

# Wellness... A Way of Life

By Ralph Pfremer, Chief Executive Officer/Pfoodman



A number of years ago, I was in a state of “anything but peak performance” physical condition, and a bout with pneumonia brought me to a fork in my life road. The result was some significant changes in my life and a “re-invention.” That experience helped me get myself back in balance and was the catalyst for a number of changes, including the beginnings of our company, which today is known as Pfoodman. As the business grew, it became important for us to make our work more than just making a living ... we have strived to be “mission-oriented” and make a difference in the lives of our employees and our customers. This past year we have made some giant strides, and it has been exhilarating.

The benefits of an active lifestyle can truly be available to all. There is no doubt about it – exercising, eating right, and maintaining balance in life significantly improves the quality of your life. With a mindset of wellness, folks just feel better and get more done. Your outlook is brighter and things tend to remain in the proper perspective. Our foodservice management company services a number of markets including students in kindergarten through high school, university students, and residents in senior living. We are feeding people from a very young age all the way through their peak years, and we discovered something very important – FOOD MATTERS! Even more importantly, good food matters. It is to be enjoyed and delicious and nutritious food can significantly impact your health for the better.

This spring we rolled out a new program at Lindenwood University called Wild Thyme’s Wellness, featuring cuisine with a fusion of international flavors that are highly nutritious, and it was a smash hit with the students and faculty. We have plans to implement this program at all of our locations this upcoming year. This is truly making a difference in the lives of our customers and we have some very exciting plans for the future.

Many of our executives and employees “practice what we preach” and participate in a variety of outdoor activities. We try very hard to encourage each other to maintain balance in our lives. We also support the benefit of outdoor activity through our newest company, Wapiti Adventures ([www.wapiti.com](http://www.wapiti.com)). We coordinate and lead retreats that combine activity and learning for executives and other groups and facilitate programs on leadership, team building, strategic planning, wellness, and other customized content. You can find out more on the website.

If you would like to learn more about Pfoodman, you can visit our newly redesigned website at [www.pfoodman.com](http://www.pfoodman.com), and you can contact us via e-mail or phone us at our headquarters at 636-230-3310. We also publish a quarterly newsletter, *Health Kicks 101*, and if you are interested, we would be happy to put you on our mailing list. I want to encourage all of you to pursue balance in your lives and a complete approach to wellness – exercise, make time for yourself, and lastly, eat well.

