

# STEPS

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## Old before your time?

85% of us at Meggitt have a Vitality Age higher than our actual age, which means we're not aging too well. Find out how you can help improve your age inside.



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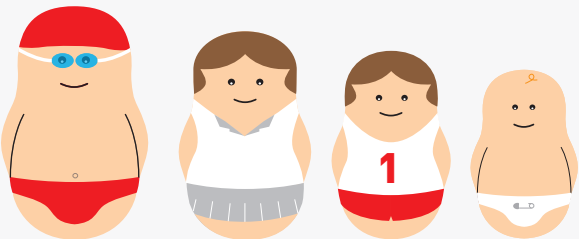


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# Editor's letter



## What worked for you?

This is your magazine, so I'd love to hear what you think of it.

- What would you like to read more about—health and safety-wise?
- How did you change an ingrained habit or make a new start?
- Could you be the next Meggitt Health Hero?

Whatever your feedback, let me know at [patriciacarswell@gmail.com](mailto:patriciacarswell@gmail.com) or contact your VP, Human Resources and one of this edition's Health Heroes [mike.molinaro@meggitt.com](mailto:mike.molinaro@meggitt.com) or use The Conversation employee communications on Sharepoint at [www.mymeggitt.com/theconversation](http://www.mymeggitt.com/theconversation)

Welcome to the very first edition of Step Up—the quarterly magazine that keeps you up-to-date with all the Vitality activities going on at Meggitt—and you've certainly been stepping up since the Vitality program was launched last year. In every edition we'll be showcasing just some of the Meggitt Health Heroes, from those of you taking your first baby steps towards fitness to those making massive strides in your chosen exercise.

In keeping with the first edition of a new magazine, the theme this quarter is new beginnings, and what more exciting beginning is there than the start of a new life? Sadly, not all babies have an easy transition into this life, and that's why a bunch of Meggitt employees did a 5k walkathon to raise money for low income families faced with the heart-breaking worry of a baby born too soon—see page 16.

HR Manager Ben Napier, was prompted by a different sort of family tragedy to turn over a new leaf and transform his lifestyle. You can read all about his journey on page 6. Other Meggitt folks talking about their new starts are platinum status star Amanda Bumann (page 11), HR boss Mike Molinaro (page 4) and President of MABS, Luke Durudogan (page 8).

The hardest part of making a new start is changing your long-term, ingrained habits. This can be a challenge, so it makes sense to begin with something simple. Why not check out our feature on walking? It's a cheap and easy way to get your new regime kick-started.

As for me, I've had to take a break from my exercise regimen for several months this year—once through injury, the second time for family reasons—so it's back to the beginning for me, too. Next time I'll let you know how I got on taking my first steps back into fitness again.

'Till next time,

A handwritten signature in red ink that reads "Patricia".

Patricia Carswell, health and fitness journalist

# Vital statistics—how are we doing?

The Vitality program has been running for a while now so we've had a chance to see what it's telling us about the health of Meggitt folks as a whole. The Vitality Review pulls together all the facts and figures from your health risk assessments and Vitality Checks and gives us a great overall picture of what kind of shape we're all in.



## 88% of us are smoke-free

There's some good news to celebrate. Meggitt employees scored well in two key areas: alcohol and tobacco. Only a tiny proportion of us are drinking to excess, and a mere 12% are smokers. This clean living is great news for our livers and our lungs, as well as our overall health. Keep up the good work! And if you're one of the ones still drinking or smoking, talk to your Wellness Champ (see page 18) about what you can do to kick the habit.



## 75% of us are overweight

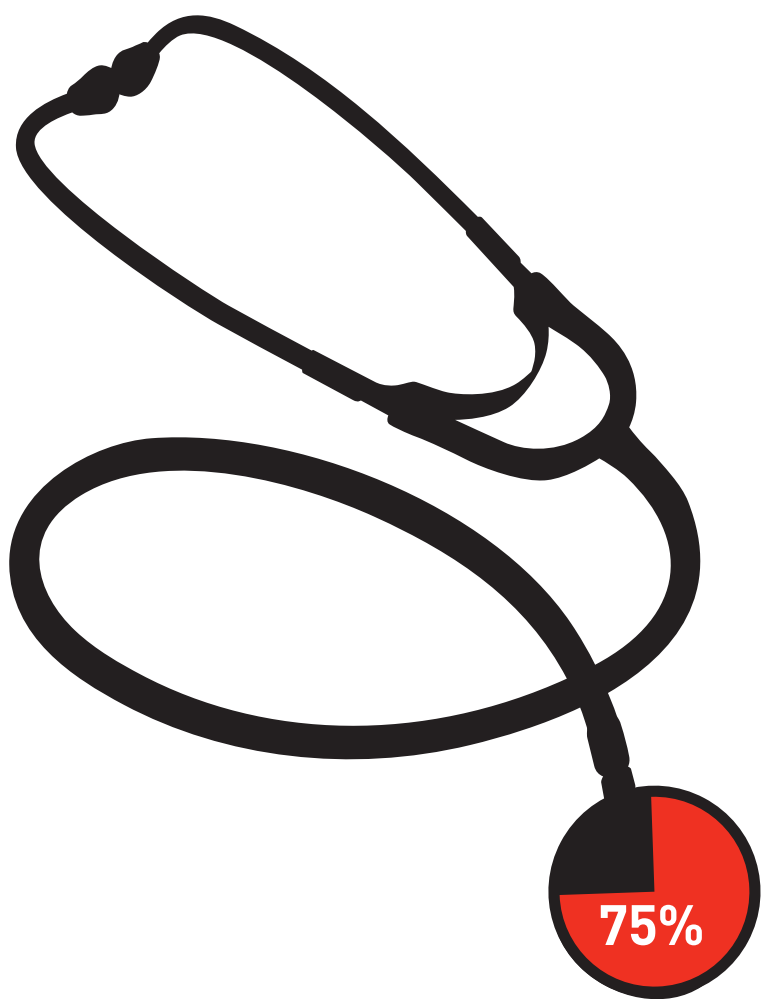
The bad news is that we're just too big. The majority of Meggitt staff have an elevated risk as a result of their body mass index. What does that mean? Well, put simply, nearly three quarters of us are overweight, with a third of us being classed as obese. There's no need to despair, though. The Vitality program offers lifestyle and fitness plans to help you achieve your target weight.



## 87% of us don't eat five a day

It seems that our lifestyles are letting us down, big time. Two thirds of us aren't getting enough physical activity, with almost a fifth of us doing no exercise at all. And we're not eating too well, either. A staggering 87% of us are putting our health at risk by consuming fewer than the five recommended servings of fruit and vegetables per day.

Look out for Vitality campaigns in the next few months to help you address these issues and get you back on track.



**75%** of high risk category consider their health to be good, very good or excellent

**Who are we kidding?**

So you haven't been to the doctor for a while, but does that really mean your health is 100%? Our Vitality Review showed that more than three quarters of participants who fell into the high risk category considered their health to be good, very good or excellent.

The fact is that just because you feel well, it doesn't mean you are well, necessarily. You may be storing up all kinds of health problems for the future if you're not leading a healthy lifestyle, eating good, nutritious food and being physically active.

High blood pressure is a case in point. Known as the "silent killer", it may not give you any symptoms but can put you at risk of heart attacks and strokes.

If you're overweight or obese, too, you'll be risking coronary artery disease, sleep apnea, diabetes, high blood pressure and strokes.

If you've done a health risk assessment or Vitality Check and scored poorly on your health or lifestyle, act now. Find out what programs are available to help you improve your health, and start setting some positive goals today.

And if you're still waiting to get yourself checked out, don't leave it any longer. It's much better to know the risks and deal with them before it's too late.



The average official age of Meggitt employees is **46**, but in Vitality terms it's **51**.

**Old before our time?**

Your birth certificate may say one thing, but your Vitality score may tell a different story. By analyzing your data we can figure out your Vitality Age, which is your "real" age in health terms, taking into account your overall health and risk factors.

This may make you younger or older than your actual age. If you're super healthy you may find your Vitality Age is lower; if you're hitting the 'at risk' categories the chances are it'll come out older.

So what about Meggitt as a whole? Well, 85% of us have a Vitality Age higher than our actual age, which means we're not ageing too well. The average official age of Meggitt employees is 46, but in Vitality terms it's 51.

If you think you should be doing better, talk to your Wellness Champ about how you can improve your score.



## Mike Molinaro

# Leading by example

Mike Molinaro is feeling good. In the last year the Senior Vice President of HR Operations has dropped 20 lbs.



His energy has increased, he's thinking more clearly and he's finding it easier to get out of bed in the morning. All of this he attributes to the Vitality program.

"I knew when I had my body mass index done I had two choices," he says. "I needed to lose some weight or I needed to grow six inches."

What helped him to make the change was the nutrition training provided by Vitality.

"That was very important to me," he says. "I have increased my activity a bit—that's very difficult for me because of my schedule—but I've started to pay attention to what I'm eating. My wife said I drank too much soda, so I haven't had a soda since Christmas."

It wasn't just to improve his own personal health that Molinaro championed the Vitality program at Meggitt, though. When he looked at the figures coming in from the insurance company, he was alarmed by what he saw.

"People have these chronic disorders—high blood pressure that isn't taken care of, high cholesterol that isn't taken care of, being overweight and not taking care of that. We end up having to deal with very large diseases instead of taking care of things and managing conditions when they're very small."

**MOLINARO IS THE FIRST TO ACKNOWLEDGE** that it's not just the wellbeing of the workforce that is at stake, important though that is to him. He readily admits that a big concern is the financial cost of ill health, both to Meggitt and to the employees as individuals.

"Healthcare costs have been rising every year and they are a huge cost to the company and to individuals' family budgets. Our costs go up and up, and there seems to be no end in sight. When we looked at Meggitt we realized that we have medical issues that are adding to our cost."

So two years ago, Meggitt decided that something had to be done and started looking around for a program that could help Meggitt improve the health of its staff. "When we hit on Vitality, we liked what we saw—a program that that would give employees an incentive to take care of themselves."

**I can personally assure everyone that we never see any personal information from the Vitality program**





## My wife said I drank too much soda, so I haven't had a soda since Christmas

"It would be a win-win situation," he says. "It would give us happier and healthier employees and help control our costs, it would give our employees a healthier lifestyle, a longer life, a more enjoyable life and control the health costs that they incur."

Almost a year since Vitality was launched, Molinaro is cautiously optimistic.

"I've seen growing interest in the program," he says. "But more importantly, what I have seen is that the program is doing what it is supposed to do, which is make people pay attention, get people to think about the choices that they make. Do they have the extra piece of pie after dinner? Do they take the elevator when maybe the stairs will do? Those types of things are really what we're after. If we make very, very small changes, it will have a big effect on our health."

**S**o far so good, but isn't there a danger that there's a Big Brother element to the program? Molinaro is adamant that this is not the case.

"I can personally assure everyone that we never see any personal information from the Vitality program. When people go for a health risk assessment or they have their biometric screening, none of that information comes to Meggitt. That is used by Vitality to help customize the program for the individual so that the information that that individual gets is particular to them. If you don't have high cholesterol, we don't want to be sending you information about how to control your cholesterol." The only form in which the Vitality information is disclosed to Meggitt, he says, is in aggregate.

"We use all of the information combined together," says Molinaro. "Our insurance providers use that to advise us to tailor our insurance offerings to help people. If we have chronic conditions that can be treated with drugs, we want to make sure that we are making those drugs available at extremely affordable prices because it's to everyone's benefit that you take your medication to control your condition."

"We use that health risk assessment and the biometric screening to say, 'What does the overall Meggitt population look like? Where do they need help with their health and how can we adjust our program to help them take better care of themselves?'"

Even if Meggitt wanted access to the biometric data, he adds, it wouldn't be allowed to.

"We are protected by a law called HIPPA, which is the Health Insurance Portability & Accountancy Act of 1996. We cannot have that information personally unless the employee gives us permission. And the fines are quite large."

What Molinaro does want to know from employees, however, is what they feel about the program.

"If there are things about the program that people have concerns about, we'd love to hear about it in the benefits department. If people have positive experiences, we'd love to hear about that, too. It can be fun."

As for the future, Molinaro hopes to get more people enrolled in the program.

"The biggest message is: 'Please take care of yourselves.' We want to help with that. We're after people making little modifications in their choices and to take care of their health."

With new Vitality initiatives such as social networking and discounts on healthy foods at Walmart being rolled out later in the year, there are plenty of reasons for Molinaro to raise a glass to the success of the program. Just don't expect it to be a glass of soda.



CUT OUT AND KEEP

### Vitality's top tips

**Don't be daunted by the idea of getting healthy—small changes can have a big effect**

**Start with one bad habit, like drinking too much soda, and resolve to change that**

**Pay attention to the choices you make every day—you may find it easier to change than you expect.**





## Ben Napier

# Wake up call

Ben Napier, Human Resources Manager at Meggitt Control Systems in Troy, Indiana, used to be a fried chicken and Reese's Cups addict until a family tragedy caused him to change his ways.



It was the news nobody wants to hear. Gathered together for Thanksgiving, it should have been a time of celebration, but the Napier family was in shock, having learned that Ben's older brother had been diagnosed with an aggressive form of cancer. By Christmas he was paralyzed. Ben's beloved grandmother had already died of the disease, and not long after, his father was also diagnosed with the same illness.

For Ben, it was a message he couldn't ignore. Raised in northern Indiana, he had grown up with the idea that when it came to food, bigger was better.

"My grandmother cooked enormous meals, that literally covered the entire table," he recalls, "and you didn't leave until the plates were empty and there wasn't anything left. Her fried chicken was one of my favorite things, and then of course you had the

mashed potatoes and gravy, you had the vegetables that had five pounds of butter in them, and of course the desserts ... oh my goodness!"

All this eating hadn't done Ben's waistline any favors.

"As I got older, I noticed I couldn't run as fast, I couldn't do the same things I used to. Like most people in their early thirties, you want to remain somewhat physically fit, and I started noticing that things didn't look the same as they did.

"I remember waking up one morning and stepping on the scales, and I just looked at them and said, 'I just cannot believe that I weigh 182 lbs.' I had always been a skinny kid."

Ben's father had been told by his doctor that he needed to mend his ways and to cut down on fried food, and Ben decided that it was time for him to change, too.

**Do it for your kids, for your grandkids, set a good example. It's never too late to start making good changes**

"I remember saying, 'That's it, I'm not doing it any more'", he says.

From that moment, Ben didn't look back. "I literally went through everything that I said was bad and got rid of it," he says. "I changed the way I order my groceries, I cut out everything. If it was sweet it was gone. I cut out drinking soda—I mostly drink tea now. It's almost impossible to avoid fast food as I have two young girls, but if I do, we try to pick something up that's healthy."



Ben started noticing a difference in his weight almost immediately. “Once I started that regimen, portion control, making certain that I’m getting the right amount

**Living in what he calls “the land of biscuits and gravy”, the social pressures to eat are great, and Ben is anxious not to offend anyone**

of proteins, the right amount of carbs, I started to watch the weight drop off.” His weight has now settled somewhere between 165 and 170 lbs, better suited to his six foot frame.

At the same time as changing his diet, Ben decided to start an exercise regimen, too.

“I don’t like gyms and actually I can’t stand running, so it’s hard,” he admits. “When I first started getting healthy I did a P90X regimen [a home exercise routine, known for its intensity] and I still do pieces of that, though I don’t do it full-on any more as it’s really hard on my knees. I’ll do push-ups, sit-ups, pull-ups, all that sort of stuff. I found for me that working on the core exercises works a lot better for me.”

He has also signed up for a grueling 12-mile obstacle race called the Tough Mudder, and is training hard for it—no mean feat for somebody who doesn’t like running.

Ben has needed all the determination he can muster to pursue his new regimen. Living in what he calls “the land of biscuits and gravy”, the social pressures to eat are great,

and Ben is anxious not to offend anyone. “When I go to my family gatherings, we have all these spreads—Thanksgiving dinner, Christmas dinner, Easter dinner. Everybody’s bringing these fantastic dishes and I hear, ‘Aren’t you going to eat any more?’ and ‘You look skinny’.

“I tell them I don’t eat that way anymore, not that the food isn’t great or that I think that there’s something wrong with it, it’s just I know that that much food and some of those types of foods just aren’t good for me. I don’t want to insult people, I don’t want to insult mom, but at the same time I’ve gotten to the point where I’m not going to eat that, or if I am going to eat it I’m not going to eat as much.”


What keeps him motivated is his family, and giving himself the best chance to see his daughters grow up.

“I realize fully that if cancer’s genetic I won’t stop it, but my body will be in a better shape to fight it. I also want to set a good example to my kids—I want them to look at me and say ‘Dad never quit.’”

Now one of the Vitality wellness champs, Ben is also conscious of the example he sets to his co-workers.

“I always try and set a good example,” he says. “I may not always be successful at it, but at least I can say when they see me eat at lunchtime I’m not gorging myself. I do cheat now and then, but for the most part I try and be very conscious about what I eat, and when the folks see me and they ask me, I try to give them good advice.”

Ben is pleased to see the culture changing, little by little.



CUT OUT AND KEEP

### Vitality’s top tips

**Eat little and often rather than having three large meals each day**

**Throw out any food you know is bad for you—it reduces temptation**

**Find a type of exercise that you enjoy—you’re much more likely to stick with it**

**If your willpower is wavering, think of the people you want to stay healthy for. Family is a great motivator.**

“Meggitt has a culture in manufacturing and for the most part manufacturing has not really supported healthy lifestyles. Now we’re saying, ‘We do support it and here’s how’. For a lot of people it’s changing their minds about what healthy means.”

It may take a while for the message to get through, but Ben is a passionate advocate.

“If you don’t want to do it for yourself, do it for those that care about you,” he says. “Do it for your kids, for your grandkids, set a good example. It’s never too late to start making good changes.”





# SNA

## Luke Durudogan Just a team mate

Luke Durudogan—President of MABS—tells us why exercise is the greatest leveler and how Vitality has helped him to change his lifestyle.



If you want an audience with Luke Durudogan, you might want to go for a walk around the MABS building in Akron or Coventry at lunchtime.

Durudogan can often be found joining the group of employees who take lunchtime walks around the facilities in an effort to improve their fitness. It might be hard to pick out which one is him, though, for you won't find him leading the pack with others meekly following behind. He'll be the one right in the middle, joking and laughing with his fellow walkers.

What he likes best about these exercise sessions is getting to know his co-workers in an informal way.

**It's easy to spend 24 hours a day at this job. What's hard is balancing your job against your health and your family**

"This is a way that I can go and spend time with people that is not a business environment," he says. "So when I am in a meeting with those people in attendance I'm a team mate—I'm not in the role of a President, I am Luke."

The main challenge that he still faces is the business meal, which he describes as his “dietary struggle”



Vitality, he says, offers an important opportunity to get beyond the office. “Folks on the shop floor can be a bit displaced from the offices. That is not acceptable. You have to make the effort to bridge that gap.”

Getting to know his fellow employees isn’t the only benefit that Durudogan has gained from Vitality—it has also helped him to improve his eating and lifestyle habits.

“I’m a snack guy”, he freely admits. “I love to snack—and was doing so all day.”

The problem with all this snacking is that it had started to show itself in his waistline —“I was having too many snacks”—but having completed the online healthy eating course with Vitality, he has learned to moderate his eating.

The course was, he explains, a behavior modification course which provided reminders to print out and carry around with you.

“It’s all about changing habits,” he says. “That’s what the course focused on.” Since completing the course, he has changed his habits to healthier ones. He has banned candy from the office and is overeating less than he used to. Gradually, he says, he is starting to lose weight.

Durudogan has also found ways to incorporate exercise into his life—a challenge with all of the demands on his time.

“The higher up the corporate ladder you go, the more demands you have on your time” he says. “There are many people that you have to take care of and there are many people who depend on you, both above and below you, so it’s very challenging to have any kind of balanced lifestyle. It’s easy to spend 24 hours a day at this job. What’s hard is balancing your job against your health and your family.”

Despite the difficulties carving out time to exercise, Durudogan believes that it is essential to do so. “A strong mind begins with a strong body,” he says.

In an ideal world, he would be involved in team sports—he used to love American football and rugby, and hates running—but for practical reasons has installed an elliptical machine at home.

“If there’s a night that I’m not committed, and it’s not midnight, I go to the machine. I turn the TV on and watch traditional sports on the news for half an hour to an hour.” Even when he is travelling, he tries to fit in an exercise session. “If I’m staying in a hotel I bring my gym kit with me.”

CUT OUT AND KEEP

## Vitality’s top tips

If you like to snack, that’s fine—just make sure you’re eating healthy snacks. Throw away the candy!

Make the most of the Vitality courses—they can help you to change your habits

Make time for exercise in your life. It’ll make you feel stronger and fitter

Exercising with co-workers can be fun and is a great way to get to know them outside of the office

The main challenge that he still faces is the business meal, which he describes as his “dietary struggle”.

“You’re expected to attend and when everyone’s sitting around and having a meal and you’re the one saying, ‘Hmmm, I’m on a diet, I’ll have a salad, please’, it stifles the mood at the table.”

For now, though, he has completed all the Vitality courses that apply to him and is looking forward to more challenges to come. In the meantime he’s excited to see so many of his co-workers getting involved in healthy activities such as golf and walking.

“We’re all fighting the same challenges,” he says.







# Best foot forward

If you thought that getting fit was all about spandex, sweat and step machines, think again.

**Y**ou can get yourself in great shape without ever setting foot inside a gym and without it costing you a cent—just by putting one foot in front of the other.

Walking has a whole range of health benefits, with none of the disadvantages in terms of cost, equipment, special clothing and strain on the body that gym membership involves.

Maybe you have some weight to lose? Get walking! An hour's gentle walking burns off around 240 calories—that's about the same as a small Hershey's bar or a large fruit smoothie.

Do you have high blood pressure? Get walking! Regular exercise like walking is a proven way to reduce blood pressure without drugs.

Worried about osteoporosis? Get walking! Regular weight-bearing exercise strengthens your bones and reduces the risk of osteoporosis—and walking is much easier on your joints than jogging.

The US Surgeon General recommends at least one half hour of moderately vigorous exercise, such as brisk walking, every day, and there's no reason why that half hour shouldn't be broken up into several, shorter sessions.

So what are you waiting for? Get your shoes on and get outside!



## Walking at Meggitt

Walking with other people is a great way to socialize and burn calories. Some Meggitt facilities are holding regular lunch-time walks for employees. Ask your Wellness Champ if there's one doing on at your site—and if there isn't, why not organize your own?

## Get out of here!

Walking isn't just good for your body—it'll make you happier, too! Studies have shown that doing your work out in a green space has a much more positive effect on your mental health than going to the gym. Outdoor exercise has been shown to reduce tension, confusion, anger and depression. Even five minutes of exercise in a green space can improve your mood and self-esteem.



## Keep on track

A great way to keep a track of your walking is with a Fitbug Pedometer, an easy-to-wear device that logs every step you take and even earns you Vitality points if your activity level is high enough. You can buy it at a discounted rate via the Vitality website. Log on to [www.PowerofVitality.com](http://www.PowerofVitality.com) and make every step count!

## How far and how fast?

You should walk as fast as you can whilst being able to hold a conversation. If you're too out of breath to talk you've switched into anaerobic exercise, which isn't so beneficial. If you're new to exercise, start with very short walks and build up to a minimum of a half-hour every day.



 CUT OUT AND KEEP

## Vitality's top tips

Be organized and efficient with your time—you can find time to exercise even in a busy schedule

Don't feel you have to do huge workouts—break them up into small, regular chunks

# Amanda Bumann

## Taking it to the max

As a mechanical engineer at Securaplane in Arizona, Amanda Bumann knows all about finding solutions to problems. She has applied this approach to finding time to exercise so successfully that she has maxed out on her Vitality points in just eight months.

Although she was always sporty when she was young, Amanda found it hard to exercise at her last job, which was in a remote location in Canada. "It was in a deserted area," she says, "and there was no safe way to go running."

Since moving to Arizona, though, Amanda has more than made up for it, taking up

triathlon and even winning some local events. Amanda has accumulated Vitality points both with her training sessions and by taking part in Vitality health tests and healthy living activities. She now has a massive 15,940 points!

Amanda understands how hard it can be to find time to work out, and sympathizes with co-workers whose family commitments make it hard to find time to exercise. "It's hard," she says. "I completely understand!"

She recommends breaking up workouts into small, regular chunks and being efficient with your time. "If you work hard and smart you can get the same amount of things done in a day."





One of the most important features of the Vitality program is our website, **www.PowerofVitality.com**. Here you can track how you are doing, check your Vitality points point history, review your Vitality status and submit events. You'll also be able to take the Vitality Health Review, view your health results, activate your recommended goals and see your Vitality age.

The website also has health advice and information, recipes and advice for leading a healthy lifestyle, plus the all-important Vitality Mall.

# Vitality Online







# Vitality Squares

## A virtual game with real prizes

The Vitality website is also home to the new Vitality Squares monthly online game. WIN up to \$500 in gift cards to spend at Amazon, iTunes, Starbucks or CharityChoice

**Breaking news:** Vitality is excited to tell you about our brand new, online game that can earn you Vitality points and eGift cards to spend at major outlets.

It's so easy to play. Just log on to [www.PowerofVitality.com](http://www.PowerofVitality.com). You'll find 12 blank squares. Behind each square is a picture of either a healthy piece of fruit (yay!) or an item of junk food (boo!)

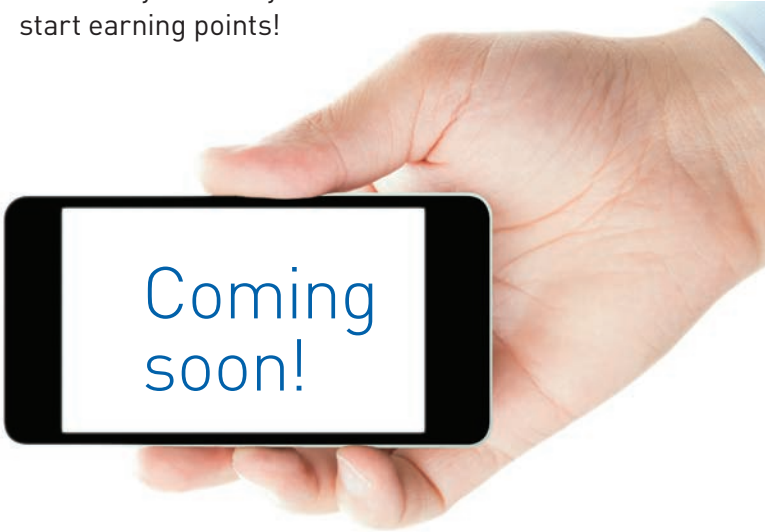
You click on a set number of squares (the number you can click on depends on your Vitality status—the higher your status the more clicks you get). The aim of the game is to uncover as many fruits as you can. Along the way you learn some fun facts about healthy eating.

## WIN BIG!

Now for the really great part: you win Vitality points for each fruit you uncover, and the highest scorers also win eGiftcards up to a whopping \$500 to spend at some of your favorite stores.

You can play once a month, and if your status goes up, you move up a level in the game next time you play. So, who can play? Well, all employees and their spouses who have completed their Vitality Health Review in the current program year?

Not done your VHR yet? Do it now and start earning points!



# Shoppportunity Knocks!

Signing up for the Vitality program isn't just about healthy eating and taking exercise—there's shopping involved, too. Nearly everything you do on the Vitality program earns you Vitality points, and you can spend these at the Vitality Mall as soon as you've achieved bronze status.

That's not all! Once your Vitality status goes up, you start to get some serious discounts at the Mall.



# Let's Go to the Mall!

There are more than 14,000 items in the Vitality Mall—that's a whole lot of incentive to get out there and get healthy!

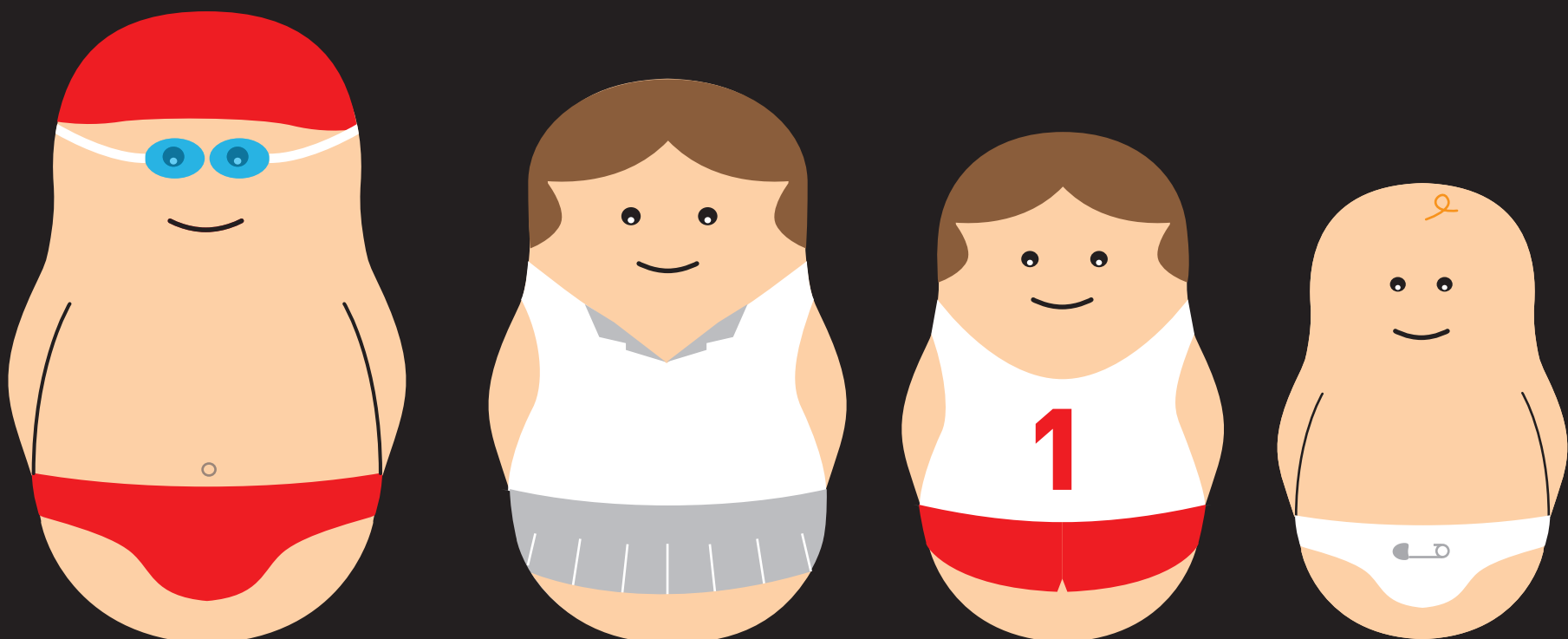
This online store stocks everything from designer watches to kitchen appliances, with a whole lot more in between.



# The enhanced Vitality Mobile App

We're excited to announce that the Vitality mobile app, Vitality Today™, is being enhanced. Members who download it to their Android or iPhone will be able to check your Vitality Points and point history, Vitality status and submit events. You'll also be able to take the Vitality Health Review, view your health results, activate your recommended goals and see your Vitality age. With the GPS tracker, you'll also be able to locate and check in with Vitality's partner health clubs. The app is free and will be coming soon to the App Store.

# Keep it in the family



## So you've signed up for Vitality—great! But have you signed up your family, too?

It's a safe bet that your family's health is the most important thing in your life, so make it a priority by getting them involved in Vitality. The Vitality program is open to the whole family and is a great way of getting all of your loved ones into shape, as well as earning you extra points.

### Health—it's a family thing

Your husband or wife likely plays an important role in your family's overall health, making decisions about everything from your healthcare plan to the health prevention measures you all take (such as immunizations). If they are involved in the cooking and food shopping, they contribute a whole lot to the family's health, too, so it makes sense to involve them in your health program.

The good news is that your spouse can sign up for the full Vitality program

(they just have to use the last four numbers of your social security number on the registration page).

### All about the kids

We all want our children to lead happy, healthy lives, but the sad truth is that many kids aren't as healthy as they might be. The combination of too much screen time, too little running around, inadequate sleep, poor diet and excess weight means that a lot of children are storing up health problems for themselves in later life.

Thankfully, Vitality is here to help. You can complete a kids' Health Risk Assessment on their behalf and you will collect points when you do so, as well as when they receive childhood immunizations. You'll receive advice to help you make better choices about their lifestyle, and you can earn 350 Vitality Points each year by verifying your children's participation in one sports league per year.

**What are you waiting for? Sign up your family today and give them the gift of health.**

[www.PowerofVitality.com](http://www.PowerofVitality.com)

# The Vitality Check uncovered

Scared about what the Vitality Check might involve? Don't be. Amy Curtis, a Human Resources Administrator at MABS in Ohio, took her Vitality Check back in September and tells us how it was for her.



Q	What was it like?	Amy: It was extremely easy.
Q	But what about the blood prick test?	Amy: It didn't hurt.
Q	And when they drew blood – did that hurt?	Amy: No, that didn't hurt either.
Q	How long did it take?	Amy: Five minutes – that's all.
Q	What would you say to a co-worker who was worried about having their Vitality Check?	Amy: You learn a lot about your health from it. I think it gives people more motivation if they know that their cholesterol is high or their BMI is too high. It's a good idea.

## What are you waiting for?

**Still haven't signed up for Vitality?**  
**It's easy.** Go to [www.PowerOfVitality.com](http://www.PowerOfVitality.com) and follow the simple joining instructions or call 1-877-224-7117

**Stopped short of the Vitality Check?**  
**It's easy.** Schedule your FREE biometric screening at your local Quest Patient Service Center. Just call 1-866-908-9440 or log on to <https://my.blueprintforwellness.com>.

**Interested but want to know more?**  
**It's easy.** You can either:

- Contact your Wellness Champ (see above) or
- Call Vitality's Customer Care Center Mon-Fri (CST) 8:00 am to 5:00 pm on 1-877-224-7117 or [wellness@powerofvitality.com](mailto:wellness@powerofvitality.com)



# Baby love



22 employees plus 12 family members took part in the walk and raised \$7,000



On May 11th, a group from MUSA and MSSl at the Simi Valley campus took part in 5km walk-a-thon to raise money for a charity called March for Babies—a charity that gives financial help to families with premature babies who cannot afford care for them and funds prenatal care for low income mothers.

To prepare for the March for Babies, the wellness champs at Simi Valley organized 10 weekly training walks. Employees earned 35 Vitality points for each training walk they participated in.

The walk was a huge success. Alma Rabago, Benefits Administration Assistant Manager at MUSA, helped to organize Meggitt’s participation. She says:

“We had 22 employees plus 12 family members and two beautiful dogs. So far we have raised approximately \$7,000. We had fun dancing Zumba to get us going before the walk. During the walk we saw walkers with “in memory” t-shirts of their little family members—very sad and heartfelt. “



Left to right: MSSl employees, Ram Narayanan, Mark Mitchell, Sheila Welch, Jim Bechtol, Maria Stephens and Sevak Mehrabi.



Back row (left to right): Maria Stephens, Sue Thomas, Sheila Welch, Jim Bechtol, Vinod Patel, Mrs. Patel, Peter Beal, Lesley Smith, Sandy Russo

Front row (left to right): Mark Mitchell, Sevak Mehrabi, Ram Narayanan, April Daniels (with daughter), Rhed Onasin (with cousin), Raquel Giron, Estela Cisneros (with family) Kneeling (left to right): Vernise Aceves, Kari Acevedo and Griselda Esquivel.



**Did you know?**

## Drink up! Why caffeine is not all bad

Researchers in Japan have discovered that the more coffee or green tea people drink, the lower their stroke risk.

- People who drank at least one cup of coffee daily had about a 20% lower risk of stroke compared to those who rarely drank it.
- People who drank two to three cups of green tea daily had a 14% lower risk of stroke and those who had at least four cups had a 20% lower risk, compared to those who rarely drank it.

20%  
*lower stroke risk*

## Silence is golden

If you're thinking of exercising with a friend, don't choose the best motivator. Surprising research from Kansas State University found that people exercising alongside someone else performed better when that person remained silent than when they gave them verbal encouragement.

**Shhhh!!!**

## Never too late

Think you're getting too old to exercise? Well, why not take a leaf out of Ray Clark's book? Ray took himself down to the sports club for the first time at the grand old age of 98 and in the week he turned 102 was able to curl 40 pounds, work out on the rowing machine and work an eight pound kettle ball. "He's a tenacious son of a gun", his personal trainer, Thom Hunter (who himself is 70), told the Washington Post. We're inclined to agree.

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## Snooze food

Dozing off at your desk in the afternoon? It could be down to what you had for lunch. Researchers at the Penn State College of Medicine have found that eating fatty foods, such as fries and red meat, makes healthy people more sleepy during the day. Choose carbohydrates such as bread and pasta instead to stay alert. Be careful with your portion sizes, though, and make sure you don't load up with cheese and dressing.

zzz



# We are the champions

If you have any questions about Vitality and how you can reap the rewards of healthy living, talk to your wellness champ. Here’s who they are:

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