



OFFICE OF THE CLERK OF THE CIRCUIT COURT OF COOK COUNTY

FOR IMMEDIATE RELEASE

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Cook County Staff Stays Fit

CHICAGO (Mar. 13, 2007) – Employees in the Office of Dorothy Brown, Clerk of the Circuit Court of Cook County, have more energy to work effectively throughout the workday because they are staying fit with co-workers during a daily, morning workout.

“To exercise regularly is an important part of maintaining good health,” said Clerk Brown. “I commend the County Division staff for working out to stay healthy and gain energy so they can better serve Clerk’s Office customers.”

Nearly 15 staff members in the Clerk’s Office “County Division A Team” exercise for 15 minutes each workday before they begin handling job responsibilities. Steve Lewis, operations manager and exercise team leader in the County Division, initiated the program early this year.

“We started exercising after one status meeting,” said Lewis. “Instead of just having a general meeting, I thought it would be nice to stretch and exercise.”

Lewis explained that staff members enjoyed exercising at that initial meeting, and they love it even more now.

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Members of the “County Division A Team,” do stretches as exercise team leader Steve Lewis (left) encourages everyone to breathe deeply. All participants are employees of the Office of the Clerk of the Circuit Court of Cook County, Dorothy Brown.



Clerk of the Circuit Court of Cook County staff members pose for a group photo following an energizing workout that enables them to work more effectively in the office. The workout group, called, “County Division A Team,” is comprised of employees of the Clerk of the Circuit Court of Cook County, Dorothy Brown.



Women in the Office of Dorothy Brown, Clerk of the Circuit Court of Cook County, say yes to fitness while doing their morning exercises with the “County Division A Team” before their workday begins.