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For Immediate Release

**Activities highlight Illinois League's attention
to promoting healthier lifestyles for staff**

Naperville, IL., January 27, 2009 – The Illinois Credit Union League (ICUL) has started the new year off by promoting healthy lifestyles for its staff.

For the second year in a row, ICUL brought in a local health services company to offer wellness screenings to employees. The screenings included a blood pressure test, measuring body mass index, and drawing a blood sample to check cholesterol, diabetes and other health concerns, as well as a Health Power Profile Health Risk Appraisal, where participants answered a number of dietary and lifestyle questions.

In about three weeks, participating staff will be mailed a report with their results, including potential health risks. Nearly 70 ICUL and ICUL Service Corp employees took part in the wellness screenings.

Other on-going related activities will include continue offering flu shots in the fall and holding blood drives twice during the year. These events normally draw an average of 20 people each time.

“All of these activities have been an effort to provide opportunities for staff members to gain knowledge about healthier lifestyles and changes they can make as they desire,” said Dan Plauda, ICUL president/chief executive officer.

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Note: The Illinois Credit Union League (ICUL) is the primary trade association for credit unions in Illinois, which provides members with information, legislation and education. Membership is open to any credit union operating in accordance with the Illinois Credit Union Act or the Federal Credit Union Act. There are 425 credit unions in Illinois with more than 2.7 million members.