

Pillar Income Asset Management Gets Fit and Walks to Kansas

DALLAS, TX (September 12, 2013) – [Pillar Income Asset Management](#) (Pillar), a Dallas-based real estate advisory and management company and entities held a one day FitBit challenge.

With their Fitbits tracking well over 600,000 steps taken in the 24 hour challenge, employees conquered the equivalent of walking from Dallas to the Kansas border! [Fitbit](#) is a wellness device used to monitor steps taken, distance, calories burned and active minutes, so you can easily set daily activity goals. The wristband also tracks sleep quality and length to promote overall wellness. The company purchased Fitbits for all interested employees during its annual benefits enrollment.

“We created a company community group at [Fitbit.com](#) to help with motivation and accountability”, stated Brandi Hernandez, Benefits Manager. “In further effort to foster a healthy workplace, we also host an annual Know Your Numbers event so employees know their BMI, Blood Pressure, and Cholesterol and Glucose levels. In August we invited a nutritionist for a Food in the Fast Lane seminar; as well as distributed smoking cessation packets. We’re always looking for new ways to build our wellness program”

“The amount of steps and dedication is absolutely impressive”, commented Don Brookshire Sr. Vice President of Human Resources. “This challenge got everyone so motivated, that a larger, team challenge was suggested. As a company we are committed to creating motivation for healthy living for all of our employees.”

Pillar Income Asset Management, LLC ([www.pillarincome.com](#)) is a Dallas-based real estate management company that owns, develops and manages in excess of \$3.5 billion of commercial real estate for public and private real estate entities. Affiliated companies also under management or advisement by Pillar includes American Realty Investors, Inc. (NYSE: ARL), Transcontinental Realty Investors, Inc. (NYSE: TCI), Income Opportunity Realty Investors, Inc. (AMEX: IOT) and Regis Property Management, LLC ([www.regisinc.com](#)).