

# Boca Raton country club offers good life to workers, too

Posted: 2:15 p.m. Thursday, March 26, 2015

By [Alexandra Clough](#) - Palm Beach Post Staff Writer

The wellness program, a popular perk for employees at big companies, now is a popular perk for workers at one Boca Raton country club.

Woodfield Country Club created the program a year ago in response to employee feedback during an annual survey. A committee was formed to explore ideas, and the committee created a program featuring nutrition, fitness and lifestyle initiatives.



[+](#) Woodfield Country Club chefs teach a cooking class to club employees. (Provided)

The result? Numerous awards for the club's efforts, and a healthier workforce, too, said Eben Molloy, Woodfield's general manager.

The program has boosted not only fitness but company loyalty and team camaraderie. "And when you have a happy staff, you have happy club members," Molloy said.

Woodfield is a family-oriented full-service equity country club, featuring an 18-hole golf course, tennis program and other resort-style amenities. The club features a variety of housing communities.

- [Get the latest health news](#)

The American Heart Association recognized Woodfield as a “fit friendly” work site, based on its providing education, activities and nutritional programs for workers. Prevo Health Systems, a watchdog for the country club industry, recently cited Woodfield as one of the Healthiest Clubs in America. It was tied for second place with several other clubs throughout the nation. (Ocean Reef Club in Key Largo won first place.)

And Woodfield’s Wellness Challenge entry won first place at the Country Club Managers Association of America’s Idea Fair.

Woodfield’s Wellness Challenge includes a variety of offerings. They include meeting one-on-one with Woodfield’s registered nutritionist, attending a healthy cooking class at the club and participating in Woodfield’s 5K employee run.

The cooking class, for instance, is a 30-minute class offered by Woodfield’s chefs, who usually cater exclusively to the club’s members.

In addition, Woodfield has hosted a Wellness Expo featuring programs and vendors endorsing healthy living.

Of 309 employees, about 202 participate in some type of program, Molloy said. Because Woodfield contains many year-round residents, most of the employees work the entire year as well, unlike other clubs that tend to be more seasonal.

The program already is paying off with fitter employees, including some who have lost significant weight, or others who have changed their eating habits so profoundly that their families now know how to eat better as well, Molloy added.

Molloy said a side benefit of the programs has been the opportunity for staff in different departments to meet each other.

He said the 5K run is a good example: “There’s a banquet server, a marketing assistant and I’m there running as well as receptionists and people who work in the spa.”

And because of their run, “We all have something to talk about.”

The next event, a 5K run/walk, will be March 30.