



Starting off the New Year Right

While it doesn't feel like it yet, Spring is finally here! With warmer weather hopefully on the way, we are warming up too. All of us at 5 Star Industries are off to a great start this year. We had a lot of fun bringing in the New Year with our friends and families. We also got to spend Valentine's Day with our sweethearts and loved ones. Now we are looking forward to the celebration of Easter being just around the corner.

Recently a group of us got together for a trip to St. Louis. We had a great time in the city. One of our favorite parts about our trip was going to the Science Center. While there, we got to learn all kinds of interesting things about science, animals, and technology. We really enjoyed getting to see all of the neat dinosaur exhibits, view the space simulations, and exploring all of the interactive rooms.

One of our focuses in 2014 is to make healthy choices for our minds and bodies. We are working toward making our client snack store healthier by implementing the "Go, Slow, and Whoa" program. This program will be utilized to help educate us on what we are eating, and to encourage us to make nutritious choices when snacking. We are also involved in a 12 week walking challenge. The challenge promotes physical activity along with daily walking goals to get staff and clients working together to see a healthy change.

