

Offer Good Health in Your Office



Alexa & Karen's Favorite Things: The Wellness Series #5-8



#5... Snowsound: Acoustical Solutions

Seeing (or I should say hearing) is believing. TeamPAR attended NeoCon in Chicago earlier this year. While walking the Merchandise Mart, noise is everywhere. This building is an entire city block long and wide and over a dozen floors filled with vendors and clients. Snowsound had a booth at the show and provided "phone cubby's" at the hallways connecting the showroom floors. It was shocking the difference in sound! The senseless "noise" was removed from the showroom floor

allowing me to "hear" my phone call and partake in conversation that would have been otherwise impossible.

To read more about Snowsound, [click here](#).

#6... Cubii: Under Desk Elliptical Machine

The older we get the harder it is to find time to balance work, family and fitness. We typically achieve the necessities our bosses and families need and then forget (or are too tired) to care for ourselves. TeamPAR recently moved into our new offices (Please come visit us!) and I wanted to practice what I preached. A small exercise room was designed for the health of all TeamPAR employees, inclusive of a bicycle desk. But, I still felt that too many hours were spent unavoidably sitting behind a desk. Que the Cubii! Cubii is a smart seated elliptical that keeps you moving while you work. You use your own office chair and this device wirelessly syncs up to your smart phone --- tracking your minutes, miles and calories burned.



To read more about the Cubii, [click here](#).



#7... Cocoon by Sandler Seating

In today's office environment we are asked to move at warp speed. With mobile devices, we are always accessible. No wonder people may be anxious or are searching for ways to decompress. Sometimes you cannot take the day off or take a needed vacation. We at TeamPAR have successfully designed and built relaxation rooms that enabled employees to enter a "screen free" environment for 10 minutes or more and enjoy the time to relax and engage their senses through aroma and sound therapy, stretching, enjoying a massage chair, meditating, day dreaming while enjoying the wall mural or doodling and journaling to free your mind.

To read more about the Cocoon, [click here](#).

#8... Wurf Board: Air-Spring Surface for Standing Desk Users

Standing desks are all the rage. We are being told that if you stand 15 minutes out of every hour it has many health benefits: invigorating the mind and body, boosting circulation, taking pressure off the spine and allowing the muscles to stretch and refresh. For decades, sitting at a desk has been the office standard.



Enter the Wurf Board! The Wurf Board is a highly supportive, lively, air-spring surface that encourages standing desk users to make continuous micro movements, which improve blood-flow so you can stand comfortably much longer.

To read more about the Wurf Board, [click here](#).

TeamPAR President Interviewed by CEO-CHAT



Karen Rossilli-Kiefer was the featured guest on the live internet program, CEO-Chat, on September 22, 2017. Al Cini and Joe Asumendi were very gracious co-hosts. Check out this [30-minute interview](#) if you have a moment, and learn more about how TeamPAR got started and what motivates Karen every day.

Case Study



Prolong Pharmaceuticals Corporate Offices

Project: Prolong Pharmaceuticals, Corporate Offices
Size: 3 Story, Multi-tenant Building - 11,200 SF
Mission: TeamPAR was chosen as the Designer, Construction Manager and Owners Representative to oversee the entire

Design-Build process in under 120 days.

Business Goals: Maximize the suite's footprint and create areas for collaboration, training and corporate functions.

Read Now

Philanthropic Outreach



Karen Rossilli-Kiefer and Alexa Varro of TeamPAR, along with our eldest children, donated a few hours of "sweat equity" to the [Community Foodbank of NJ](#) on September 16, 2017 during the CREW-NJ volunteer event. We boxed a week's worth of nutritious food for the elderly in need. In two hours our team assembled 406 boxes, each weighing 31 pounds! We had a few laughs and set a good example for our children at the

same time.

Join TeamPAR's 17th Annual Toy Drive to Benefit the Children of JBWS!

We are looking for Selfless Corporate ELVES!!

JOIN TEAMPAR'S 17TH ANNUAL TOY DRIVE TO BENEFIT THE CHILDREN OF JBWS!



Set up a toy drive in your office, school, professional organization, store, church or Boy or Girl Scout Pack!

- TeamPAR will collect your contributions from December 4 – 11th.
- Take a picture of your "elves" and collections and become part of TeamPAR's December Acts of Kindness posts on LinkedIn.

Check out the "elves" and their amazing contributions from last year's toy drive [here!](#) Together we helped approximately 180 families, serving 391 children.

All toys stay in NJ. Make a difference this holiday season in our local community --- we need your help! Email Karen at karen@teampar.com to get involved.



Check out our [Wishlist on Amazon](#). Click and your generous donations will ship directly to TeamPAR's office. Make a difference and join our team!

