

Pillar Income Asset Management Expands Corporate Wellness Initiative



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Pillar Income Asset Management further expands its corporate wellness initiative. “Our employees’ health, stress levels, and job satisfaction are of the utmost importance. We’re excited to expand upon our existing initiative, and plan to constantly research new wellness programs for the company,” stated Daniel Moos, President and CEO of Pillar Income Asset Management.

A little over six months ago Pillar purchased Fitbits for each employee and held a 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. That program, along with several others, created such buzz amongst the employees other programs were adopted and expanded.

Brandi Samples, Pillar’s Benefits Manager, manages an ongoing company-wide 12 week Biggest Loser program where the company committed to matching all entry fees to enhance the winner-takes-all prize. She also conducts our Diabetes Prevention Program and has already planned upcoming seminars on Nutrition, Healthy Food on a Budget, and Why Diets Don’t Work.

“Our most recent event was our Pillar Wellness Fair where employees were treated with free chair massages by [Serenity Beyond Day Spa](#) and samples and information from [My Fit Foods](#) and [Elixir Juice Bar](#). One of our employees also provided information on the benefits of essential oils. We had a great turn out, and everyone walked away feeling relaxed and armed with healthy information,” added Chris Childress Pillar Income Asset Management’s new Director of HR.

Pillar Income Asset Management, Inc. (www.pillarincome.com) is a Dallas-based real estate management company, which develops and manages in excess of \$2.5 billion of real estate for public and private real estate entities. Affiliated companies under management or advisement by Pillar include American Realty Investors, Inc. ([NYSE: ARL](#)); Transcontinental Realty Investors, Inc. ([NYSE: TCI](#)); Income Opportunity Realty Investors, Inc. ([NYSE MKT: IOT](#)); and Regis Property Management, LLC (www.regisinc.com).