



Company Profile:

The Starr Group is an Insurance/Risk Management agency with the capabilities of advising clients on everything from their business insurance to their personal insurance. They also provide Risk Reduction assistance in Human Resources Compliance, Loss Control, Defensive Driver Training, Leadership Training, Cobra Administration, Workers' Compensation Claims Administration and Corporate Wellness.

About Mary Starr

Mary Starr, Executive Vice-President, has directed The Starr Group since 1985. Mary has been at the helm of creating The Starr Group's current award-winning wellness program, Fit4Life, which has received numerous accolades.

Tell us about your company's approach to wellness in the workplace...

As employers, we are in a prime position to make a difference in the lives of our employees and their families. The Starr Group considers wellness to be a sustainable business strategy. Happy customers begin with happy employees. Taking care of them, empowering them and rewarding them will do the same for our customers and our business.

Our goal is to provide a robust wellness program that provides something for everyone. We complete annual biometric and health risk assessments, which supply us with a corporate profile of our company. From this profile we found our four areas of greatest concern (nutrition, sedentary lifestyle, stress/anxiety and tobacco cessation) and built our wellness program around these primary areas.



What prompted you to participate in the Fittest EXECES competition?

I am driven by setting goals and pushing myself. This was my fifth year participating in this competition; I was a finalist the first three years and a winner in 2012 and 2013. I love this competition because it challenges and motivates me to push myself to a higher level of fitness.

What do you think contributed to winning?

Definitely my personal trainer, Nicole Ford. She is an outstanding role model and inspiration for me. Nicole also works with The Starr Group as a whole, sharing her guidance, wisdom and support for the entire team.

Tell us about your team...

I am extremely proud of The Starr Group team. They are outstanding wellness ambassadors for The Starr Group wellness program, Fit4Life. They actively participate in our wellness challenges, lunch and learns and biometric/health risk assessments each year. They are shining examples of individuals who take responsibility for their own health and wellness.

Why do you think it is important to lead by example?

My position is fast-paced and can involve a high degree of stress. My fitness routine allows me to decrease my stress level and increase my focus, which in turn increases my productivity and effectiveness. Being able to maintain a balance between work and wellness is vital to fulfilling the requirements of my position. Over time, I have learned that business results should not come at the expense of my quality of life. Our work and personal lives can co-exist. I take the responsibility of being a role model to my teammates very seriously, and I believe this is an important lesson to pass on.

What do you enjoy most about your WAC membership?

I have been a member of the Greenfield WAC since it opened. I appreciate the variety of equipment available and the openness of the larger workout area. I am always amazed by the amount and variety of programs the WAC provides to its members.

Are you "Fit to Lead?" Read WAC Wauwatosa General Manager, Derek Deprey's article on fitness and leadership at thewac.com/lead