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HON. JEB HENSARLING
OF TEXAS
IN THE HOUSE OF REPRESENTATIVES
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Recognizing the Garland Wellness Initiative

MR. HENSARLING. Today I would like to recognize the City of Garland as well as the organizers and participants of the Garland Wellness Initiative pilot program. This innovative new program encourages healthy lifestyles and physical fitness in an effort to offset rising healthcare costs.

For several months, 30 participants have undergone physical exams, blood tests, and met weekly to discuss eating habits, nutrition, exercise, and preventative healthcare options.

As a whole, the group lost over 700 pounds and several applicants were able to reduce or eliminate diabetes and hypertension medications. The group reported significant reductions in their sugar consumption and a large portion felt an overall increase in energy.

The Wellness Initiative pilot program proved to be a cost-efficient way to advocate healthy lifestyle choices. Participants in the program were able to see savings in their medical care drop by approximately \$400 per person.

Today, I also want to provide special recognition to two outstanding individuals, Rick French, the Benefit Manager for the City's Human Resource Risk Management Department, and Marcia Upson, a family nurse practitioner, who came together to create the Garland Wellness Initiative and helped make the pilot program such a tremendous success.