either direct or indirect reports to her) is a full-time University of Denver Executive MBA student, while working full-time and volunteers for The Boys and Girls Club. She has run the Boston Marathon five times since 1996.

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Dave Uppinghouse, who completed his first marathon at age 64, hiked Mt. Bierstadt, one of Colorados 14ers (a peak over 14,000 feet) at age 66. He has hired, for his 150 employees of Van Gilder Insurance, a full-time Health Management Consultant, making health education and health promotion programs available to all employees.

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As Wieland wraps up the testing of nominees shes reminded of the powerful influence they have on their employees and the community. They know there is a valuable connection between leading a healthy lifestyle and the positive economic impact that wellness programs have on a company. Were excited to offer the nominees a platform for them to share their insights and their experiences.

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The Awards program benefits the Childrens Hospital Foundation GoodLIFE Clinic which provides a multi-disciplinary treatment option for overweight children (infants to adolescents) through a family centered approach.

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Awards breakfast ticket and sponsorship information is available online at www.Healthiest-Executive.com. For information about ICPH, visit www.ICPHbalance.com

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