



THE FORD METER BOX HEALTH CLUB

On April 26, 1980, Ford Meter Box held a dedication ceremony for the company's new gymnasium. Dedicated in memory of Stan Ford, this space was the start of Ford's health club and confirmed the company's commitment to promoting health and fitness.

Stan was an excellent athlete who enjoyed sports and stayed fit. He envisioned a space in the factory that would be a focus for promoting wellness, physical strength, flexibility, and fitness.

Stan's vision continues today and on July 16, 2010 a new and expanded health club was opened in his name. A bit different from the original gymnasium which has since given way to manufacturing use, today's space features flat panel TVs with wireless sound, a walking track, locker rooms, a sauna, strength and aerobic training equipment along with a large activity room.

Most of the exercise equipment was purchased by the Employees' Association. This group understands the benefits of good health, and they earmark much of their income (the profits from factory vending machines) for the purchase and maintenance of the Health Club's equipment.

Industrial onsite facilities offer such advantages as 24-hour availability for second and third shift and programs

aimed at employee rehabilitation. Ford's program also provides lunch-hour walking opportunities and educational seminars.

Ford Meter Box is not alone in recognizing the value of good health. Throughout history many have acknowledged the benefit of staying fit.

It is health that is real wealth and not pieces of gold and silver.

Gandhi

While we may not be able to control all that happens to us, we can control what happens inside us.

Ben Franklin

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy

Our health always seems much more valuable after we lose it.

Unknown



The Health Club Committee worked on the layout and design of the new Ford Health Club. This group consisted of people representing various areas of the company.

Back: Mark Ford (Industrial Engineering), Devin Carpenter (Tool Room), Dave Hawkins (Foundry Maintenance), Chris Shanks (General Manager), Bryan Weaver (Machining), Lance Agness (Plant Engineer), Charles Phillips (Key/Check Valve), Vernon Broyles (Plant Engineer), Charles Schafer (Manufacturing Maintenance), Todd Keffaber (Product Manager - Pipe Products & Uni-Flange)

Front: Paul Bonfitto (Ball Valve), Kevin Sparling (Copper), Craig Sparling (Shipping), Michele Ilyas (Advertising), Jan Mattern (Company Nurse), Roger Snyder (Plant Engineer).



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