

## Ercros receives the award for the best promotion of cardiovascular health at work



Sonia Araujo at the time of receiving the diploma accrediting the award received.

Ercros has been awarded the first prize for the best action to promote cardiovascular health at work, awarded by the National Institute for Safety and Health at Work (INSST). The winning action, "The goal is the path", invited the staff of the Ercros factory in Aranjuez to complete the Camino de Santiago virtually.

Sonia Araujo, head of health prevention at the factory, accompanied by M<sup>a</sup> Carmen Cruzado, director of the pharmaceuticals division, was in charge of collecting the award that was presented within the framework of the Meeting of the Spanish Network of Healthy Companies, organized by the INSST.

The initiative was designed by Dr. Araujo and aimed to promote physical activity and improve the cardiovascular health of the workforce.

The results of the programme have been very positive: 75% of the workforce joined the initiative, of which more than 60% did not exercise regularly before starting. The most relevant were the subsequent measurements, which reflected significant improvements in key indicators such as blood glucose, cholesterol, sedentary lifestyle and overweight.



Sonia Araujo and M<sup>a</sup> Carmen Cruzado next to the campaign poster

Ercros is a pioneering company in the promotion of initiatives that generate a positive and lasting impact on the quality of life of its workforce. All its production centres have implemented a healthy organisation management system (Sigos) accredited by Aenor. This system, in addition to including aspects of prevention in people's health, also has an impact on the promotion of health and healthy lifestyle habits.

To learn more about the health organization management system at Ercros, click [here](#).

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