



**FOR IMMEDIATE RELEASE**

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## Granite Donates to Wellness Program for Youth

(October 17, 2016)-Quincy, MA—Granite Telecommunications, LLC, a provider of communications solutions to businesses, raised **\$5,215** for TRUE Fit, a nonprofit dedicated to creating an accessible form of health and fitness in communities around the United States, especially in low to moderate income communities where a barrier to access has formed as a result of the high costs associated with the health and fitness industry. In pursuit of its mission TRUE Fit offers clinics and programs that educate youth and empower them to live a healthy lifestyle with whatever resources are available to them.

Tom Schneider, President and founder of TRUE Fit, thanked Granite by stating, “We are grateful for Granite in giving us the ability to provide many more TRUE Fit clinics.”

At TRUE Fit clinics participants are introduced to athletic movements that are easy to learn and can be done without a high-cost gym membership, expensive equipment or guidance from a costly personal trainer. Insight on nutrition fundamentals and time management are also a focal point of the clinics.

For more information about TRUE Fit, visit [www.truefitteam.com](http://www.truefitteam.com).

### About Jeans Day

Through weekly Jeans Days, held every Friday, Granite teammates have the option to wear business casual attire or jeans with a donation of \$3 to the selected charity. Each week, the Granite Cares Committee, comprised of Granite teammates, chooses a qualifying nonprofit organization nominated by other teammates. Granite then matches the amount raised by teammates.

### About Granite

Granite provides voice, data and other related communications products and services to multi-location businesses and governmental agencies throughout the United States and Canada. Granite furnishes services to over 80 of the Fortune 100 companies in the United States, and 1.5 million phone lines under management. Granite employs over 1,700 people at the company’s headquarters in Quincy, MA and offices in Atlanta, GA, Orlando, FL, West Palm Beach, FL, New York, NY, Providence, RI, Chicago, IL and Dallas, TX. For more information, visit [www.granitenet.com](http://www.granitenet.com).



**Pictured above: TRUE Fit conducts a clinic at the Boys & Girls Club of Atlanta with special guest Pat DiMarco, All-Pro fullback of the Atlanta Falcons**