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Trax Training & Fitness Partners with Ellington Public Schools

Wellness Committee members work to partner with fitness experts to provide a wide array of health and wellness options for staff

ELLINGTON, CT – On Thursday, February 15th, the staff Wellness Committee announced its partnership with Healthtrax Fitness Centers. The Wellness Committee met in January to discuss the partnership opportunity and to move forward with the promotion for Ellington Public School employees at no cost to the district.

With over 500 employees, a multi-center access approach was essential to be included as part of the discounted membership opportunity. Healthtrax Centers can be found across Connecticut, Massachusetts, Rhode Island, and New York. This means employees can explore fantastic amenities and speak with a certified personal trainer to develop a custom fitness recommendation regardless of location.

Aligned with the concepts of [Ellington Unplugged](#) and the Wellness Committee's commitment to sharing various health and wellness opportunities and events for staff, this collaboration is a benefit for all. With many staff local to the Ellington area, the Enfield and Tolland locations are a short drive and offer a wide selection of training opportunities, including a full-size indoor track.

Anderson Rawlins, Director of Athletic and Wellness remarked, *“I am proud of the work the Wellness Committee has done this year. The Healthtrax partnership offers our faculty and staff, along with their families, a unique opportunity to invest in their health journeys.”*

To date, the Wellness Committee has put much thought and effort into sharing health and wellness-related information with district staff through a quarterly newsletter, a February heart health mini-series, walking/step challenges, and wellness-themed raffle prizes for engaging in these activities. Committee member Tracey Deptula shared, *“As a committee, we want to offer a wide range of opportunities for staff and faculty to participate. Healthtrax will also bring activities into our buildings through health fairs and wellness visits which we are looking forward to exploring.”*

Chris Morse, Corporate Account Manager for Healthtrax stated, *“We're excited to start welcoming folks in and getting more involved with our new partnership to support the Ellington Public Schools Wellness Committee.”*

