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11-17-2015

Morris Awarded Worksite Wellness Grant

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University Relations, "Morris Awarded Worksite Wellness Grant" (2015). *Campus News Archive*. 1626.
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Contact:

Melissa Vangsness, Director of Communications
Phone: [320-589-6414](tel:320-589-6414), weberm@morris.umn.edu

Jenna Ray, Editor/Writer
Phone: [320-589-6068](tel:320-589-6068), jrray@morris.umn.edu

FOR IMMEDIATE RELEASE

[Morris Awarded Worksite Wellness Grant](#)

Summary: The grant enables Morris to promote bicycle usage.

MORRIS, Minnesota (November 17, 2015)—The University of Minnesota, Morris has been awarded a Worksite Wellness grant by the Statewide Health Improvement Program (SHIP). The grant enables Morris to install an additional Radio Frequency Identification (RFID) Zap reader to promote bicycle usage on campus.

Located outside the campus Welcome Center, the new RFID reader will encourage University employees to participate in the Bike Commuter program, an extension of the Employee Wellness Program. RFID readers track bike commuting through an automated system that recognizes bikes as they pass by a fixed location. The Wellness program then provides links to this data through a personalized online dashboard, which tracks an individual's exercise and contributions to reductions in CO2 emission and gas consumption.

"I am excited for the purchase of an additional RFID reader on the Morris campus," says Angela Berlinger, wellness program coordinator. "This will allow for more opportunities to participate in the Employee Wellness Program, which reduces employee medical plan rates and encourages employee and student participation in physical activity."

To date, the Bike Commuter program has encouraged campus employees to bike 16,900 miles—this equates to a reduction of nearly 604 gallons of gas and more than 11,709 pounds of CO2 emissions.

This activity is supported by the Statewide Health Improvement Program, Minnesota Department of Health. Additional funding was provided by the University of Minnesota, Morris Alumni Association and Student Intramurals.

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