



**CONSTRUCTION GROUP**

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## **White Construction Group “Steps Up” for Charity**

*CASTLE ROCK, COLORADO, March 19<sup>th</sup> 2010* – White Construction Group (WCG), a Colorado-based commercial general construction firm, has enlisted the help of its entire organization to compete against a rival California construction company to increase employee wellness for a good cause.

In August of 2009, White Construction Group began a worksite wellness program in order to improve employee wellness and camaraderie by becoming more physically active on a day-to-day basis. WCG uses a high-tech pedometer that is worn on the shoe and wirelessly uploads to a personal website. The website also includes health trackers and the ability to encourage their co-workers in their efforts.

In February and March WCG challenged California construction group Erickson-Hall to a striding contest that is based on average activity time.

The losing company will make a donation to the other company’s charity of choice. If White Construction wins, then Erickson-Hall will donate to their chosen charity, The Women’s Crisis and Family Outreach Center.

White Construction employees are getting creative by using a desk bike; going on walking meetings; parking their cars in the farthest spots of the parking lot, and more. An added benefit of the competition is the sense of community the contest has spurred.

“Our employees’ health is important to the success of our firm and now with the uncertain economy where all movement feels like two steps forward, one step back, it’s great to feel each step count” says Tim White of White Construction Group.

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## **About White Construction Group**

Founded in 1985, White Construction Group is a fast-growing, multi-million-dollar general contractor that specializes in commercial construction, design-build, historic restorations and tenant improvement projects. The company provides pre-construction, construction management, general construction and post-construction services for public and private clients along the Front Range, northern and northeastern Colorado. To date the company has completed over 500 million dollars in construction projects and has won several national awards for its job safety programs. White Construction Group can be reached at (303) 688-6924, or [www.whitecg.com](http://www.whitecg.com).

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