

# STEPS

## Supersize to Souperhero

Discover the secret weapon in the battle of the flab



# Contents

**1**

**Editor's letter**

**2-3**

**Health heroes—Call of Duty**  
Terry Ahlf



**4**

**Couch to 5K**  
From couch potato to runner in nine weeks

**5**

**Did you know?**  
Vital facts and health news

**6**

**Make it easy on yourself**  
Getting healthy doesn't have to be hard

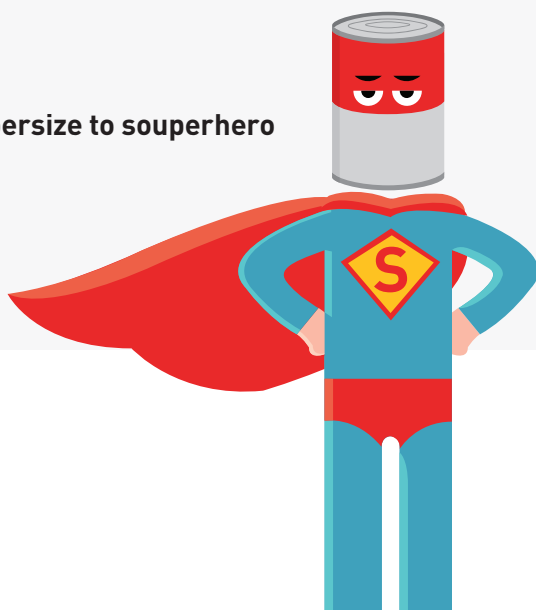


**7**

**How to eat well at The Cheesecake Factory**  
Top tips to take out to dinner

**8-9**

**Health heroes—Supersize to superhero**  
Bill Thompson



**10**

**Soup 101**  
The dieter's secret weapon



**11**

**Lessons for Life**  
Tammy Fox and her sports star daughter

**12-13**

**Health heroes—The Wright Stuff**  
Kevin Wright



**14-15**

**Sweet and lowdown**  
—the truth about sugar

**16**

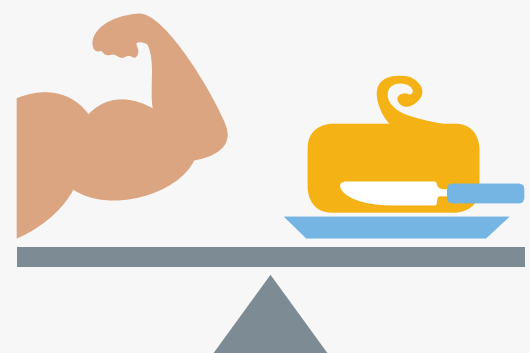
**What's SUP?**  
Why everyone's getting on board

**17**

**Meggitt on the move**  
How Vitality is getting results

**18-19**

**Muscle myths and fat facts**



**20-21**

**Events**  
Meggitt in action

**22**

**We are the Champions**  
The Vitality Wellness Champs

# Editor's letter



Life's complicated enough without your fitness regime being an extra burden, so this edition is focused on making it as easy as possible to get healthy—after all, that's what Vitality is all about.

For health heroes Kevin Wright (page 12) and Terri Ahlf (page 2), their road to fitness was a long and gentle one. They both started with walking—something easy we all do every day—and worked their way up to more strenuous exercise. Lots of you are doing the same, as you'll see from the Events news on page 20—Wellness Champs are busy organizing weekly walks and 5k events.

For those of you ready to take your walking up a level, we've a feature on the Couch to 5k program that gets you up and running in no time, whatever your fitness level.

If walking's not your thing, have a look at our feature on stand up paddle boarding and find out why everyone from Matthew McConaughey to Rihanna have been getting on board with the latest fitness craze.

For Biggest Loser Bill Thomson, the key to dramatic weight loss was equally simple. Read page 5 to find out what his secret weapon was in the battle of the flab.

The great news is that Meggitt is on the move—as our special report on progress shows, you're all getting much more active and healthy. I'm willing to bet you're feeling better, too.

As for me, I'm just glad to see the end of the winter and am looking forward to exercising in the springtime—somehow the sunshine makes it all seem easier. My spring sporting schedule is full of water sports so I'll be keeping my fingers crossed for some warm, dry weather.

'Till next time,

**Patricia Carswell**, health and fitness journalist

## 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?
- How has Vitality made a difference to your life?
- Could you be the next Meggitt Health Hero?

Whatever your feedback, let me know at [patriciacarswell@gmail.com](mailto:patriciacarswell@gmail.com)



## Terri Ahlf

# Call of duty

When Terri Ahlf's son was on tour in Afghanistan with the US Marines, she decided to make him proud of her by getting into shape. Three years later she has completed nine half marathons and her health and family life are transformed.

Terri Ahlf, a payroll and benefits analyst at Securaplane in Tucson, Arizona, would never have described herself as sporty—in fact, she laughs at the idea that she is a health hero.

"I never ran a step until I was 55," she says. "Before then I did nothing at all."

The turning point in Terri's life came when her son Devon, a Sergeant in the US Marines, went on tour to Afghanistan.

"He got married six days before he went to Afghanistan in February 2010," says Terri.

"There was a picture of me at the wedding and I looked like a whale. I decided to do something about it while he was gone."

Terri knew that Devon was a keen runner so chose running to start her fitness campaign. "I decided if my son could train with a 80lb pack on his back then I could carry my body weight," she says.

Sensibly, Terri took it slowly, combining walking with bursts of running. "The first time I went out I ran all of 237 feet!" she says. Gradually she built up, though, and each time she went out she ran a little further.

To motivate herself, Terri decided to set herself a challenge. "They have a training program called Couch to 5k," she says. "So I said to my husband, 'Let's run a 5k.'"

Terri's husband, Bruce, was dubious. "At first he told me, 'I can't run,'" she says,

"but I said, 'Well, you can walk faster than I can run!'"

In October 2010 she and her husband ran their first 5k and soon it became a habit.

**I decided if my son could train with a 80lb pack on his back then I could carry my body weight.**

"The next month we did a couple of small fun runs and then we did another 5k." It was Bruce who suggested attempting a half marathon.

Terri was unsure. "I said, 'Do you realise that's 13.1 miles?' The course is hilly and when I drove it all I could think of was, 'What have I got myself into? Will I be able to do this?'"

"But we came out and ran the course from the front to the back to the middle, starting in different places. We'd add a mile each week."

With her steady combination of running and walking, Terri was hoping for a time of 3 hours 45 minutes, but surprised herself on the day with a time of 3 hours 20.

"I was proud of myself, especially because of the hills," she says.

By now, both Terri and Bruce had the running bug and decided to continue competing. To date, Terri has run nine



half marathons and is due to compete in her tenth in March. In February she will be competing in her 60th race. Bruce, meanwhile, has done seven full marathons, 14 half marathons and three duathlons.

The rest of the family has been inspired to join in. Terri’s older son, Derek, ran his first half marathon this year and Devon—now back after two tours of Afghanistan—just completed his third full marathon, setting a new personal record of 3:28:29.

**The rest of the family has been inspired to join in. Terri’s older son, Derek, ran his first half marathon this year and Devon—now back after two tours of Afghanistan—just completed his third full marathon, setting a new personal record of 3:28:29.**

“When we first started competing, Devon said, ‘I know about Chicago and Boston, but where do you find these other races?’” says Terri. “He inspired me to even think I could run and we inspired him to compete.”

Having running in common binds the family together, according to Terri. “We all motivate each other. I talk to both my sons on the phone and a lot of the time we talk about running, our training, what races we’ve entered, what time we think it’s going to take. One son will be giving the other son pointers. They’re very encouraging.”

By far the biggest benefit of her new regimen, though, is the impact that running has had on her health. She has lost 50 lbs and is hoping to lose more on Securaplane’s Biggest Loser challenge this year—her goal is to lose a further 30 to 40 lbs in time for her 40th class reunion.


“It’s certainly improved my self-esteem,” she says. “I look in the mirror and sometimes I think, ‘Who is that woman?’, especially compared to the Miss Piggy pictures.”

By the time Devon had returned from Afghanistan, Terri had lost enough weight that she was able to do a tandem parachute jump that he gave her for her 55th birthday. Before that it would not have been possible as there is a weight limit.

Regular running has encouraged Terri and her husband to eat more healthily. “If you’re going to run you’ve got to eat healthy,” she says. “It’s been a whole lifestyle change.”

Unsurprisingly, Terri is enthusiastic about the Vitality program. “I love Vitality!” she says. She enjoys browsing the Vitality website for recipes and has completed some of the online nutrition and health courses. “There’s just so much information on there.”

Terri logs her runs and has just completed the 90 day walk challenge. “I’m going for 3 million steps a year. I go for an average of 10,000 steps a day.”



CUT OUT AND KEEP

## Terri’s top tips

**Take it slowly. If you can’t run, start with walking and build up.**

**Find a training program that suits you, like Couch to 5K.**

**Find your motivation. For me it was losing weight while my son was in Afghanistan.**

**Get outside. It’s easier to exercise when there’s something beautiful to look at.**

To help with this, Terri goes on the weekly Vitality walk on Friday mornings. “We walk for 10 to 15 minutes, but I am trying to do a at lunch time walk every day also. Everyone looks forward to it. You get outside and we have a beautiful view of the mountains outside Securaplane.”

With such enthusiasm and determination, it’s no surprise that Terri has made her sons proud.



# Couch to 5K

The secret to Terri's running success was following the popular Couch to 5K (or C25K) program. This is a straightforward, achievable running program designed to get you from couch potato to respectable runner in just nine weeks. C25K founder, Josh Clark, says,

"Too many people have been turned off of running simply by trying to start off too fast. Their bodies rebel, and they wind up miserable, wondering why anyone would possibly want to do this to themselves. You should ease into your running program gradually."

## Here are some C25K FAQs:

### How far is 5K?

5 kilometers is 3.1 miles, which is a popular distance for running races and fun runs.

### How much time does it take up?

Really not a lot. The program involves three 20-30 minute sessions per week.

### I can't even run to the end of the road.

#### How can I hope to run 5K?

That's exactly the point. The program assumes you're a beginner, leveraging yourself off the couch for your first session. You start gently, doing a mixture of walking and jogging, and work your way up over the course of a few weeks to running for the whole session.

### Do I need a whole lot of fancy gear?

For this level of running, no. It's a good idea to get a decent pair of running shoes to avoid injury, but other than that just wear comfortable clothes that don't restrict your movement. Don't worry if you don't have all the gear—you don't want to be one of those people with all of the kit and none of the fit.

### How can I motivate myself?

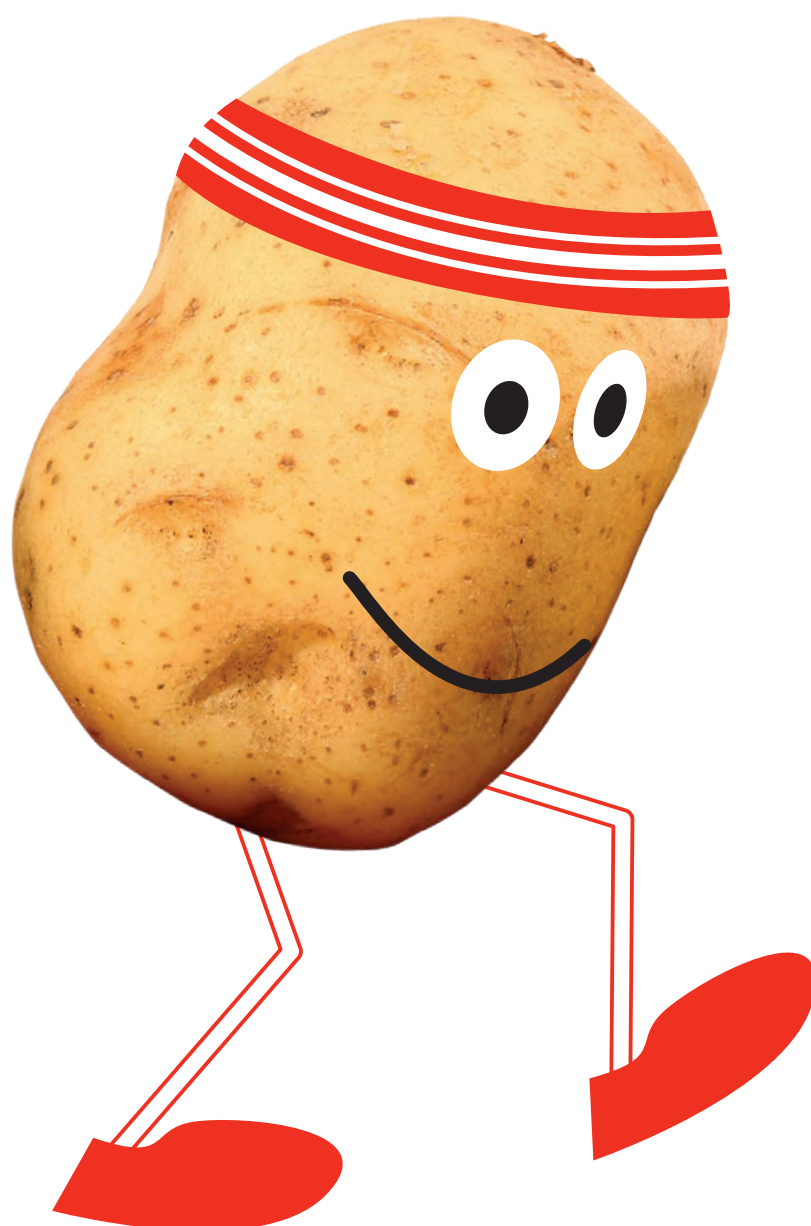
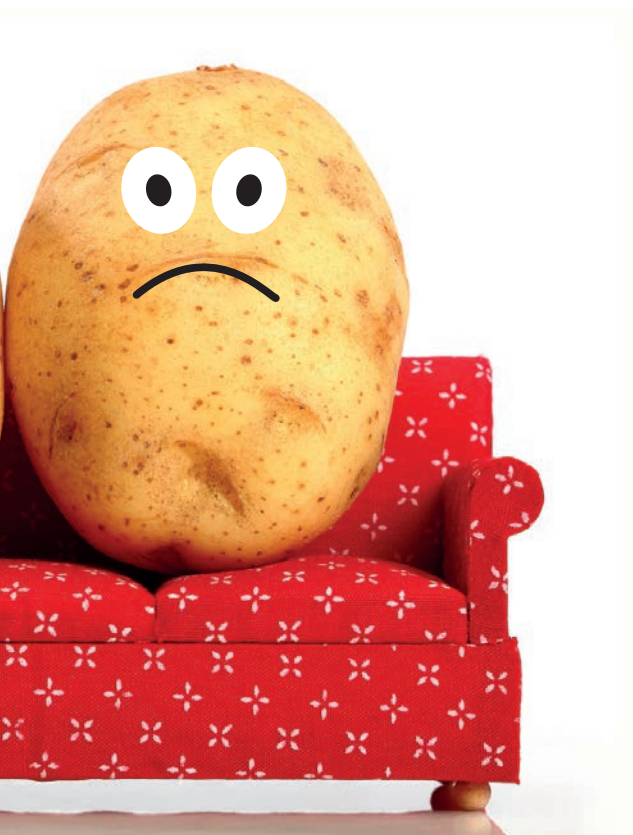
Lots of people find that training with a friend is a great motivator. If you're on your own there's always just one more thing you need to do before you go out for your run. If you can't find a training buddy, there are C25K on-line forums where you can find like-minded people to spur you on.

### Is there anything else that will help me?

Yes, there's a C25K mobile app that allows you to track your running progress on-line and access training tools. It also sends you daily email reminders so there are no excuses for forgetting your workout.

### Where can I find out more?

Go to [www.coolrunning.com](http://www.coolrunning.com) and click on Couch to 5K.







Did you know?

Vital facts |  
Breakthroughs |  
Health news |

## ¿Hablas español? ¡Qué listo eres!

Being bilingual may mean you have more mental agility than your monolingual co-workers, according to Penn State linguistic researchers. A recent study showed that fluent bilinguals had both languages “active” in their minds at any time, even if they had not used one of them for several days, and could switch between them seamlessly. Moving between languages strengthens your mental muscle and gives you greater executive function. Whatever your second language, be proud of it!



## Why setting your alarm could keep you slim

Trying to lose weight? Then not only should you get enough sleep—you should go to bed and wake up at the same time every day. Researchers from Brigham Young University have discovered that a consistent bed time and, especially, a consistent wake time are related to lower body fat. It’s lovely to have a lie-in, but it might not be helping you stay in shape.



## Feeling low? Junk the junk

A healthy diet may reduce the risk of depression and alleviate its symptoms. Research carried out at the University of Eastern Finland revealed that a diet made up of fruit and vegetables, berries, whole grains, poultry, fish and low fat cheese was associated with fewer depressive symptoms and a lower risk of depression.

Eating unhealthy food, on the other hand—such as sugary desserts, snacks and drinks, sausages and processed meats and processed foods—was associated with more depressive symptoms.

Eating right may not be an outright cure for depression, but it increases your chances of feeling happy. Pass the fruit bowl!



## If the boot fits ...

Beginner runners might be put off by the idea that you need fancy shoes to start running, especially if you over or under-pronate. Researchers at Aarhus University claim this is not true. Their study of over 900 novice runners showed that ordinary running shoes functioned perfectly well for new runners, no matter how they pronated.

If you’re investing in your first pair, just make sure they’re a good fit and they’re comfortable. Oh, and once you’ve bought them, do make sure you put them on and get out running!



# Make it easy on yourself

Vitality is all about making health and fitness easier to achieve, so it's no surprise that we have some innovations to announce that will make your fitness journey even smoother.

## The Vitality Today™ App

Great news for those of you who—like us—are welded to your cellphone: Vitality Today is a free app that allows you to carry the Vitality program around with you all day long. It makes keeping track of your progress even easier. You can use the app for all the main Vitality functions. It allows you to:

- take the Vitality Health Review (the on-line health check that is the gateway to so many of the Vitality benefits)
- set and activate your Vitality goals
- locate, check in and track your workouts
- submit your fitness events

... all from the palm of your hand. Visit your app store and download Vitality Today to your iPhone or Android phone.

## Employer incentive plan

With a possible \$900 a year in wellness credits available through the Vitality program, you want to be sure that you know what you're eligible for. Now the employer incentive plan widget on the Power of Vitality website ([www.PowerofVitality.com](http://www.PowerofVitality.com)) allows you to find out at the click of an icon.

Simply go to the Power of Vitality home page and click on the "View Employer Incentive Plan" icon.

Under "motivate", you can check the criteria to qualify for the wellness credit, and under "participate" you can find out if you've met those criteria. It really is that easy. Check it out today and make sure you're not missing out.



## ¡Y ahora en español!

A clever new "toggle" on the Power of Vitality website is going to make life a lot more sencillo for the Spanish speakers among you. It will enable you to toggle between English and Spanish on the website and will translate many of the educational flyers into Spanish.

Good news, too, for anyone wanting to speak with a Spanish-speaking representative—we've streamlined the process so you should get through faster.

## Amazon comes to the Vitality Mall

You'll all be familiar with Amazon.com—the world's biggest on-line store. Now you can purchase Amazon.com giftcards in the Vitality Mall, which will give you access to thousands of books and products, all at the click of a mouse.

These giftcards will replace some of the products currently available through the Mall, but using the Amazon website, which is easy to navigate and offers fast delivery and tracking, should make it even easier to spend your Vitality bucks.

## HealthyFood program gets supersized

You already know about the HealthyFood partnership with Walmart. Now buying healthy foods is even easier, as Vitality is entering a partnership with Nutrisavings, a network of grocery retailers. Starting this spring, Vitality members can earn points for buying healthy foods—and you'll know which products are good for you as they'll be marked with a 'V' on the Nutrisavings website.

You'll still be able to earn points and cashback on the Walmart Great For You items—it just means that there are more opportunities to earn Vitality points when you eat right.



# How to eat well at ... the Cheesecake Factory

Last edition we got caffeined up at Starbucks and found you some healthy treats to enjoy with your coffee. Now it's time for a real challenge—how to eat well at The Cheesecake Factory.

It used to be said that if you wanted to eat healthily at the Cheesecake Factory, you should go elsewhere—it has long had a reputation as one of the unhealthiest restaurants in America. But that was then and this is now. The Factory has changed with the times—to an extent, anyway—and we believe it's perfectly possible to enjoy a night out, and even maybe have some cheesecake, without destroying your diet.

One of the main problems with the Cheesecake Factory isn't the obviously fattening dishes—we all know that a Macaroni and Cheeseburger isn't diet food. It's the ones that sound beguilingly healthy but are anything but. Take the Weight Management Grilled Chicken—you might be shocked to learn it has 30 calories more than a Big Mac. Or the Turkey Burger which, at a whopping 1,370 calories, counts for more than two Whoppers. Or the Fire Roasted Fresh Artichokes which, improbably, come to over 1,000 calories. Or ... OK, enough! You get the idea.

The good news is that the Factory has introduced a SkinnyLicious™ menu packed with tempting, low calorie, veg-laden choices that even include burgers and cocktails. Stick to this menu and you'll be fine—just don't blow it by ordering fat-filled sliders or mac'n'cheese on the side.

And what about the main event—the cheesecakes? Well, here's the thing. They are simply not a health food. The healthy-sounding Fresh Strawberry Cheesecake packs enough calories to see you through an hour's jogging, and the low carb cheesecake, though lower in calories, contains 28g of saturated fat.

So if you're going to have a cheesecake, be realistic about what it is and take care with the rest of your meal. Order a main from the Skinnylicious menu, hold the soda, abandon the appetizers, step away from the bread basket and watch your portion sizes. And when you've done all that, just enjoy it. It's OK to have a treat every now and then, so long as you're sensible the rest of the time.

## Where to next?

Let us know what chain you'd like to us to cover next. Taco Bell? Maccy Ds? Texas Roadhouse? Dunkin' Donuts? We'd love to help. Just email our editor at [patriciacarswell@gmail.com](mailto:patriciacarswell@gmail.com).



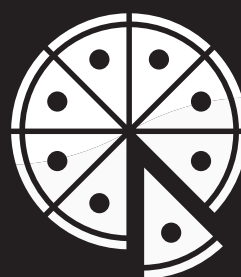
## The hunger games

The line is so long at some CF restaurants that you're ready to gnaw your own arm off by the time you get to the table. Being ravenous makes you much more likely to overeat. Before you go out, have a low-fat snack to keep you going during the wait—a few sticks of celery, a piece of fruit or some cottage cheese—so you keep your head when you take your seat.



## Bread of heaven

Oh boy, the bread basket. Warm, crusty, squidgy, delicious... and potentially disastrous. You can rack up a meal's worth before your appetizer even arrives. Be smart. Either don't have it at all, or ask for it to be brought to your table with the food. And if you go for wholemeal or sourdough over white it's another win.



## Divide to rule

Let's be real here. The portions at the Cheesecake Factory are massive. A lot of them are meant for sharing and even the one-person dishes would feed a small town. Don't wait until you're half way through your meal to invite your willpower to join the party. As soon as the food arrives, divide it up, choose what you're going to eat and get the rest put in a doggy bag right there.



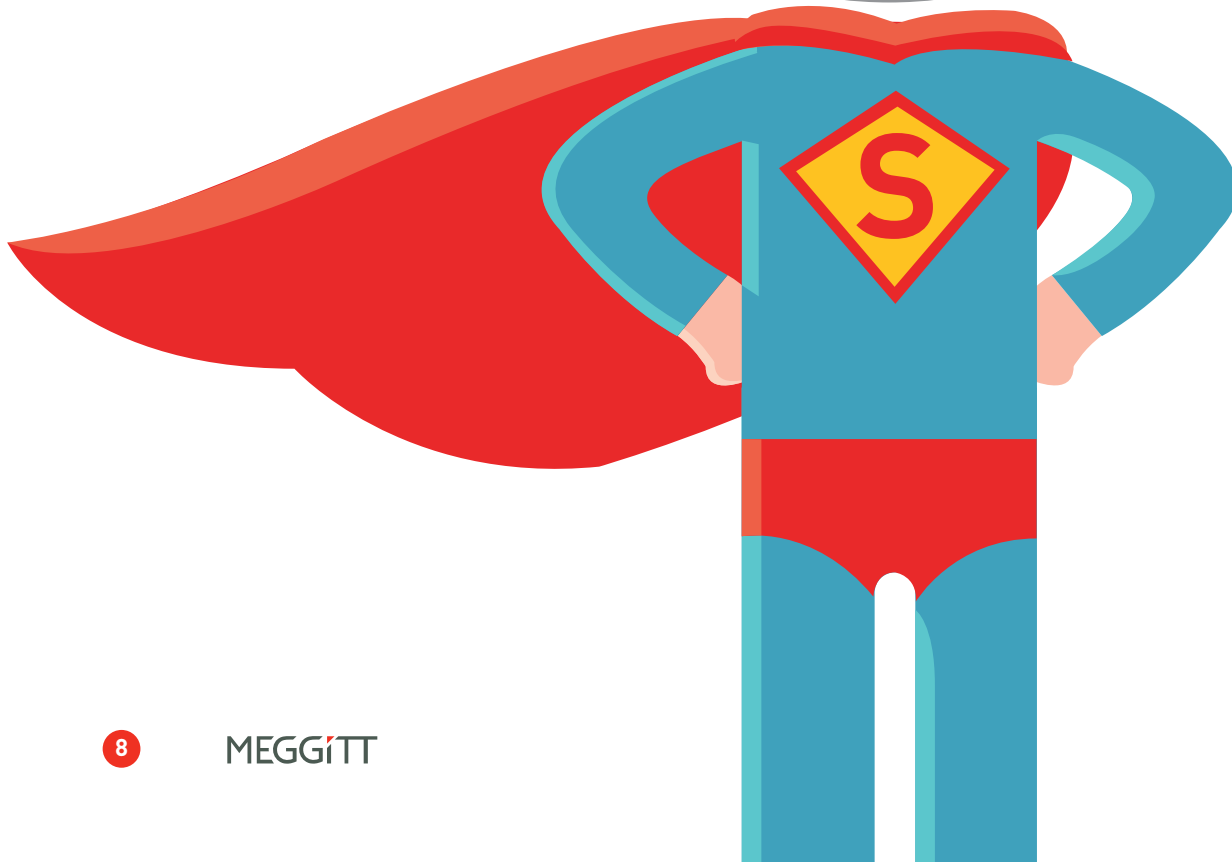
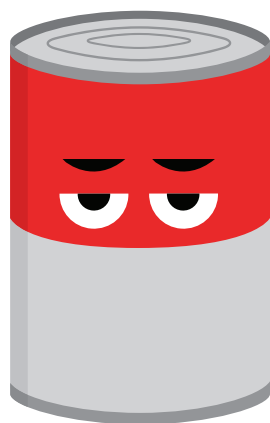
## Share and share alike

Be careful who you share with. If you have a huge plate of nachos to share with someone with the appetite of a gnat, you know who's going to polish them off, right? Share a two-person portion between four, or choose something else. Just don't be that guy (or girl) who hoovers up the whole plate.



# Bill Thompson Supersize to souperhero

Bill Thompson, Engineer Development Sr., Research and Technology at MABS, likes a challenge, but even he surprised himself when he won not one but two Biggest Loser challenges. We find out how soup was his secret weapon in the battle of the flab.



Like many former smokers, when Bill Thompson quit cigarettes about 10 years ago, he found himself gradually gaining weight. It wasn't something that particularly worried him. "I was still active and I could still move so it never really bothered me," he says. "My mental picture of myself was kind of heavy but not bad. It wasn't interfering with what I did—I could still move around and everything."

It was the competitive element of the Biggest Loser challenge held at MABS last year that initially inspired him to tackle his weight. "As it was a competitive thing I wanted to lose a lot," he says.

Only as the challenge progressed did Bill realise how much weight had crept on over the years. "As I lost weight I figured out just how out of shape I really was," he says.

Bill had never been on a major diet before and had no idea how much weight he might expect to lose, so he didn't set himself a Vitality weight loss goal—he just took each week as it came. And each week he was astonished by what he saw on the scales.

Starting at 331.7lbs, he lost 6.7lbs in the first week and over the next 12 weeks his weight continued to drop by several pounds a week. At the end of the challenge he had lost 52.1lbs, weighing in at 279.6lbs.

**I put sauerkraut in soup for lunch and breakfast and the sauerkraut filled me up. When I came home from work I wasn't dying to go to the fridge and grab something there**

"I was amazed that the pounds kept falling off and that I was able to stay on a steady diet for three months," he says. "I looked forward to the weigh-ins every Wednesday morning. I was anxious to see how much I could lose."

When a second challenge came along later in the year, Bill didn't hesitate to sign up. This time his weight dropped to 248.5lbs, once again winning him the Biggest Loser title. Over the course of the two contests, he had lost a staggering 83.2lbs, not to mention 10 inches off his waist.

So how did he do it? Well, the answer is soup.

"I had Campbell's soup for breakfast and for lunch, and then had a regular dinner—whatever my wife was making. I found out that cabbage doesn't have a lot of calories in it, and neither does sauerkraut, which is made out of cabbage. I figured if I put a cup of sauerkraut in the soup that would probably work. So I put sauerkraut in soup for lunch and breakfast and the sauerkraut filled me up. When I came home from

work I wasn't dying to go to the fridge and grab something there to eat prior to dinner and because I ate breakfast I wasn't really

Alongside the diet, Bill attributes his success to Wellness Champ Amy Curtis, who set up both of the MABS Biggest Loser contests.

that hungry at lunchtime. It just had a very filling effect and it seemed to work for me. It was a lot better for me than really suffering through a diet."

Bill experimented with different flavors of soup. Vegetable and beef was the best, he found. Chicken and rice was "not bad", whereas chicken noodle was a "bad combination" with sauerkraut.

Half way through the second challenge, Bill switched from sauerkraut to mixed vegetables in a meat base for a bit of variety, but still found that soup for breakfast and lunch worked well for him.

Alongside the diet, Bill attributes his success to Wellness Champ Amy Curtis, who set up both of the MABS Biggest Loser contests.

"Amy came down to the company's nurses' office every week to weigh in the people in the contest," says Bill. "She sent out weekly e-mails to tell them how well they were doing and to personally encourage them to continue to lose weight. Without her weekly support I am sure I would not have lost as much weight as I did."

Needless to say, Bill's doctor was thrilled with his progress. Bill had been concerned about the levels of sodium in the canned soup (sauerkraut has salt in it, too), but his doctor reassured him. "She said, 'What you're doing is so good in terms of losing weight, don't worry about a little bit of sodium.'"

After substantial weight loss like this, many people find it hard to maintain their new physique, but this is where Vitality stepped in. "The nicest part of Vitality," says Bill, "is that human resources here said that if you won the contest they would give you a \$300 gym membership. The company itself got involved, too, to put up the prize (Ed Searle had a lot to do with that)".

This was all very well but Bill realised that, much as he would enjoy the gym membership, the fees would come out of his own pocket after the year's membership came to an end. Instead, he came up with an alternative solution.

"I proposed to Ed that I use the money to go buy a treadmill. He said fine, so I went out and bought a used treadmill that was \$299 and I put it in my bedroom—I figured if I put it any other place in the house I wouldn't use it, but if I wake up and it's there I can use it before I go downstairs to make coffee. It only had about 100 hours on it—somebody had used it more or less for a coat rack!"

The treadmill has been a success, especially since a hard winter this year has made walking outside a challenge. "I use it

every morning for about half an hour," says Bill. "I started out slow and then I built up and I'm up to about a mile and a half now."

This regular exercise has helped Bill to stay in shape. "I'm not really concentrating on losing weight now," he says. "I'm more interested in getting in better shape. My wrists and ankles are getting smaller and I'm building muscles in my legs."

The biggest benefit that Bill has noticed since he lost weight is in his heel, where an injury in the past led to an inflamed Achilles tendon that has caused him a lot of pain and hampered his enjoyment of his favorite pastime, golf. "I'm forced to ride a golf cart when I play golf because I can't walk the course."

It's very simple logic. You put less calories in, you lose weight. You put more calories in, you gain.

Since he lost weight the pain has decreased dramatically, to the point where he hopes to be able to walk the course again this year. "I've played in a league for 15 years," he says, "and I'd like to play for 15 more. Walking will keep me mobile. If I just sat around I'd probably end up captive in the house when I retire. I don't want that to happen."

Sauerkraut the superfood

- Sauerkraut—which literally means "sour cabbage" and is much loved by German and Polish people—is fermented cabbage.
- It is made by rubbing salt into shredded cabbage and fermenting it over a few days, but is more commonly bought ready-made in jars.
- It has lots of health benefits. Apart from being high in fiber and low in calories, it contains natural isothiocyanate compounds, which have cancer-fighting properties.

CUT OUT AND KEEP

Bill's top tips

Avoid fad diets—they're not sustainable.

Find what works for you. For me it was sauerkraut, for you it might be something else.

If you're naturally competitive, a challenge like Biggest Loser is great motivation.


Talk to your doctor about your diet to check it's healthy.

Don't forget to drop in some exercise—it will tone your muscles.

Bill's advice to anyone embarking on a weight loss challenge is to avoid gimmicky diets. "It's very simple logic," he says. "You put less calories in, you lose weight. You put more calories in, you gain. Don't starve yourself—if you eat low calorie food you can eat as much as you want. You can't sustain a fad diet."

As for Bill, he may not wear a cape, but we think he's a health souperhero.

- Look out for the unpasteurized kind which contains beneficial lactobacillus bacteria—more even than in live yogurt—which increase the healthy flora in the intestine. This helps the immune system fight infection and aids digestion.
- Sauerkraut is pretty high in sodium so go easy on it if you have high blood pressure—alternatively look out for salt-free sauerkraut.





# Soup 101

Soup has long been the secret weapon of many dieters. Filling, nutritious and naturally low in fat, it's a perfect way to incorporate lots of great, healthy foods into your diet.

It's not just the fact that soup contains nourishing ingredients that makes it so good for anyone trying to slim down. In studies, soup has been shown to keep us fuller for longer per calorie compared with eating the same ingredients dry. The presence of liquid means the food literally takes up more room in the stomach—this turns off the “hungry” hormone more quickly than, say, a salad.

Bill went down the canned soup route, but making your own soup is surprisingly easy and will save you money. It's also a good way to make sure you're not getting too much fat, sugar or sodium. Once you've got the basic idea you can experiment with a whole host of vegetables, lean protein sources and whole grains to supercharge your soup. If you make your own stock or buy low-sodium stock, it's even better for you.

The traditional method is to sauté the basic ingredients in butter or oil, typically starting with onion, then adding the principal vegetables and any meat (sometimes the meat is browned separately) before adding stock, bringing to the boil and simmering for anywhere between 15 minutes (for a light vegetable soup) to an hour (for a soup containing meat and/or grains).

An easier, quicker and fat-free method is to toss all the ingredients in a large pan or stockpot, add stock, bring to the boil and simmer until done. It really is that easy.

If you happen to have a blender, you can make your soups smooth, but lots of people prefer them chunky.

Whether you buy or make your soup, remember! Avoid cream soups—they're often high in fat. And if you pour cream into your soup, sprinkle a load of cheese on top or eat it with nachos, you'll undo all the benefits.

#### Did you know?

In Mauritius, new mothers will often eat 'magic soup'—a simple vegetable soup—after having their baby to ensure they get plenty of nutrition and to help them get their figure back, too.

#### Ideas for healthy, low fat soups

These can all be made the traditional or the easy way.

- Corn, pepper and tomato chowder (onion, sweetcorn, red peppers, a can of tomatoes, vegetable stock)
- Pea and mint soup (onion, peas, mint, vegetable stock)
- Mexican black bean soup (black beans, onion, carrot, celery, garlic, jalapeño pepper, chicken broth, crushed tomatoes, cilantro, lime juice)
- Butternut squash and apple soup (onion, garlic, apple, butternut squash, sage, chicken broth)

### Step Up easy chicken soup (serves 4)

Note: if you're vegetarian, use vegetable stock and substitute cooked chickpeas for chicken for a high-fiber, high-protein alternative. Simmer for just half an hour instead of an hour.

#### Ingredients:

- Four raw chicken thighs, preferably on the bone
- 1 onion, peeled and chopped
- 4 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 bay leaves
- 5-6 cups stock

#### Method:

1. Remove skin from chicken, being careful to wash your hands and all surfaces after handling the meat.
2. Put all the ingredients into a stock pot.
3. Bring to the boil.
4. Simmer for one hour.
5. Remove chicken pieces and when they have cooled sufficiently, strip the meat from the bones.
6. Return the meat to the soup and discard the bones.
7. Serve. This soup is delicious accompanied by wholemeal, crusty bread or even rye bread.



If you have any healthy recipes you'd like to share, email our editor, Patricia, at [patriciacarswell@gmail.com](mailto:patriciacarswell@gmail.com) and they might appear in the next edition.



# Lessons for life

It hardly needs saying that getting your children into healthy habits from a young age is a no-brainer. But as we discovered when we chatted with administrative assistant at MABS in Kentucky, Tammy Fox (herself a platinum Vitality member), the benefits can go beyond just making your kids feel good and set up great habits for later life.



Tammy's 18-year-old daughter, Emily, is a keen basketball player, and her talent for the sport has earned her a valuable sports scholarship at Austin Peay State University in Clarksville, TN, where she is a Freshman and made it on to the Fall 2013 Dean's List. Tammy told us how it came about.

**Q: Has Emily always been keen on sport?**

**A:** Yes, Emily is very competitive and has played basketball throughout her childhood.

**Q: When did she start playing basketball?**

**A:** At the age of 5, I signed her up for a co-ed little league team at her elementary school. I wasn't sure if she would like it, but I wanted to get her involved in some kind of a sport. She just happened to love it!

**Q: Did you know from the start that she was talented at basketball?**

**A:** Yes, at the beginning of her first little league season, she had very little knowledge of basketball. By the end of the season her coach said she had improved more than anyone on the team, boys included! I don't usually like to take any credit, but as a parent, I spent a lot of time with her between practices helping her with the fundamentals (dribbling, shooting, etc.) of basketball.

**Q: How did her sporting career progress at high school?**

**A:** She played for Lincoln County High School in Stanford, KY where she received numerous awards and is the all-time leading scorer (girls and boys included) with 2022 points. She led the Lincoln County Lady Patriots to their first ever in school history Final Four in the KHSAA State Tournament with 57 points, 16 assists, 10 rebounds and 8 steals in 3 games, which got her a spot on the KHSAA Girls Sweet 16 KY State All-Tournament Team.

Basketball has been a year around sport for Emily; during the summer, she also played on different AAU teams. We traveled to many different tournaments throughout the southern and eastern regions of the US.

**Q: What did her interest in sport involve you in as parents? Did you spend a lot of time driving her to games, etc.?**

**A:** Yes, not only did I spend a lot of time driving her to and from practice and games, I was sort of like her personal trainer. I've spent countless hours with her on the court, but I wouldn't trade it for anything in the world. I have to give her the credit, not many kids would spend this much time working on trying to improve their basketball skills.

**Q: At what point did start thinking about applying for sports scholarships?**

**A:** While traveling with her AAU teams, she got a lot of exposure. She really didn't have to apply; she just started getting letters from colleges all over the southern and eastern regions of the United States. She visited a few and just picked the one with the best offer, best fit and closest to home.

**Q: What does her scholarship entitle her to?**

**A:** 100% paid tuition, books, room and board and a three meal a day meal ticket (well over \$100,000). The only expense she has is for personal items.

**Q: What are the other benefits for Emily in being involved in sport?**

**A:** The health benefit will definitely set her on a path to a more healthy adulthood. Emily has met many friends along her way and will meet many more; she has learned to be social, become more open and skilled in communication. Also she has learned values such as discipline, hard work, responsibility and self-confidence.

**Q: Is sport a family thing for you?**

**A:** At the Fox household, basketball is a big part of our life. The competitiveness of our family, it's always been a family thing.

**Q: Is there anything you'd like to say on the subject to other parents?**

**A:** Encouraging your children to play sports is one of the best ways to help them develop healthy habits that will last a lifetime and you never know it just might get them a free education!!

AUSTIN PEAY LADY GOVS									
#1	Tasha Gray	#2	April Brown	#4	Kristen Stambaugh	#5	Nicole Chazewski	#14	Beth Ramey
#22	Lauren Turtelbaugh	#25	Tyanna Baxton	#32	Kristin Vandenberg	#42	Kayla Scott	#45	Ashtyn Gilbert
#54	Lauren Baxton								
HC	Carrie Owsdale	AC	Shelley Armstrong	AC	Jerome Jackson	AC	Dean Walsh	GA	Sean Robinson
AUSTIN PEAY LADY GOVS									
No.	Name	POS	HT	WT	CL	Birthdate	Place of Birth	High School	Coach
1	Tasha Gray	G	5-7	120	CA	01/01/93	Clarksville, Tenn.	Clarksville High	AP
2	April Brown	G	5-9	120	FR	03/01/93	Laurens, S.C.	Laurens High	
3	Kristen Stambaugh	G	5-8	110	FR	01/01/93	Georgetown, Ky.	Georgetown High	
4	Nicole Chazewski	G	5-7	110	FR	01/01/93	Paducah, Ky.	Paducah High	
5	Beth Ramey	G	5-8	110	FR	01/01/93	Clarksville, Tenn.	Clarksville High	
14	Beth Ramey	G	5-8	110	FR	01/01/93	Clarksville, Tenn.	Clarksville High	
15	Emily Fox	F	5-11	130	GA	01/01/93	Clarksville, Tenn.	Clarksville High	
22	Lauren Turtelbaugh	F	5-11	130	GA	01/01/93	Clarksville, Tenn.	Clarksville High	



## Kevin Wright

# The Wright stuff

As Senior Vice President, Sales and Marketing at Meggitt Control Systems, Kevin Wright's lifestyle, crammed with overseas travel, business lunches and family demands, would leave most of us breathless. Kevin tells us how he manages to take care of his health alongside everything else in his life.

If you haven't seen Kevin Wright in a while, there's a chance you might not recognise him. In the last two and a half years he has lost 100lbs in weight and gained back 30lbs in muscle. He's lean and fit and determined to keep it that way.

It wasn't always so. "For about 25 years I led a pretty sedentary life," he says. "I'd never really exercised since I left college. I've always been a bit of a workaholic and that dominated what I did. There was never really time to eat properly and there was never time to exercise. I spent a lot of time sitting down at the computer, in the car, in a plane and in meetings.

"And food ... I've always been a foodie and had a horrible sweet tooth. If it's in the house I'll eat it."

Over the years Kevin's weight fluctuated. Every now and then he would go on a diet and lose weight, but it would creep back on again. "It was always a diet," he explains, "not a lifestyle. I could lose weight, certainly, but then I'd say, 'I'm sick to death of rabbit food' and I'd eat some fries and the weight would go back on. My wardrobe was like a clothes store—I had the full range from the chubby to the skinny."

**This guy was a private trainer and had his own gym. I paid him quite a lot of money and that gave me the impetus to show up**

When he turned 50, though, Kevin started to reassess his lifestyle. "It wasn't a mid-life crisis, but the top end of my clothes store range was starting to get a bit snug and I was running out of steam. I had no energy and my fuel was coffee. I said to myself, 'You're 50 and you're a blob.'"

Kevin decided it was time to take action. He first turned his attention to his food. "I normally research things by reading up on

them," he says, "and I found a book called *Body for Life* by Bill Phillips. In almost the first paragraph it says, 'This book is not about a diet'. Diet connotes reduction, it connotes restriction, it connotes pain."

What the book advocated was "re-vectoring" what and when you ate. "It clicked with me because it was all common sense and wasn't overly restrictive. Instead of breakfast being a coffee and a Clif bar it was good protein, lots of water, five meals a day, a couple of snacks to keep your blood sugar up and lots of slow carbs—brown rice, brown pasta, brown bread."

After several months of trial and error, Kevin noticed he had more energy and was starting to lose weight. It was time to start exercising. Again, this time he adopted a more moderate approach than anything he had tried in the past.

"Instead of doing what I would normally do, which is buy all the kit, gym membership, do four hours a day, kill myself, ruin my

ankles, the whole hog, I took it slow and started walking—power walking to get some sweats on. I started out with half a mile. I would deliberately drive somewhere and walk away from my car so I'd have to walk back to it. I walked until I was out of puff."

Before long Kevin was hooked. "I was like a druggie because I got such a buzz from the endorphins. I was out in the early morning, the birds were out. I thought, 'This is great. I can do this.'"

Gradually Kevin built up to a couple of miles, several times a week, and then he decided to try jogging. "I would jog for a few hundred yards and then walk a bit. Essentially I did that for a period of about a month to a point where I could actually jog a mile. I'd never done that in my life—ever! It was just awesome."





He soon added in some training sessions at the gym in his apartment complex.

I don't want to go out because my cholesterol was high because of my bad eating. I don't want to go out with diabetes because my blood sugar was high. I'm going out of severe old age.

"I was feeling pretty good and thought I'd like to learn more about exercise and weight training, not to buff up but to tone up and keep flexible. A quick look through Google found me a local guy. I didn't want to go to one of those mass gyms because I've belonged to those and there is no discipline—you pay monthly and you never go. This guy was a private trainer and had his own gym. I paid him quite a lot of money and that gave me the impetus to show up. He put me through some regimes of exercise and weight lifting and I started to feel really good. I looked better and got into all the clothes I wanted."

That is the regime he maintains today. He eats healthily—plenty of protein, slow carbs and vegetables, not too many fats and sugars—and his exercise regime consists of three visits a week to the gym (30 minutes of cardio and an hour of weights) as well as some running and cycling.

The benefits go beyond looking better. "I'm much more effective at my job. I'm more alert and I'm more confident. There are so many benefits to the lifestyle."

The key to getting it done, he says, is an early start. "I'm up at 3.30 and I'm in the gym at 4.30. The only time for me is early in the morning. I never know what time I'm going to be home from work and when you get home from work you've got e-mails and the electronic tether, but in the morning the time is yours."

Kevin manages to maintain his healthy lifestyle even when he's travelling. "You still have the mornings," he says. He tries to stay in hotels with a gym and brings resistance bands with him. "If the weather's nice I go running and I can do anywhere between three and five miles before breakfast."

He finds that exercising helps with jet lag. "If you've gone transatlantic, if you hit the gym when you land it helps re-vector your brain, gives you some good energy and you sleep better." Drinking plenty of water and taking multivitamins make flying easier to tolerate. "On the plane I hydrate to the point of obsession."

Business meals can be tricky, but Kevin has become adept at picking out healthy foods. "After a while you get quite skilful at

speed-reading a menu and picking out the stuff that's bad. I ask to have sauces on the side, no dressing on my salad, and if I do fancy something sweet I'll have a sorbet or fruit. You can have fish (hold the sauce) or boneless chicken or lean steak—you can normally tap dance your way around a menu."

Some places—like the Midwest—can be more of a challenge. "It's meat and potatoes, fried chicken, great barbecue—it's not easy. You go to the breakfast buffet and it's a little bit thin on the ground for healthy food—full fat yogurt, bacon and stuff. But you can still have barbecue chicken and take off the skin, you can have a sweet potato without having the macaroni and fries. Most places will do an egg white omelette at breakfast if you want something lighter. I also pack protein bars with me so if I'm in a meeting mid-morning I can rummage around in my bag and pick one out."

If he really can't find a healthy option, Kevin doesn't worry too much. "I'll say, 'You know what? This'll be one of those days and I'll just blow it.'"

Indeed, not being too obsessive is one of the secrets of his success. "Every once in a while I'll go for a calorie spike like a big pizza with the kids. Normally at the weekends I'll have a coffee and a Danish or a piece of cheesecake and when I'm travelling I may have a dessert. The whole part here is not to overdo the guilt thing."

Kevin finds that having like-minded friends makes a difference. He trains regularly with a co-worker, Rob Baker. "It's really good because I've got a training buddy and nothing really keeps you on track like not letting someone down. You've made a commitment, you will show up."

Even on business trips he likes to exercise in company. "Vin Lefante [one of the health heroes in our last edition] and I always train together when we're on the road. The guy's an animal!"

He shares nutrition tips with friends, too. "Two or three of us swap articles that we've read and think are useful—you build up knowledge."

A founder member of Vitality, Kevin loves the competitive element of the program. "I've got the app on my iPhone. I use MapMyRun for all of my exercise so I get brownie points and I take it with me when I go cycling and running. I have my trainer fill out a form and I e-mail that into the Vitality group and get the points for that. I do all the blood work and tests, so it's very useful."

As for the future, Kevin is in it for the long term. "I don't regard it as a regime—rather as a lifestyle," he says. "I'm in a stressful

I'm up at 3.30 and I'm in the gym at 4.30. The only time for me is early in the morning.



CUT OUT AND KEEP

## Think Wright: Kevin's top tips

Pick a level that suits you - there are lots of small things you can do to start.

If you don't have time to exercise, you do have time to walk. You walk anyway, so walk with purpose—move some blood around. And instead of walking 100 yards, get up a little earlier and walk half a mile.

Don't have that dessert.

Beware of information on-line. A lot of it is crazy. Find a reliable source of information about nutrition and exercise.

## Eat Wright: Kevin's typical daily menu

**Breakfast:** an egg white omelette with chicken, spinach, mushrooms and tomatoes, with black coffee and a side of cottage cheese and sliced tomatoes.

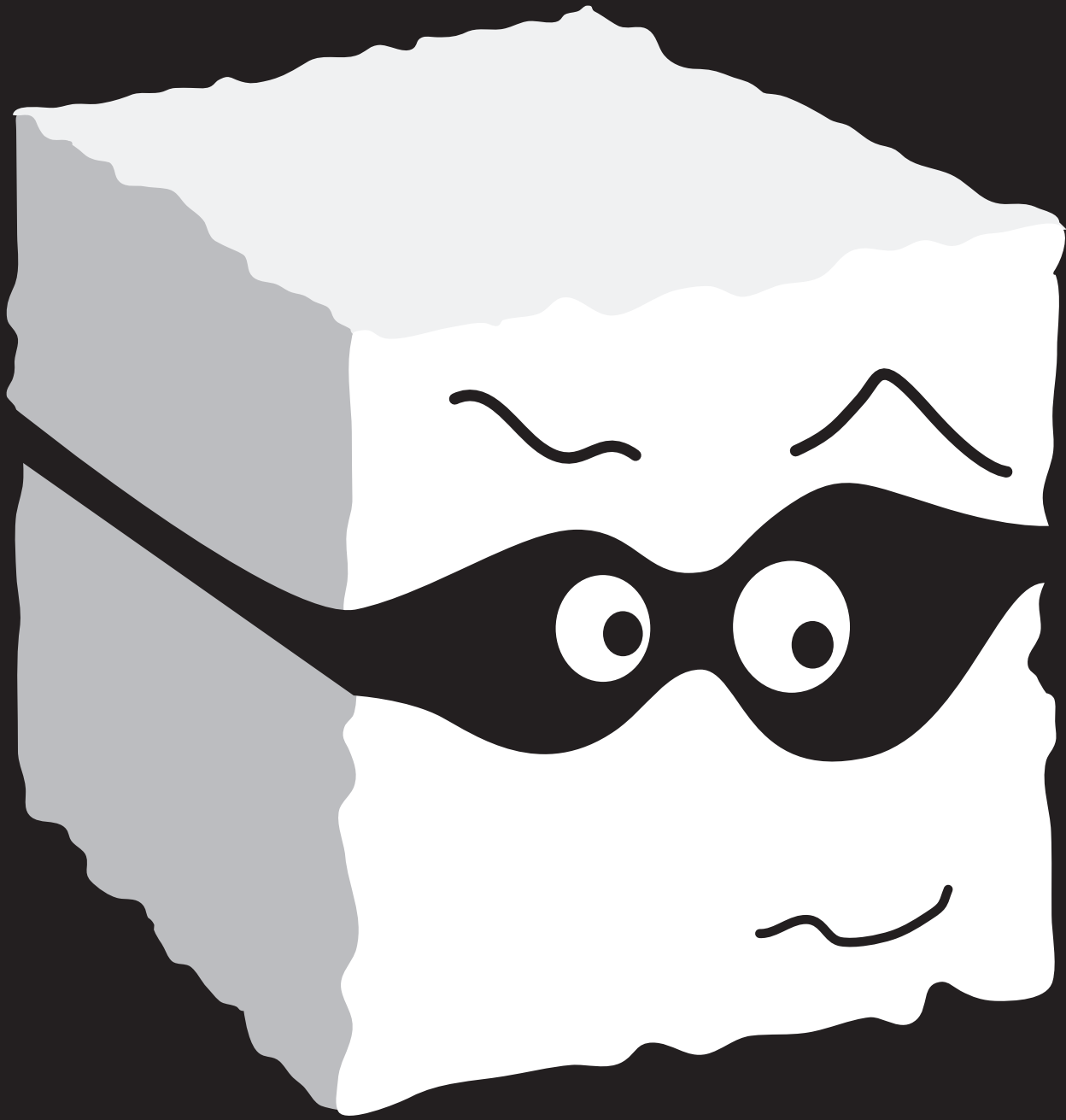
**9 a.m.:** a protein bar, protein shake or a handful of nuts.

**Lunch:** fish or turkey with steamed vegetables

**Mid-afternoon:** a protein bar, protein shake or handful of nuts.

**Dinner:** Fruit, yogurt and whole bran, or lean meat and vegetables.

job and I don't want to be a statistic. I want all the odds stacked in my favor. I don't want to go out because my cholesterol was high because of my bad eating. I don't want to go out with diabetes because my blood sugar was high. I don't want to go out with heart disease because I didn't take care of my heart. I don't want to go out with joint problems or a broken hip when I'm old. I plan on going out way down the line. I'm going out of severe old age."



# Sweet and lowdown —the truth about sugar

Next time you're shopping for food, before you toss your groceries in the cart, pause a moment and check the label. That supposedly healthy product you're about to buy might actually be doing your health a lot of harm.







**T**he problem is sugar. So sweet, so good, so bad. The chances are you’ve heard a bit about the dangers of sugar without really knowing why it’s bad for you. Sure, it rots your teeth and makes you fat—everybody knows that. But why is everyone so worked up about it?

First up there’s diabetes. A study last year at UC San Francisco revealed that sugar may have a direct link to diabetes, irrespective of obesity. For every additional nine teaspoons of sugar eaten per person per day, they found the prevalence of diabetes rose by 1%.

Equally bad, it can massively increase your risk of heart disease. People whose sugar intake was ¼ or more of their total daily calories were shown to have twice the risk of dying from heart disease than those whose intake was 7%.

In other words, too much sugar is deadly. Before you panic over what you had for breakfast, remember that a small amount of sugar is OK. As Laura Schmidt from the UC San Francisco School of Medicine says, “Small amounts of sugar are fine. It’s consuming massive amounts of sugar that’s a growing problem in America.”

### How much is too much?

So how much sugar is safe? The American Heart Association recommends that men add no more than nine teaspoons of sugar per day to their diet and that women add no more than six teaspoons.

Fine, you might think—you’d never sprinkle that much sugar over your cereal or into your coffee. The problem is that those six to nine teaspoons include all the sugar hidden unexpectedly in everyday foods—even things you thought were healthy.

Take fruit-flavored yogurt, for example. That’s a health food, right? Wrong. A typical **6-ounce carton of fruit yogurt contains about 6½ teaspoons** of sugar, taking women over their daily limit in one delicious pot.

What about a Clif bar, then? It’s full of organic rolled oats and doesn’t have the dreaded high fructose corn syrup—and it has that healthy-looking guy hanging off a cliff on the packet. Sorry. One chocolate-chip Clif bar has 5¾ teaspoons of sugar in it. Unless you’re planning on actually hanging off a cliff you probably don’t need it.

OK, so applesauce, then. That’s a good way to round off a meal, surely? Again, probably not, unless it’s marked sugar-free. **A regular serving of Mott’s applesauce**—“full of Vitamin C and free of cholesterol and sodium”—is crammed full of high fructose corn syrup and **delivers you more than five teaspoons of sugar.**

Sugar creeps in everywhere. Pasta sauces (**3½ teaspoons in a regular portion of marinara sauce**), dried fruit (a staggering 8½ teaspoons in one pouch of raisins), breakfast cereals—and we’re not just talking Lucky Charms—**a cup of Kellogg’s Raisin Bran packs four teaspoons of sugar**] ... the list goes on.

Happily, there are ways to sweeten your food without getting that unhealthy hit of sugar. For breakfast, look for cereals with fewer than 10 grams of sugar—or, better still, buy plain oatmeal and add cinnamon and berries for sweetness and flavor. Replace sugary desserts with fresh fruit and natural yogurt and if you really crave that sweetness, replace sugar with small amounts of less processed sweeteners like honey or brown rice syrup. If you can’t do without chocolate, try dark chocolate with 70% or more cocoa solids—it’s even more chocolatey and so much better for you.

And remember. Just because the label says it’s healthy doesn’t mean it really is.

### Sugary hide and go seek

Sugar isn’t always called sugar. With more disguises than a Hallowe’en party, it sneaks into food under a whole lot of different names.

Here are a few of the ways sugar gets into your food without you knowing. If you see these on the label, you’re looking at sugar.

- glucose
- sucrose
- maltose
- lactose
- fructose
- dextrose
- dextrin
- maltodextrin
- corn syrup / corn syrup solids
- corn sweetener
- dehydrated cane juice
- hydrolysed starch
- invert sugar





# What's SUP?

Rihanna loves it. Jennifer Aniston is a fan. And über-buff stars like Matthew McConaughey, Cindy Crawford and Owen Wilson have all been seen at it. Anybody who is anybody, it seems, is having a go.

**S**tand-up paddle boarding—or SUP—is the fastest-growing water sport in the world, and it's not hard to see why. It's a fantastic whole body workout, especially good for your core, legs and upper body muscles. Fans claim that in just 30 minutes you can achieve a serious workout.

Dreamt up in Hawaii in the 1950s by surf instructors keen to keep close to their students, it involves standing on an oversize surfboard (attached by a cord to your ankle) and using a long paddle to power yourself along and to steer.

What makes it so popular is that it's quick and easy to master the basics—after just a few minutes, most beginners are getting the hang of it and powering through the water like they've been at it for years, and once you've got to grips with the technique the possibilities are endless.

You can start working on your speed or, if you're feeling brave, try paddling on some more choppy water. In coastal areas the more adventurous can progress to stand-up paddle surfing. Yoga nuts even practice their poses on board (presumably on calmer waters).

So why's it so good for your body? Well, to keep your balance you have to activate your core—often without even realizing you're doing it. Your legs get a workout as you shift about to keep stable, and of course your arms and shoulders are operating the paddle. Even a gentle paddle on calm water might look serene, but it's not long before you can really start feeling the good it's doing you.

Best of all, SUP can be done inland as well as on the ocean. It's popular on lakes and so can be practiced just about anywhere. And who knows? You might even find yourself alongside a couple of celebrities.

**Fantastic whole body workout**

**Great for core, legs, upper body**

**Quick and easy to master**

**Do it on lakes or oceans**

## Stand up for your lights

The latest craze in SUP is night-time paddle boarding, with LED lights attached to the board. It's not just pretty—the lights attract fish so it's as if you were paddling in your very own fish tank.



Photo: thenightsup.com



# Get a move on!

**A report just in shows that Meggitt is getting into the Vitality groove with more and more people paying attention to their health. With 60% of employees still overweight, though, it's more important than ever to get on the move. This doesn't have to mean hitting the gym—by just walking a bit more and sitting a bit less, taking the stairs instead of the elevator, maybe doing something fun like dancing instead of watching a movie, 46% of you have increased your activity levels. And if you haven't? What are you waiting for?**

Good news! We've had a progress report in that shows how Meggitt is doing on the Vitality program, and the results show that you're really getting involved. Although some Meggitt sites are scoring an impressive A+ and others are more like an average C, overall the report card looks pretty good.

### The Grade A students

There's an increase in the number of people participating in Vitality activities after joining the program, and more of you are taking vital preventative measures such as CPR and first aid training. You're educating yourselves, too, with a rise in the number doing on-line nutrition courses, and more of you are doing athletic events. Well done, too, to the fabulous Wellness Champs who are organising events, weekly walks and competitions.

### The average Joes

There's no room to be complacent about Vitality, though—there are still a few report cards that don't look quite so healthy. There are lots of you who still haven't completed your Vitality Health Review or your biometric screening, and there are still plenty of folks who haven't yet got with the program.

### Move it to lose it!

Senior Vice President of HR Operations Mike Molinaro wants you to get moving. Although he's delighted by the increase in activity levels, he knows from his own experience that the more you move, the healthier you'll become.

The biggest health problem Meggitt faces is weight. "The statistics show that about 60% of the Meggitt population is overweight and the best way to lose weight is to increase your activity."

And the sooner you start moving, the sooner your health will improve. "Losing weight through increased activity levels lowers your blood pressure, it lowers your risk of Type 2 diabetes and it gets you off maintenance drugs. Being active makes you a healthier weight which brings all these other good things.

"The most important thing we can do is increase our activity levels. It'll make us a much healthier group as a whole—it will have a huge impact on the overall health of the organization."

There are masses of Vitality activities and programs that will help you to get more active. If you're not sure where to start, speak with your Wellness Champ or have a look at **www.PowerofVitality.com**.

*What are you waiting for?*



### Not in Vitality? Are you crazy?

The Vitality program is one of the most generous health incentive programs out there, yet participation is still below the 75% average of most comparable companies.

According to Mike Molinaro, a lot of companies make their healthcare packages dependent on joining the employer's wellness program, but as he says, "That's not the Meggitt way". Instead of forcing you to join, Meggitt has made Vitality super-generous.

"The wellness credit is right at the top end. We care about our employees' health and we care about their finances. That's why we have a top end benefit."

So how generous is it? Well, once you've completed your on-line Health Review you'll be eligible for a huge credit on your health insurance premiums. *This year the credit has increased to \$50 per month—that's a saving of \$600 per year, rising to \$900 if your spouse joins the program.*

There are further savings to be had with the HealthyFoods program at Walmart and Nutrisavings, not to mention the chance to earn points that you can spend in the Vitality Mall.

*What are you waiting for?*



### Step up and sign up!

Not enrolled in Vitality yet? Do it today! Go on-line to **www.PowerofVitality.com** or speak with your Wellness Champ—the list of Champs is on the back page.

Enrolled but not doing much? Have a think about what more you could be doing. Are there on-line courses you could take? Could you join a lunchtime walk? Are there screening tests you could look into? All of these will benefit your health and earn you Vitality points that you can spend in the Vitality Mall.

*What are you waiting for?*



### Invite a friend!

Why not invite a co-worker to join Vitality? It'll be great for their health (and their bank balance) and, better still, research suggests it'll be good for you, too.

As Mike Molinaro says, "If you're in Vitality, invite a friend to join. You'll find it easier to exercise if you have friends at work to encourage and motivate you."

Mike's words are backed up by scientific study. Researchers from the University of Philadelphia School of Medicine compared the weight loss of a group of men and women who joined a fitness program on their own with a group who invited one or more friends to join in.

They found that if the friend participated in the program, it spurred on the person who invited them to lose more weight than those who joined on their own.

*What are you waiting for?*

Note: you must be enrolled in a Meggitt medical plan to be eligible.

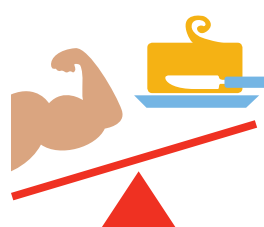


# Muscle myths

Health hero Kevin Wright did what most dieters long to achieve: he lost fat and gained muscle. If you want to do the same, you need to understand how it works, and believe me, it's a subject that has more myths attached to it than a Dan Brown novel.

So, let's do some myth-busting and find out the truth about weight loss. Here are the five biggest myths in the dieting world:

## Myth #1



### Muscle weighs more than fat

At some point in every diet—typically after about four weeks—you find your weight loss slowing down or stopping. I can pretty much guarantee that at this point one of your friends will tell you, “Oh, don't worry, you're just gaining muscle. Muscle weighs more than fat.”

Now, come on, think this through.

**Q: If you put a pound of fat on the weighing scales, followed by a pound of muscle, which is going to weigh more?**

**A: They both weigh a pound, so they'll both weigh the same.**

Of course, that's not the whole story. It is true to say that muscle is more dense than fat. A pound of fat takes up about four times more space than a pound of muscle, so it's possible for two people weighing the same to be radically different in size and shape.

If you start an exercise and diet regimen you'll likely develop a little muscle along the way, but building muscle takes time. The chances are that your body has simply got used to your new regimen and the fat loss has slowed down.

If this happens, you need to give your program a boost. Shake things up a bit. Try a new fitness class or gym machine, make some tweaks to your diet and maybe add in a further workout each week. You'll soon see the fat dropping off again.

## Myth #2



### You can turn fat into muscle by exercising

This sounds great, doesn't it? Like there's an internal processing plant that gathers up all the fat and turns it into muscle.

Sadly, it's just not true. A fat cell is a fat cell. It cannot be turned into a muscle cell. You can only build muscle fiber by exercising your existing muscles (you can speed this up by doing strength training). You can only lose fat by using up more energy than you're taking in. It's that simple.

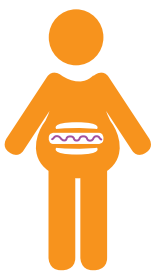
The good news is that it works both ways. Muscle cannot “turn into” fat. So if you have to stop training for some reason, say if you're injured, it's equally impossible for your muscle magically to turn into fat. Your muscles might get a little smaller, and you might gain fat if you're still eating at your training levels, but your hard-earned muscles won't turn into shortening overnight.



# and fat facts



## Myth #3



### Certain foods give you belly fat

You've probably seen the ads on-line, claiming that some foods give you belly fat. You may have read that sugar is one of the belly fat culprits or that a lean, high-protein diet (or a diet high in whole grains) will ensure that you lose weight off your middle first.

If only this were so. The truth is that where you store fat is determined largely by your genetic make-up (some people are naturally more of a pear or an apple shape, for example). You can't control where on your body the fat settles by the foods you eat or avoid.

There are plenty of other reasons to avoid sugar, as our article on sugar shows, and it does contribute to weight gain, but you can no more spot-target your weight loss by avoiding it than you can by mind control.

## Myth #4



### Women will get bulky muscles if they do weights

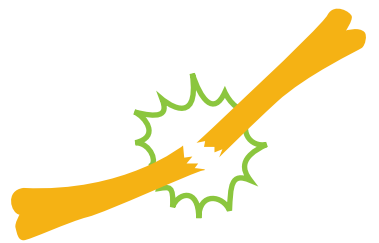
I get it. You're a woman. You want to tone up. But you don't want to end up looking like Arnie. So when you go to the gym you do your time on the cardio machines but give those scary-looking weights machines a wide berth.

In fact, you're missing a trick. Strength training, by which I mean training using weights, won't turn you into a she-man. Unless you have guy-levels of testosterone in your body you won't grow huge muscles. Instead, you'll become toned and fabulous-looking. Most women who have enviably shapely bodies do some form of resistance training.

But what about female bodybuilders? Might you not end up looking like them? Well, no. Female bodybuilders train like crazy to achieve their particular physique, lifting super-heavy weights that most men couldn't dream of shifting and eating a carefully-controlled, rigorous, sport-specific diet. Natural female bodybuilders in particular, who don't take steroids, have to work day in, day out to look like they do. It's really, truly not going to happen to you by accident.

The other bit of good news when it comes to weights is that if you build some muscle, and by that I mean shapely limbs and a toned stomach, you will burn more calories. Increasing your muscle levels increases your resting metabolic rate, which means you burn calories even when you're sitting at your desk. If that doesn't sound good, I don't know what does.

## Myth #5



### You can damage your bones by doing weights

I don't know where this one came from, but many people worry that training with weights will somehow damage their bones.

Now, I want you to listen carefully here: nothing could be further from the truth. You will not snap your bones by doing leg presses. In fact you'll make it less likely that you'll break a limb. Research has found that weight training can increase bone mineral density by 13 percent in six months, so reducing your risk of osteoporosis.

## The truth

So we've busted the myths, but what's the truth? Well, I'm afraid it's a bit unexciting. If you want to lose body fat and shape up, there's only one way to do it. Eat great, healthy food (and not too much of it), move more and don't be afraid of a little muscle. For once, the truth is not stranger than fiction.

# Events

Research shows that getting motivated to exercise is easier when you work out with other people, so it's great to hear that the Wellness Champs have been busy organizing events to keep you all on track. It seems to be working—in Biggest Loser contests the pounds are dropping off, and you're getting in shape with activities range from relaxing yoga to high-octane circuit training. There are too many to mention each individually, but here's a flavor of what you've been getting up to.



MUSA Red walk

## Seeing red

The Go Red for Women initiative, raising awareness of heart disease, which kills half a million American women each year, was the impetus for a Red Walk held in Simi Valley. MUSA and Meggitt Safety Systems joined forces in a 1.3 mile walk, held on a bright, sunny day in February, earning each participant 35 Vitality points plus a further 35 if they wore red.

At MUSA, walking has become a regular feature of working life. A group of employees has been putting their best foot forward in a weekly walk for 30 minutes each Friday, thanks to Alma Rabago who organizes the MUSA walking group. Participants earn 35 Vitality points for each walk.



Friday walk

## Desert boots

Walking has become popular at Securaplane in Tucson, Arizona, too—every Friday there's a walk during morning break, and employees are walking to raise money for good causes.

In February they participated in the Conquistador Classic Four Miler around a golf course designed by Jack Nicklaus at Dove Mountain, and raised money to support youth athletic programs.

The following month a 25-strong team of Meggitt employees and family members took part in the Susan G Komen 5k—some running, others walking—to raise money for breast cancer research. A fundraising feast held beforehand raised \$715 and the total sum raised was an impressive \$1,300. Each participant was rewarded with a healthy 250 points.





## No pain no gain

At Meggitt Defense Systems, Inc in Irvine, CA, they've been taking their fitness up a level with a super-challenging fitness session. Here's what they had to say about it:

"You see that seemingly ordinary group of people? There's more to us than meets the eye. We're like Transformers changing from mild-mannered Meggitt employees to medium-mannered workout enthusiasts. Every week we've voluntarily subjected ourselves to some pain in return for some healthy gains with weekly circuit training classes since February 2013.

"What's it like? Think indoor Boot Camp led by fitness instructor Gina Abravanel ([www.ocbodybusiness.com](http://www.ocbodybusiness.com)) who will run you through the gamut of exercises set to the rhythm of high energy music and your racing heart-beat.

"There are no slouches in this bunch. Each session has everyone working out simultaneously through several stations, pushing ourselves hard for one minute (45 seconds if we're lucky—we're rarely lucky) before moving on to the next station. Once we've rotated through all stations we get to flop on the ground, gasp for air, then repeat the whole thing. 50 grueling minutes of fun.

"The exercises range from burpees, push-ups, free weights (5-20 lbs), jumping lunges, resistance bands, jumping squats, crazy abdominal exercises, and the dreaded screamer (your thighs end up screaming).

"Each session is unique so the workouts never get stale and they're never easy. Gina doesn't allow that them to be. Never impossible, but always challenging regardless of your fitness level. Week after week we always power through like unicorns flying over a rainbow driven by our determination and the deep desire not to let each other down. We feel accountable not only to ourselves, but to each other.

"Do you think you have what it takes? Of course you do! STEP UP and challenge yourself to something similar, you'll be surprised. 'Merica! HECK YA!"

Let us know if you've been challenging yourself—we'd love to hear about your events. Email our editor at [patriciacarswell@gmail.com](mailto:patriciacarswell@gmail.com) with all your fitness news.

# Your 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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