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Arpin Group opens first 100% green employee wellness center; Using SportsArt ECO-POWR Status Series Equipment

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Arpin Group has opened New England's first 100% green wellness center for employees.

Arpin's new wellness studio uses SportsArt ECO-POWR Status Series elliptical and cycle machines. These machines are the first of their kind to harness the power of human energy. When plugged into a power outlet, the human energy generated converts to utility-grade electricity, which is returned to the facility's power grid.

SportsArt is currently the only company in U.S. to provide fitness equipment with this feature and has stated that Arpin is the first company in New England to install a 100% green gym.

"We installed this green gym to encourage and motivate our employees to take the steps to stay active, healthy and improve their quality of life," said Christina Sarza, director of human resources at Arpin Group. "After a workout, they can see a digital reading of how much energy they put back into the grid, reducing our company's power consumption and impact on the environment."

The studio is equipped with cardiovascular, weightlifting, multi-unit and ab/stretching areas. Six pieces of cardio equipment are now available for employee use:

- * 2 treadmills
- * 2 bikes
- * 1 elliptical
- * 1 rower

The treadmills use 32% less electricity than their non-green competitors. Employees may also charge their portable electronic devices using the energy they generate during their fitness routines. Earlier this year, the Providence Business News named Arpin Group among Rhode Island's healthiest employers in 2014.

Arpin employees have been getting healthier every year since the company began implementing a series of wellness initiatives. Arpin conducts annual screenings and wellness clinics to assess biometrics such as blood pressure and glucose levels. All of the initiatives are designed to identify early onset of health issues and stress factors so that employees can seek care and advice before they develop serious health problems.

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