



FOR IMMEDIATE RELEASE

STGi Walks with a Purpose

Walking campaign focuses on employee health and wellness.

ALEXANDRIA, VA, November 3, 2010 – STG International, Inc. (STGi) recently announced that the company is sponsoring a walking campaign titled, “Walk with Purpose!” to encourage employees to take steps towards a healthier lifestyle. Teams were formed throughout the company and each participant was given a pedometer to track their steps for four weeks. The team with the highest total steps taken will be recognized for their efforts with a prize.

“Walking helps to strengthen your bones, control your weight by burning calories and raising your metabolism, and conditions your heart and lungs,” says STGi’s CEO Michelle Lee. “As a board member of the Washington Hospital Center, I am actively involved with building awareness about keeping your heart healthy. Having this walking campaign is a way to make sure all of STGi’s employees have the chance to increase their heart health.”

STGi is sponsoring this walking campaign as part of an ongoing effort to take a proactive approach to the health and wellness of STGi employees. STGi human capital initiatives are designed to improve the overall quality of life and address occupational health concerns for employees to help them lay the groundwork to lead healthy lifestyles in their professional and personal lives.

Marcia Euwema, STGi’s Assistant Vice President for Human Resources adds, “We want to encourage everyone to participate in this walking campaign to also help with flexibility, posture, mental alertness, memory, mood and self-esteem, all while lowering the employee’s blood pressure, stress levels and their risk for diabetes. This campaign is really a way to improve each of our employee’s health and wellness.”

Suggestions on how to increase the amount you walk each day include parking your car farther away from the door, taking a walk at lunch time or taking the stairs when you leave the office for the day.

The campaign ends on November 5th and winners will be announced the week of November 9th.

STGi employees have also participated in the other heart-conscious events such as the Susan G. Komen 3-Day for the Cure and the Annual Sprint Four the Cure 5k Run.

About STGi

STG International, Inc. is a woman-owned minority business, founded in 1997 to provide human capital management, medical, and professional services to Federal and private sector clients. Thanks to steady, exponential growth, STGi now employs more than 1,700 professionals in 41 states and territories, with



SOURCING THE HUMAN MISSION.

headquarters in Alexandria, VA, and additional offices across the country. Dedicated to the Human Mission, STGi proudly supports the nation's most fundamental imperatives; including Head Start training and technical assistance, medical care for Soldiers, and government-wide human resource initiatives, among others. Learn more by visiting www.STGInternational.com.

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