



FOR IMMEDIATE RELEASE
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LAFCU focuses on employee health; partners with On Target Living

Program enhances employees' focus, energy and drive through 'rest, eat and move tactics'

LANSING, Mich. — LAFCU has partnered with On Target Living, a health and performance company, to provide virtual wellness resources for employees.

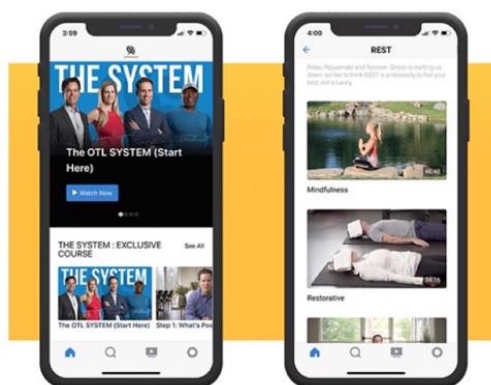
“With the pandemic creating radical change in our lives, we knew we needed to provide additional health and well-being support for our employees,” said LAFCU CEO Patrick Spyke. “The On Target Living partnership provides tools to help our team stay healthy and less stressed.

“Further, this is a quality program that employees can access virtually — anywhere, anytime.”

The On Target Living System offers health expertise, including nutrition guidance, fitness challenges and recovery and stress management strategies.

LAFCU employees can access the 21-step video course and downloadable OTL System manual via the OTL app. Other video content includes guided meditation, recipes and exercises, as well as live sessions. Infographics, information sheets and worksheets to track individual progress can also be downloaded. There’s also a podcast. New content is added weekly.

Chris Johnson, OTL founder/CEO, said, “For LAFCU to be the best, its employees have to be the best. That’s how we can assist LAFCU. Our goal is to enhance focus, energy and drive through rest, eat and move tactics. In building a strong immune system we’re playing offense against disease and rising health care costs. Prevention is the future of health care.”



LAFCU has made the virtual On Target Living System free to all employees. It’s available anywhere, anytime via the OTL app.

There was a high level of interest among employees from the onset. The initiative was introduced to LAFUCU employees by Spyke through two webinars and a Q&A session. It is now part of the Michigan credit union's health care program and is aligned with the employee assistance program.

"I like it because it's a total wellness system that's educational," said LAFUCU Trainer Clare Gomez. "It provides the science behind the recommendations. My family has a history of chronic disease. I hope to beat it by keeping my body in balance through the On Target Living tenets of rest, eat and move."

Gomez enthusiastically lives the program daily. She accesses it using the app on her phone and computer, and she casts OTL videos from her phone to her TV to watch with her husband and two children. She even won the Wellness Committee's August Mental Health Challenge for using the relaxation techniques several times a day.

"My diet was good, but I wasn't sleeping or exercising enough, and stress was a problem," she said. "After just a few months I feel more energetic ... more in touch with my body. I'm sleeping better, exercising more, and when I feel stressed, I know it. Then I pull up my favorite three-minute OTL meditation video to reel me back in."

Spyke said, "There is much we can't control, so we looked at what we can control, and determined that information and inspiration from this program will better equip our staff to meet today's unprecedented challenges."

About On Target Living

On Target Living is a lifestyle – not a diet or short-term fix – for building a healthy mind and body. The East Lansing health and performance company works with employers across the globe to expand human capacity. With demands and competition increasing, employers have to invest in their No. 1 asset – which is their people – by investing in *their* No. 1 asset – which is their health. Learn more at <https://ontargetliving.com>.

About LAFUCU

Chartered in 1936, LAFUCU is a not-for-profit financial cooperative open for membership to anyone who lives, works, worships or attends school in Michigan and to businesses and other entities located in Michigan. The credit union serves more than 67,000 members and holds over \$800 million in assets. LAFUCU offers a comprehensive range of financial products and services as well as an expanding complement of financial technology solutions. Members enjoy benefits such as low fees, low interest rates on loans, high yields on savings, discounts, knowledgeable employees and nationwide access to fee-free ATMs. A recipient of the national Dora Maxwell Social Responsibility Community Service Award for credit unions, LAFUCU enriches the

communities it serves by supporting many organizations and causes. To learn more about LAFUCU, call 800.748.0228 or visit www.lafcu.com.

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