



TOP STORIES

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RBA Honors 51 Businesses in Eat Well, Live Well Challenge

By: YNN Staff

The [Rochester Business Alliance](#) honored 51 local businesses for making the effort to improve the health of their employees.

The RBA named the winners in its spring Eat Well, Live Well challenge Tuesday morning.

Companies urge workers to establish healthier practices through friendly competition. Each company sets up teams in three categories: average steps walked, average cups of fruits and vegetables consumed, and most creative plan to engage employees in the program



"It's built a nice team atmosphere and friendly rivalry, competition among teams, walking, softball games, things of that nature," said Kenneth Westveer, an Ameritherm employee.

The employees of Ameritherm of Scottsville walked an average 11,221 steps a day to take top honors in the walking category.

The next [Eat Well Live Well](#) competition will take place in the fall.