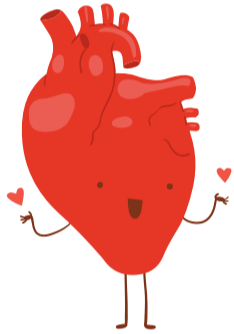
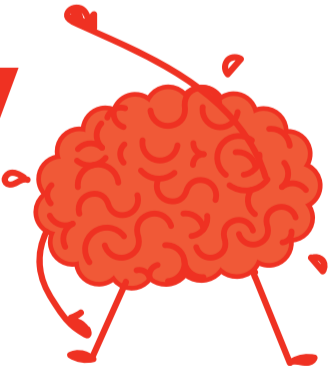


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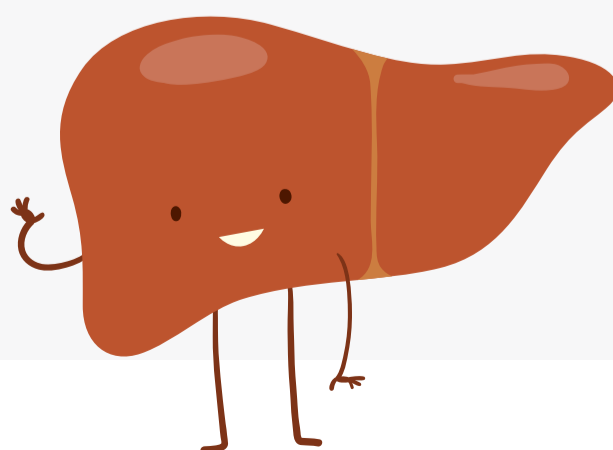
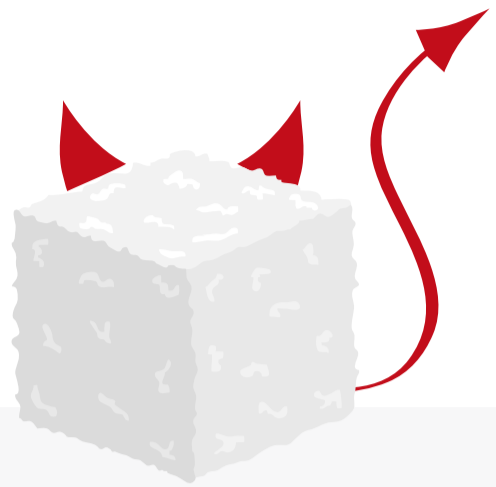
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Your champions

The Vitality Wellness Champs



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?
- 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

Most of them are hidden away inside you and you probably don't give them much thought. Yet the organs in your body are working away 24/7, keeping you alive. They deserve as much TLC as the rest of you, which is why we're devoting this edition of StepUP to your organs.

Find out how much you actually know with our "How well do you know your organs?" quiz. I'm willing to bet you'll learn something new! If there's still more to learn, you can find plenty of information about how to take care of your kidneys, your liver and your skin (yes, that's an organ, too!) in our special features about them. And if it's your heart and lungs you want to look after, check out our "Catching on to cardio" feature (page 22).

Have you ever wondered if you should sign up for the organ donation program? If so, take a few minutes to read "Please give generously" (page 12), where we bust some of the myths and tell you what is really involved.

You'll find plenty of inspiration from our health heroes this time. From Betty Pennington (page 16) who kept entering her facility's Biggest Loser contest until finally she won it, to David Deal (page 24), who keeps fit with super-acrobatic martial art, capoeira, you should find someone you can relate to.

We've had to make extra space for your events this time, as Vitality events are growing both in number and in imagination. You don't need to go far in Meggitt to find someone being active, and we need to remember to thank all the Wellness Champs who work so hard to make the events happen.

I'd love to hear what you think about this edition. What did you learn? Have you made any changes to your lifestyle as a result of reading it? Whatever your story or your state of health, do get in touch.

'Till next time,

Patricia Carswell, health and fitness journalist

for life

A catch-up with last year's Health Hero, Stephanie Burus

Regular readers of Step Up may remember Stephanie, Stockroom Coordinator at MABS Kentucky's Danville Distribution Center, who was one of our health heroes last year. She lost 44lbs through a combination of healthy changes to her diet and lots of walking. We caught up with Stephanie to find out how she's been getting along since then.



Everybody knows how easy it is to let the weight creep back on again after you've lost it. Given how positive her attitude is to her new regimen, though, it's no great surprise to learn that Stephanie has managed to keep all the weight off—and even to lose some more.

It has not been a challenge to keep the weight off," says Stephanie. "Once I started eating healthy food not only did I lose weight, I began to feel better and sleep better."

"I have thyroid disease (hypothyroidism) and with the weight loss my medication dose has been lowered."


"Once I started eating healthy food not only did I lose weight, I began to feel better and sleep better"

Stephanie is adamant that she does not want to return to how she was. "I remember how hard I struggled and pushed myself to lose the weight. I do not want to have to go through that again. I also understand that the older I get the more difficult it would be to lose weight again, so that is motivation."

Stephanie has continued to be sensible about what she eats. "I've continued to eat healthy food and stay away from fast food," she says. "I haven't drunk a soda in two years and completely lost the desire for fast food."

I do have a cheat day each week, but even then I stay as close to my calorie limit as I can. I am able to eat foods I like to eat, just in smaller portions."

Stephanie still walks a lot and uses kettle bells and small weights at home, though she doesn't push herself quite as hard as she did when she was losing weight. Exercise is very much a family affair. "My daughter Kennedy (12 years old) walks with us and my son Dash (5 years old) usually rides his bike. Kennedy



CUT OUT AND KEEP

Stephanie's top tips

Be patient, but at the same time push yourself.

Remember it takes time to notice the difference—between four and eight weeks.

What hurts now will be a warm-up later.

also takes Kenpo karate classes and stays very active. This summer we plan to do some hiking now that my son is older and can go further."

"I haven't drunk a soda in two years and completely lost the desire for fast food".

Having entered her first 5K event last year, Stephanie has done several more, this time participating in "virtual 5Ks", in which participants complete the run on a set date but on their own, in a place of their choosing, and report their results on-line. The ones she has done are organised by flexitpink.com, and the money raised goes to charity.

Keep up the good work, Stephanie!

Love your liver

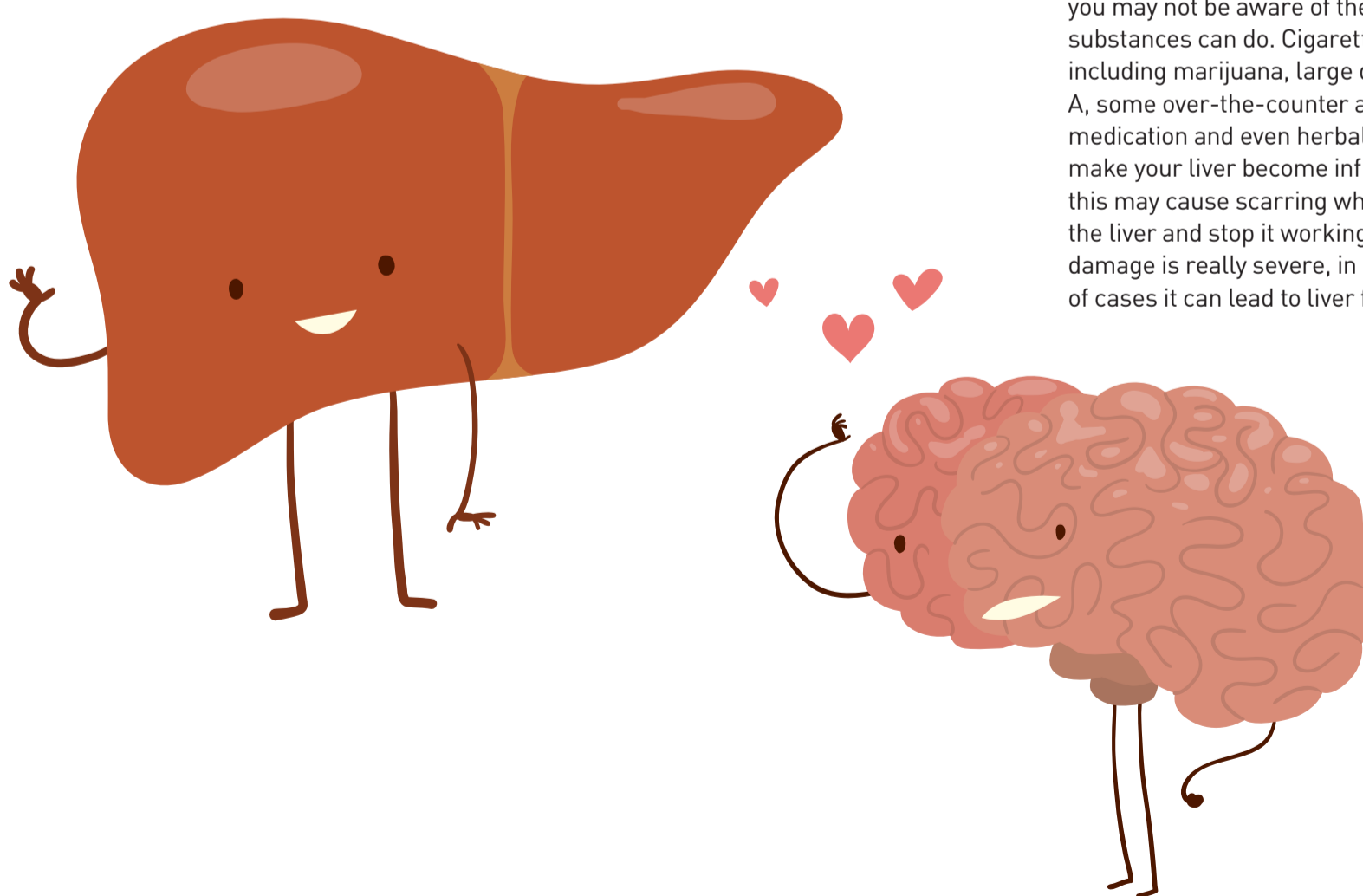
Why is your liver such a big deal? Well, it's one of the most hard-working organs in your body. Quite apart from its job as Detoxer-in-Chief (see Nature's detoxers, page 6), it has some other pretty important roles:

- it makes, stores and releases sugars and fats
- it produces essential proteins including blood clotting factors and enzymes
- it helps your digestion by releasing bile salts that break down food and
- it supplies vitamins, minerals and iron to the places in your body they are needed.

Your liver may be a sturdy work horse, but that doesn't mean it can't get damaged. If you don't take care of your health, your liver can suffer. And if your liver suffers, all of you suffers.

Alcohol—and the rest

It's common knowledge that drinking too much alcohol damages your liver, but you may not be aware of the harm other substances can do. Cigarettes, illegal drugs including marijuana, large doses of vitamin A, some over-the-counter and prescription medication and even herbal remedies can make your liver become inflamed. Over time this may cause scarring which can harden the liver and stop it working properly. If the damage is really severe, in a small number of cases it can lead to liver failure.



Non-alcoholic fatty liver disease

It’s not just toxic substances that can be a problem. If your diet isn’t up to scratch, if you don’t exercise, have high cholesterol, diabetes or heart disease you may be at risk of developing non-alcoholic fatty liver disease. This occurs when fat builds up in the liver that it can’t break down, transfer and store. This can cause your liver to function abnormally and become inflamed. According to the American Liver Foundation, one in five Americans has a fatty liver.

So, that’s enough bad news. The good news is there’s a lot you can do to help your liver stay healthy.

Here are our 10 top tips for loving your liver.

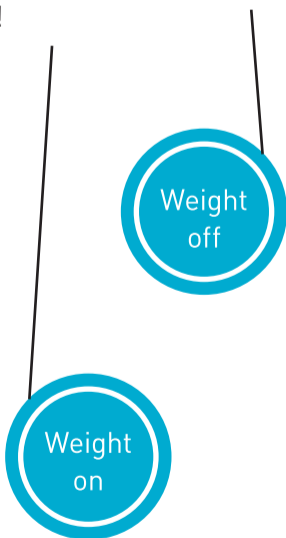


1. Watch your weight

We know, boring, right? But if you carry too much weight—especially if it’s around your middle—it can cause insulin resistance. This in turn can lead to liver disease. If you find it hard to lose weight, you’re not alone. Take a look at the Vitality website—powerofvitality.com—where you’ll find lots of great advice for shifting stubborn pounds. And if you have a competitive streak, speak with your Wellness Champ about whether there’s a Biggest Loser contest at your facility.

2. Keep moving

Exercise is one of the best things you can do to keep your liver healthy. In a study on rats, sedentary rats showing signs of liver disease were given a wheel to run on. Within a week, their liver health had improved. You don’t need to run on a wheel or even a treadmill to get the benefit, though! Research shows that all exercise, however light or infrequent, has a positive effect on liver health. Don’t sit around thinking about it, though—studies show that prolonged periods of sitting can make liver disease worse!



3. Don’t yo-yo

Yo-yo dieting—where you rapidly lose weight, only to gain it again – puts stress on your liver. If you’re trying to ditch some weight, do it gradually, aiming for no more than one to two pounds a week. Research shows this is the best way to ensure you are losing fat and not muscle, too, so it’s a win-win.



4. Eat right

You won’t be surprised to hear that what you should be eating is a diet rich in fruit and veg, with plenty of lean proteins (like chicken, turkey and fish or, if you’re vegetarian, tofu, beans and pulses) and modest amounts of whole grains such as brown pasta and whole grain rice. Go easy on the alcohol, but don’t replace it with soda. Research from Tufts University showed that just one drink of soda per day was associated with an increased risk of fatty liver disease.

If you’re eating fats, stick to the healthy kind found in nuts (also good for vitamin E, which is liver-friendly), healthy oils like olive, flax and hemp oil, and avocados. Avoid junk food, except as a very occasional treat—apart from making you gain weight, it’s full of the wrong kind of fats.

5. Don’t detox

That’s to say, avoid so-called liver cleanses. Whatever you read on the internet, toxins don’t build up in your liver (see Nature’s Detoxers, page 6). The “liver cleansing” herbal remedies can even do more harm than good as they can make your liver go into overdrive to process them.



6. Quit smoking

Look, you don’t need us to tell you it’s bad for you, but did you know it has a proven link with liver cancer and raises the level of fat in your liver? That’s not all. It exaggerates the effect that some medications such as paracetamol have on your liver. If you need help with quitting, Vitality has programs to help you quit.

7. Be hepatitis-savvy

Hepatitis just means inflammation of the liver, although you probably associate it with communicable diseases. Five viruses—A, B, C, D and E—can cause hepatitis. You can get vaccinated against hepatitis A and B but not against hepatitis C, which is mostly spread by intravenous drug use, through sharing infected needles. Talk to your doctor about whether your lifestyle puts you at risk and whether you should consider having the A or B jab.

8. Practice safe body art

If you’re getting a piercing or a tattoo, it’s not just the design that matters. You need to be sure the studio is clean and has proper sterilization procedures in place, or you will risk getting hepatitis C.

9. Mine’s a skinny latte

Research by the National Cancer Institute found that people who drank at least three cups of coffee—even decaff—each day had lower levels of abnormal liver enzymes. If you’re heading for Starbucks, though, avoid the full fat version and hold the syrup, or you could get more calories than you bargained for.

10. Don’t mix your meds

If you’re taking medication, check with your physician—or ask your pharmacist—before you mix it with over-the-counter drugs. And never, ever exceed the recommended dose of any medication.



How much alcohol is safe?

You may assume you know, but are you really sure how much it’s safe to drink?

US government advice states that women should have no more than one alcoholic drink per day and no more than seven per week. For men it is double that amount.

It’s not healthy to save your weekly allowance up for one, heavy session. It not only ends badly (you’ve watched The Hangover, right?)—it can damage your liver, too.

Before you pour yourself a giant flagon of beer and count it as one drink, let’s be clear about what one drink is! A drink is 5 fl.oz. wine (a small glass), OR 12 fl.oz. regular beer (a small bottle), OR 1.5 fl.oz. spirits (a jigger).



Nature's detoxers

Your five detoxing secret weapons

We're going to let you into an amazing health and beauty secret. There's an incredible collection of detoxing superheroes—five powerful toxin-busters that carry on working even while you're asleep. And they won't cost you a cent.

Sounds too good to be true? Well, read on. Because detoxing is big business, isn't it? Pick up any lifestyle magazine and you'll invariably stumble upon yet another detox remedy. From herbal teas with unpronounceable names to terrifying treatments, there are thousands of people out there longing to help you detox your body.

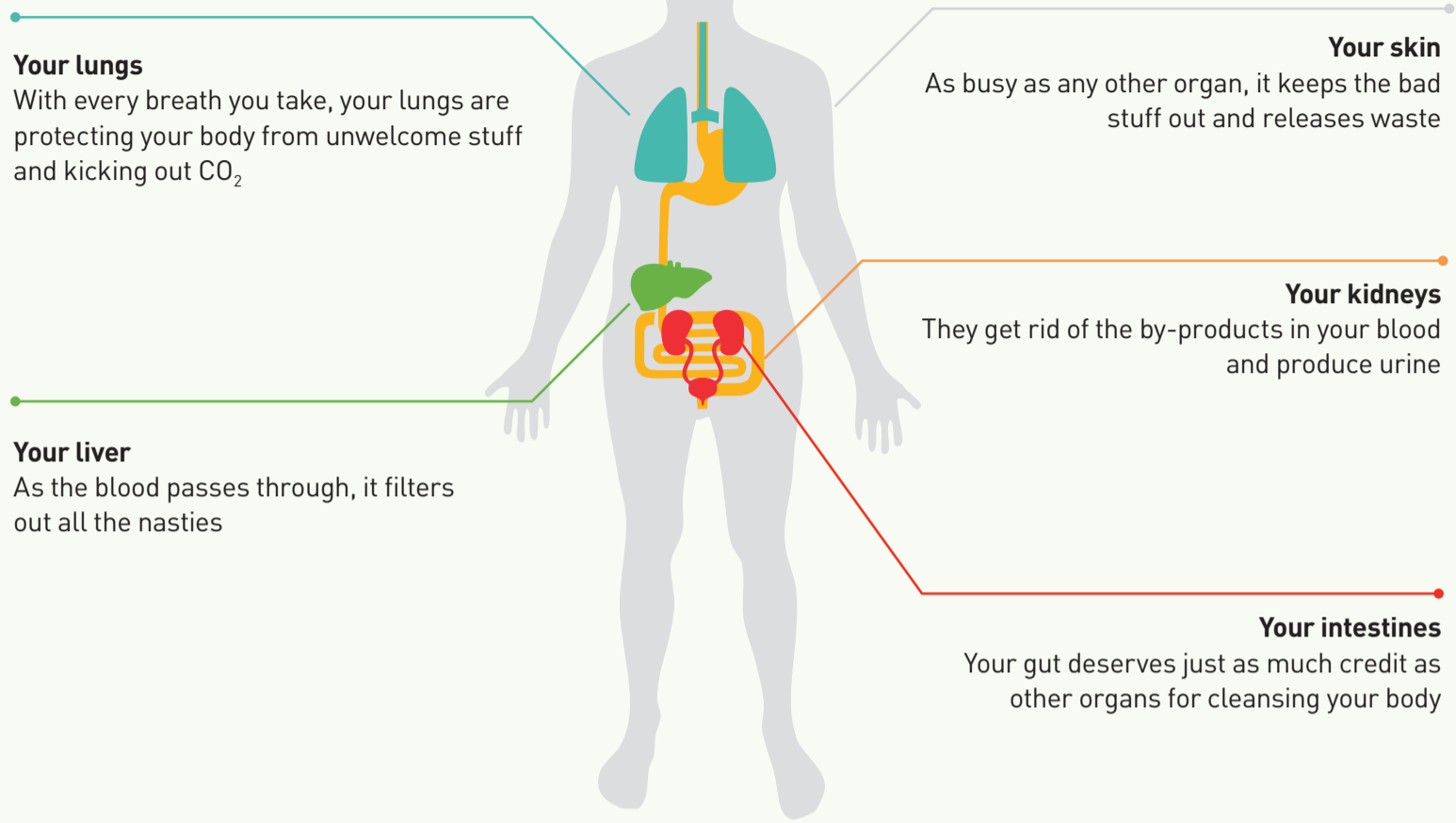
These people will tell you that toxins accumulate in your body as a result of exposure to food additives, pollutants and pesticides. Detox diets, they claim, will rid your body of these toxins and make you feel energetic and rejuvenated. They may even

tell you that bits of waste cling to the sides of your colon and need to be removed in a colon cleanse.

If pressed, they might be a bit vague on the subject of what a "toxin" is. An investigation carried out in 2009 by a research group called Voice of Young Science found that not a single company behind 15 detox products could name the toxins targeted by their products or agree on a definition for the word "detox".

Of course it is true that your body needs to rid itself of unneeded, excess or toxic substances that you inhale or ingest.

Your five detoxing secret weapons



And this is where our amazing detoxing team comes in. So what are they?

1. Your liver

Everything you breathe or swallow that is broken down and absorbed into the bloodstream passes through your liver. Almost four liters of blood pass through it every minute, and it acts as your body's primary filter. It rids your body of harmful substances—dead cells, microorganisms, chemicals, drugs and debris from the bloodstream, excreting them into bile or blood. Bile by-products pass into the intestine and eventually are evacuated from your body as feces. Blood by-products are filtered out by the kidneys.

2. Your kidneys

Your kidneys act like a sieve, filtering out toxins, excess salts and waste products and turning it into urine, using excess water passing through them. This passes to your bladder.

3. Your skin

The skin—your body's largest organ—provides a barrier to harmful substances. When you sweat, your skin will also get rid of waste in your body, including urea, salts, sugars and ammonia.

4. Your lungs

Your airways trap and expel many noxious particles, so they never make it into your lungs. Any dust, germs or unwanted matter that get as far as your lungs will be caught by mucus and expelled when you cough or sneeze. Your lungs are constantly expelling carbon dioxide which has been carried there in the bloodstream.

5. Your intestines

Your intestines perform a final sweep, passing any remaining waste products into your feces. You know the rest.

But don't they need a helping hand?

Not really. Unless you've consumed a dangerous amount of something, such as a drug overdose, your organs are perfectly capable of functioning without you doing anything more than drinking a sensible amount of water. Unless you have a liver condition, your liver doesn't store toxins so doesn't need a spring clean.

As for your colon (the target of the dreaded enema), researchers at Georgetown University conducted a comprehensive review of the medical literature in 2011 and found absolutely no scientific support for the practice of colon cleansing. The claim that waste clings to the sides of your colon is simply not true. Your colon is way more clever than that, cleansing itself constantly as food and waste pass through it.

If you're not careful you can even do yourself harm with a supposedly healthy detox. Any diet that cuts out whole food groups or requires fasting can make you feel exhausted, and long-term fasting can lead to deficiencies in important vitamins and minerals. And just because something is herbal doesn't make it safe. Herbs can have powerful and occasionally dangerous effects on your body, so be careful who is recommending them. Colon cleansing can cause cramping, nausea, vomiting, bloating and dehydration.

So what's the appeal?

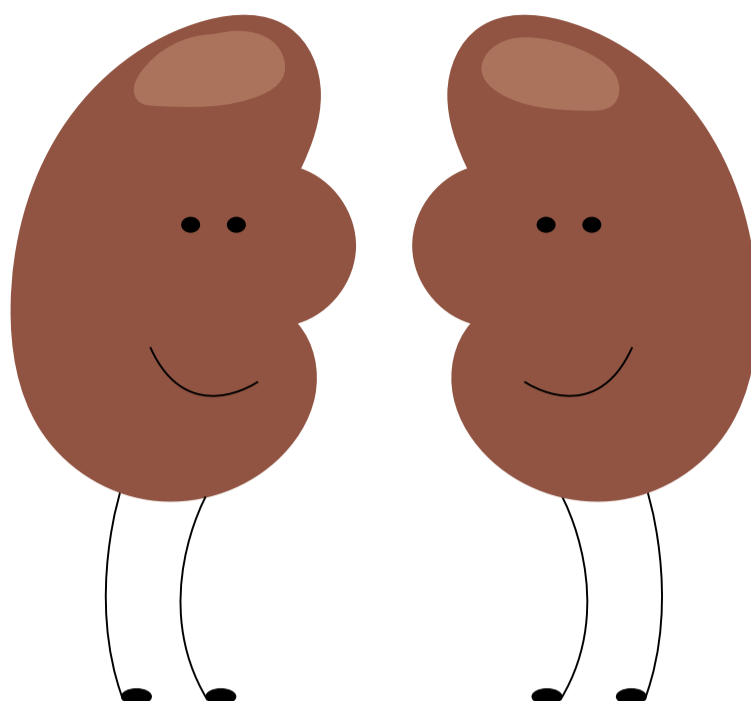
Why are detox "cures" so popular? After all, it's not just celebs like Gwyneth and Beyoncé who sing their praises. There's that shiny-eyed guy at the water cooler who takes every opportunity to tell you how his January detox helped him drop 40lbs, and the lady in the hairdresser's who's adamant her diet of lemon juice, maple syrup and cayenne gave her a radiant glow. Well, it may simply be that most detox diets involve ditching processed foods, alcohol and caffeine for a while. Avoiding these empty calories and energy-sappers is bound to make you feel healthier but it doesn't mean you've detoxed in any meaningful way.

And that's the point. Yes, it's good to give your body a helping hand.

Cutting back on the beers, shunning the sugar and ditching the junk, not to mention drinking more water, will all make you look and feel better

—that's scientifically established common sense, and your body will thank you for it.

As for the exotic teas and costly treatments? Honestly? If you actually enjoy them, then knock yourself out. If not, you'd be better spending your money on something fun and letting your organs do the hard work.



kidney-friendly foods and what to do with them

If you want to know what foods are good for your kidneys, who better to ask than the National Kidney Foundation? Here are seven foods they recommend for having unusually high levels of antioxidants, vitamins or other nutrients, with an explanation of why they're so good for you.

And to help you decide what to do with them, we've created a special superfood dinner menu that includes all seven ingredients.

1. Apples: Apples are a good source of pectin, a soluble fiber that can lower cholesterol and glucose levels. They are a significant source of antioxidants, including one called quercetin, which is thought to protect brain cells. Fresh apples are also a good source of vitamin C. For a tasty treat, sprinkle apples with cinnamon.

2. Blueberries: Ranked #1 among fresh or frozen fruits and vegetables in antioxidant power, blueberries are a low calorie source of fiber and vitamin C. They are being studied for their potential to protect against cancer and heart disease and for possible brain health benefits. You can find fresh berries in season at farmers' markets or your local supermarket. In the off-season,

frozen berries are a good substitute. Eat them raw, mix them in a fruit smoothie or add them to cereal.

3. Fish: High in omega-3 fatty acids. Omega-3 fatty acids are essential nutrients our body cannot make, so we must get them through the foods we eat. They have many important functions in the body including controlling blood clotting and building cell membranes in the brain. Omega-3s have been shown to decrease risk of abnormal heartbeats, decrease triglyceride levels and slightly lower blood pressure. They are being looked at for their potential benefits for conditions such as cancer, autoimmune diseases and inflammatory bowel diseases. Salmon is a favorite "go-to" source of omega-3 fatty acids, but you can also consider mackerel, albacore tuna, herring and sardines.

4. Kale: This glorious green is packed with vitamins A and C, calcium and many other important minerals. Kale is also a serious source of carotenoids and flavonoids, which translates to super eye health and anti-cancer benefits. Kale contains significant sources of vitamin K. People taking blood thinners, such as warfarin, should speak to their health care provider before consuming any foods high in vitamin K. Its peak season is winter, which makes kale a great choice during a season with fewer fresh veggie choices. Replace those unhealthy potato chips in your pantry with baked kale chips. Simply slice, drizzle with olive oil and bake!

5. Strawberries: Strawberries may be small in size, but they are big in

benefits! This delicious red fruit is a powerhouse of vitamins, antioxidants and fiber. Strawberries are known for heart protection, as well as anti-cancer and anti-inflammation properties. Toss them in a salad or even eat them plain for a healthy treat.

6. Spinach:** This leafy green vegetable is high in vitamins A, C, K and folate. The beta-carotene found in spinach is important for boosting your immune system and protecting your vision. It is also a good source of magnesium. Instead of lettuce in your salad, try spinach. You can also easily incorporate spinach into your diet by making a simple side dish of steamed spinach, spiced up with garlic and olive oil.

7. Sweet potatoes:** These super spuds are packed with beta-carotene and are an excellent source of vitamins A and C. Sweet potatoes are also a good source of vitamin B-6 and potassium. One medium (5-inch long) sweet potato contains 112 calories and nearly 4 grams of fiber, according to the USDA National Nutrient Database. You can eat them mashed or even make your own oven-baked fries.

This article is meant to offer general health information. Before you make changes to your daily diet, consult with your doctor, dietitian or other healthcare practitioner to ensure your diet meets your nutritional and overall needs.

****Spinach and sweet potatoes are considered high potassium food choices and should be limited by people on dialysis and those with a dietary potassium restriction.**



Superfood menu (serves 4)

Starter: Kale chips
Main course: Oven-roasted salmon with spinach and basil pesto
Sides: Sweet potato purée, strawberry salsa
Dessert: Apple and blueberry compote



Kale chips

These are surprisingly easy and delicious, and a great way to get your kids eating greens. You could even put them in a lunch box as a healthy snack.

Serves 4
1 bunch kale (about 6 oz), washed, roughly chopped and hard stems removed
1 tbsp olive oil
(sunflower or canola would be fine)
Salt and pepper (optional)

- 1 Pre-heat oven to 300°F.
- 2 Toss the kale in the oil in a large bowl and season.
- 3 Spread the kale on a baking sheet and bake in oven for approx. 20 mins until crispy but not brown, rotating sheet once after 10 minutes.
- 4 Transfer to a wire rack to cool and turn oven up to 425°F for the salmon.



Roasted salmon with spinach and basil pesto

Serves 4
4 salmon fillets
4 tbsp spinach and basil pesto (below)

- 1 Spread about a tablespoon of pesto on each salmon fillet and roast in the oven for 15 minutes at 425°F until the salmon is cooked through.



Spinach and basil pesto

You can create all kinds of variations on this pesto according to what's in your store cupboard, changing the nuts and the oil and tweaking it to taste, so use this as a guide and have some fun with it.

Serves 4
2 large handfuls of fresh spinach leaves (4 cups)
1 large handful fresh basil leaves (2 cups)
½ cup cashews, roughly chopped (pine nuts or walnuts would be good, too)
2 cloves of garlic, minced
¼ cup grated Parmesan
½ cup olive oil

- 1 Whizz the green leaves in the food processor (or chop very finely if you don't have one).
- 2 Add the cashews, garlic and cheese and whizz until resembling a paste (or use a pestle and mortar).
- 3 Add the oil and mix well.

This will give you considerably more than you need. Use the left-over pesto on pasta, on chicken or freeze it and use it at a later date.



Sweet potato purée

Serves 4
4 medium-sized sweet potatoes
Large pat of butter
(or 2 tbsp oil, if preferred)
Salt and pepper to taste

- 1 Peel sweet potatoes and chop into 1" chunks.
- 2 Steam or boil for 15 minutes or until soft enough to mash.
- 3 Mash or purée in the food processor with the butter/oil.
- 4 Season to taste.



Strawberry salsa

Serves 4
1 punnet strawberries (approx. 250g)
1 green bell pepper
½ lime (fresh)
6 scallions or ½ red onion
Small bunch cilantro
1 tbsp balsamic vinegar
2 tbsp olive oil
Salt and pepper

- 1 Wash and chop the strawberries, bell pepper and scallions into small pieces (if using red onion, thinly slice it) and place in a bowl.
- 2 Finely chop the cilantro and add to the bowl.
- 3 Grate zest of ½ lime over ingredients in bowl.
- 4 Sprinkle olive oil and balsamic vinegar over the top and mix carefully. Season to taste.



Apple and blueberry compote

This is a quick, simple dessert that is full of goodness. Serve with natural yogurt. To give it an even greater nutritional punch, sprinkle a small handful of toasted nuts or seeds on top.

Serves 4
8 dessert apples, peeled, cored and chopped
1 cup blueberries (fresh or frozen)
1 x 50g sachet creamed coconut
3 tbsp maple or agave syrup
½ tsp ground cinnamon
½ tsp ground ginger

- 1 Put all ingredients plus 4 tbsp water into a small pan and heat gently. Simmer for approx. 5-10 minutes with a lid on until the fruit is soft, stirring frequently. Add more water if the mixture starts to catch. It's a matter of taste whether you want the apples to reduce to a purée consistency or remain whole.

Mark Keal

The Lean approach to getting lean



Mark Keal, VP of Quality at Meggitt Polymers & Composites in Loughborough, UK, can't be sure how much weight he has lost as his starting weight was over the limit on his scales. He does know it was at least 140 lbs. We find out how Lean thinking was the secret to his astonishing success.

It was a weekend visit to a Christmas market in Edinburgh (in Scotland) that was the final straw for Mark Keal, VP of Quality at Meggitt Polymers & Composites in Loughborough, UK. "It just about killed me walking around," he says.

Over the years Mark had gradually gained weight. He had played rugby and done kickboxing in his youth, but when the pressures of work put a stop to his sporting life he began to put on weight. "Looking back I had stuck to the same calorie load as when I was training," he says.

The excess weight had taken its toll on Mark's body. Although regular blood tests, which his doctor insisted on, kept coming back negative for diabetes and blood pressure problems, his ankles and his joints ached constantly. A weekend spent on his feet was agonising.

When he got back from Edinburgh, Mark weighed himself and, to his dismay, was more than 350 lbs. "The scales maxed out at 25 stone [350 lbs] so it might have been more than that," he says. "I knew that I had to do something about it."

"I did a quick 5Y on it and worked out the reasons I was getting fat!"

So on January 1st Mark made some big changes to his lifestyle. He started using the app myfitnesspal, which he used to track his activity and everything he ate and drank, recording what he weighed and what he wanted to weigh.

Using an app suited his personality. "I'm very goal oriented," he says. "Doing the job I do, working in quality, I've got that mindset. I took the Lean approach—I did a quick 5Y on it and worked out the reasons I was getting fat!"

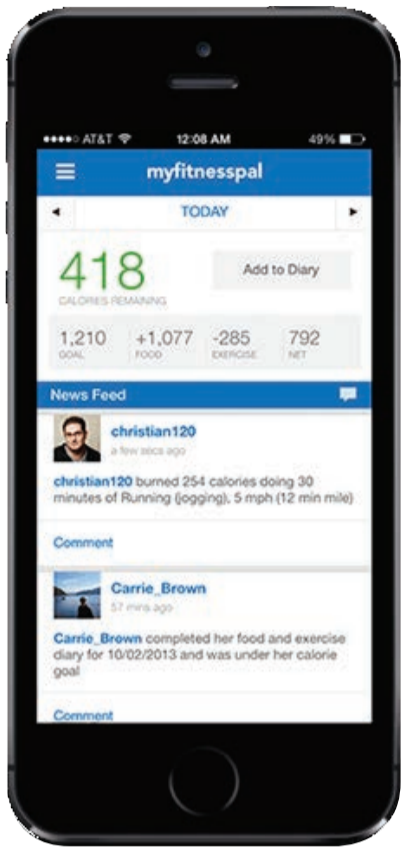
Mark figured out what his net calorie intake each day should be and was careful to record everything he ate and drank. "I drove my partner crazy putting everything into the app."

To achieve his target weight, Mark stopped eating bread—mostly, he says, because it was a vehicle for layers of mayonnaise and cheese (though he did allow himself a slice as a treat once a week)—and stopped drinking alcohol (although he'd never had more than a glass of wine per week). Breakfast was now muesli with fresh fruit (blueberries or grapes) and a tablespoon of non-fat Greek yogurt. Lunch was a salad or fruit, and dinner would contain some protein. "It's phenomenally easy to eat more than you realise," he says. He became aware that often when he thought he was hungry he was actually experiencing thirst, so he began to drink more water and this reduced any hunger pangs.

As well as making changes to his diet, Mark started exercising.

"I walked at least 8,000 steps every day. At lunchtime I would walk down to Loughborough town center and back again in 30 minutes."

He took any opportunity to move more. He started walking to the stores instead of driving, swapped elevators and moving



walkways for stairs, and at work changed his route to his office so that he had to go further.

The weight soon started to drop off. “At first I was losing about five or six pounds per week,” he says. My goal was to get from 25 stone [350 lbs] to 17 stone [238 lbs] and I achieved that. It then took me the following year to lose the next two stone [28 lbs]. I went from 40% body fat to 24%.”

"It's phenomenally easy to eat more than you realise"

As soon as Mark started heading towards a healthy weight, Mark found that his joints and ankles stopped aching. To his surprise he discovered that the aches that

remained—in his left leg and his right shoulder—were not caused by his weight, as he had assumed, but had a different cause altogether. After surgery those pains were eliminated, too, and now he finds himself pain-free. “I hadn’t realised they were a problem because everything hurt.”

Mark’s energy levels soared as he lost weight and he now enjoys taking the dog for a walk with his partner, Marie. “It’s nice to be able to do that and enjoy it rather than it being a grind,” he says.

He has even started kickboxing again. “It’s really nice to be back in the ring again—and at the end of a hard week to have something to kick!”

Throughout the time he was losing weight, Mark motivated himself with the promise of some new clothes. “I like bright shiny things,” he says. “I promised myself a three piece suit for my son’s wedding last year and I was able to buy one in the size I wanted—and I got into it!”


Needless to say, Marie is delighted by Mark’s transformation. “She would never have moaned because I don’t react well to nagging,” says Mark, “but I know she’s pleased about it. And my doctor is delighted. He has stopped sending me for diabetes tests!”

Mark knows that he was lucky. “I’m 51,” he says,” and although the tests were saying there was nothing wrong for me, there would have been if I hadn’t lost the weight.”

Best of all, Mark and Marie are getting married next year and he is able to feel confident that not only will he fit into that suit, he’ll be able to enjoy the wedding and honeymoon without any pain.

“Life is great now,” he says.



**CUT OUT AND KEEP**

Mark’s top tips

You have to want to lose the weight. You can’t do it for anybody else - you need one thing that makes you want to do it.

Find something you enjoy. Treadmills drive me insane with boredom so I walk and do kickboxing.

Accept that if you want to live a healthy life in older age you have to be a healthy weight. Your tests might show up fine now but even if you haven’t developed diabetes now, you will later, whether it’s showing up or not. You can’t do anything about other things like cancer but you can control your weight.

You don’t need to get really skinny to benefit from losing weight. I’m about 30 lbs above my ideal weight but I feel much better than I did.



Everything you need to know about organ donation

There's no denying it can be an awkward conversation to bring up over Sunday lunch, just as mom is serving the roast turkey. Many people are squeamish about the whole idea, and some are afraid of the burden it might place on their family members.

Yet more than 120,000 people in the US are waiting for an organ donation. Every day 22 people die waiting for one. And one organ donor can save up to eight lives.

It's a highly personal decision, and nobody should tell you what you should do about it, but whatever your choice, it should at least be an informed one. So let's look at some facts—and myths—about organ donation.

What organs can be donated?

The organs that can be donated after death are the heart, liver, kidneys, lungs, pancreas and small intestines. You can also donate tissues, including corneas, skin, veins, heart valves, tendons, ligaments and bones.

What's the most common transplant?

It's actually a tissue transplant—the cornea is the most transplanted tissue.

Does money change hands?

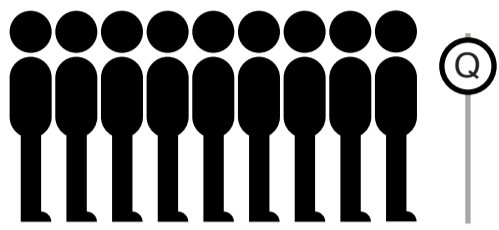
No. The buying and selling of organs for transplants is illegal in America (although it is allowed for research purposes).

Would my family be charged for the costs of recovering and processing my organs?

No. These costs are never passed on to the donor's family. They are only expected to pay for medical expenses before death is declared and for expenses involving funeral arrangements.

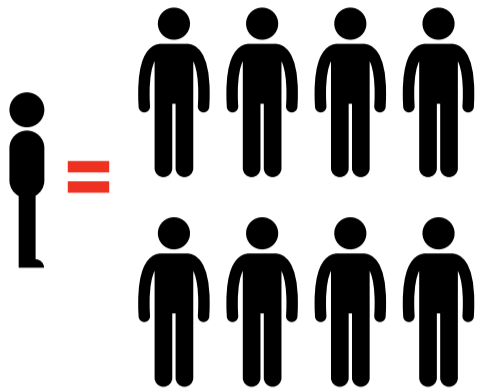
Can I choose which organs are donated?

Yes. You can specify which organ and tissues you want to donate in your will (although that will not be read in time for the decision to be made) and/or by telling your family, and your wishes will be respected. You won't have organs removed that you don't want removed.



120,000

people in the US are on the waiting list for organ donation



One organ donor can save up to eight lives



I think organ donation might be against my religion.

It's unlikely that it is. All of the major religions in the US approve of organ and tissue donation and consider it the personal decision of the donor. The Jehovah's Witnesses used to oppose transplant, but now consider it an individual choice, so long as blood is removed from the organs or tissue before the transplant. The Church of Christ, Scientist treats it as an individual decision, as does the Church of Scientology (with some reservations).

Is there a risk that the doctors will remove my organs before I am really dead?

No. Extensive tests are carried out to ensure the donor is brain dead. In fact, if you have agreed to organ donation there will be more tests—at no charge to the family—to determine that you have really died than if you hadn't agreed to organ donation.

Is there a danger that the medical staff won't try so hard to save my life if they know I am an organ donor?

Again, no. Medical staff will do everything in their power to save your life. You have to be in a hospital, on a ventilator and pronounced brain dead before your organs can be donated, and the donor program is not notified until life-saving efforts have failed and the deceased's family has given permission.

What if I want an open casket funeral?

Surely that would be out of the question?

Actually, organ donation shouldn't prevent an open casket funeral—and there wouldn't be anything grisly about it. Your organs would be removed by surgical procedure in which your body would be treated sensitively and with dignity, and later prepared for viewing very carefully. As your body would be clothed, the site of most surgery would be covered in any event. Even if you had donated skin, only a very thin layer of skin, similar to a sunburn peel, would be taken from your back.

Might I be too old or ill to donate?

There's actually no age limit for organ and tissue donation, and your suitability will be determined at the time of your death on a case-by-case basis to decide if you are medically suitable.

How do I sign up for organ donation?

You can sign up here: <http://www.organdonor.gov/>. If you do decide to donate your organs, it's a good idea to talk to your close family so they know your intentions.

The kids count, too

Stephanie Burus, our returning health hero (page 2), didn't hesitate to sign up as an organ donor when she had her first child. "My body will be of no use to anyone once I am gone and it seems such a waste, if I could save another life. What a wonderful thing to do."

Stephanie has gone one step further and registered her 12-year-old daughter, Kennedy, as a donor.

"When she got her state identification I signed her up as well," says Stephanie. "I explained to her what it meant and how it could potentially save someone and she was in complete agreement. I intend to sign my son up as well. For me the decision was an obvious one. The gift of life is not just for the person who would need the organ(s) but also their family members. By potentially saving a life one would be saving a family from grieving the loss of a loved one."



How well do you know your organs?

Think you know about the organs in your body?
Test your knowledge with our fun quiz.

1. Which five organs are regarded as the human's vital organs?

2. What percentage of your body's energy is used to power the brain?

- a) 5%
- b) 10%
- c) 20%
- d) 30%

3. Which is the heaviest internal organ?

- a) Heart
- b) Liver
- c) Kidney
- d) Large intestine

4. If performing CPR, what song should you keep time to?

- a) Beat it by Michael Jackson
- b) When Doves Cry by Prince
- c) Stayin' Alive by the Bee Gees
- d) Mr Blue Sky by Electric Light Orchestra

5. What is the main organ of the cardiovascular system?

- a) Pancreas
- b) Liver
- c) Lungs
- d) Heart

6. Which two organs activate vitamin D in your body?

7. True or false: the reason you need to breathe between 12 and 20 times per minute (at rest) is so you can get enough oxygen into your system.

8. Which organ is thought to be the least important?

- a) Appendix
- b) Spleen
- c) Bladder
- d) Gall bladder

9. True or false: the acid in your stomach could dissolve razor blades.

10. Who has the faster heartbeat – a man or a woman?

See page 32 for answers





Did you know?

Vital facts |
Breakthroughs |
Health news |

I ♥ chocolate

Eating a small amount of dark chocolate every day could help your heart and liver, according to researchers at the Luxembourg Institute of Health. Of the 1,153 people studied, those who ate 100g of chocolate a day had reduced insulin resistance (good for preventing cardiovascular disease) and improved liver enzymes. If you're increasing the amount of chocolate you eat, remember to check the cocoa content—go for 70% or above—and stick to just a few squares a day. Sorry, Reese's peanut butter cups don't count!



Brainy reasons to look after your heart

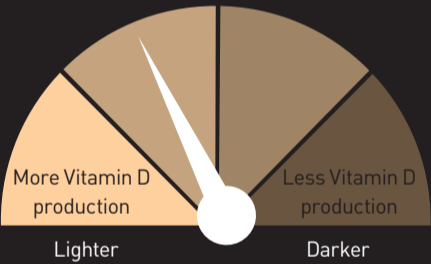
A heart-healthy lifestyle can help your brain stay healthy, too. Findings published in the Journal of the American Heart Association revealed that research participants who'd looked after their hearts performed better in mental tests than those who had not, across all demographic groups. What steps had they taken? Just simple stuff like maintaining a normal body weight and good nutrition, not smoking, getting regular exercise and keeping blood pressure, cholesterol and blood sugar levels under control.



Sun scores a D minus

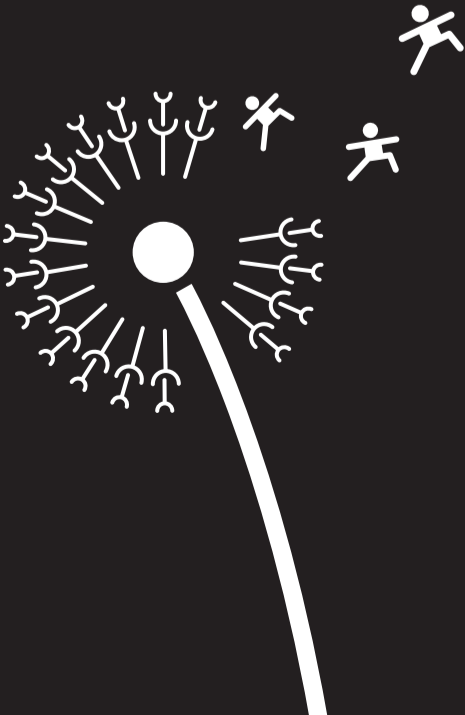
Here's another reason not to spend too much time in the sun. A study from Brazil has found that as your skin darkens in the sun to protect itself against harmful UV radiation, the increase in pigment blocks vitamin D synthesis, limiting the skin's ability to produce more vitamin D (necessary for bone growth and calcium absorption). It's all about moderation. It's great to spend time outside, but cover up and use sunscreen, especially in strong sun and in the middle part of the day.

Deep sun tans can inhibit vitamin D production, essential for healthy bones



And breathe ...

A new review, published in the Cochrane Library, suggests that yoga may have a beneficial effect on the symptoms and quality of life in people with mild to moderate asthma. Although it's not a cure in itself, it sounds like a pretty good reason to break out the warrior pose. Namaste.



Biggest Loser Betty Pennington

Thrd time lucky

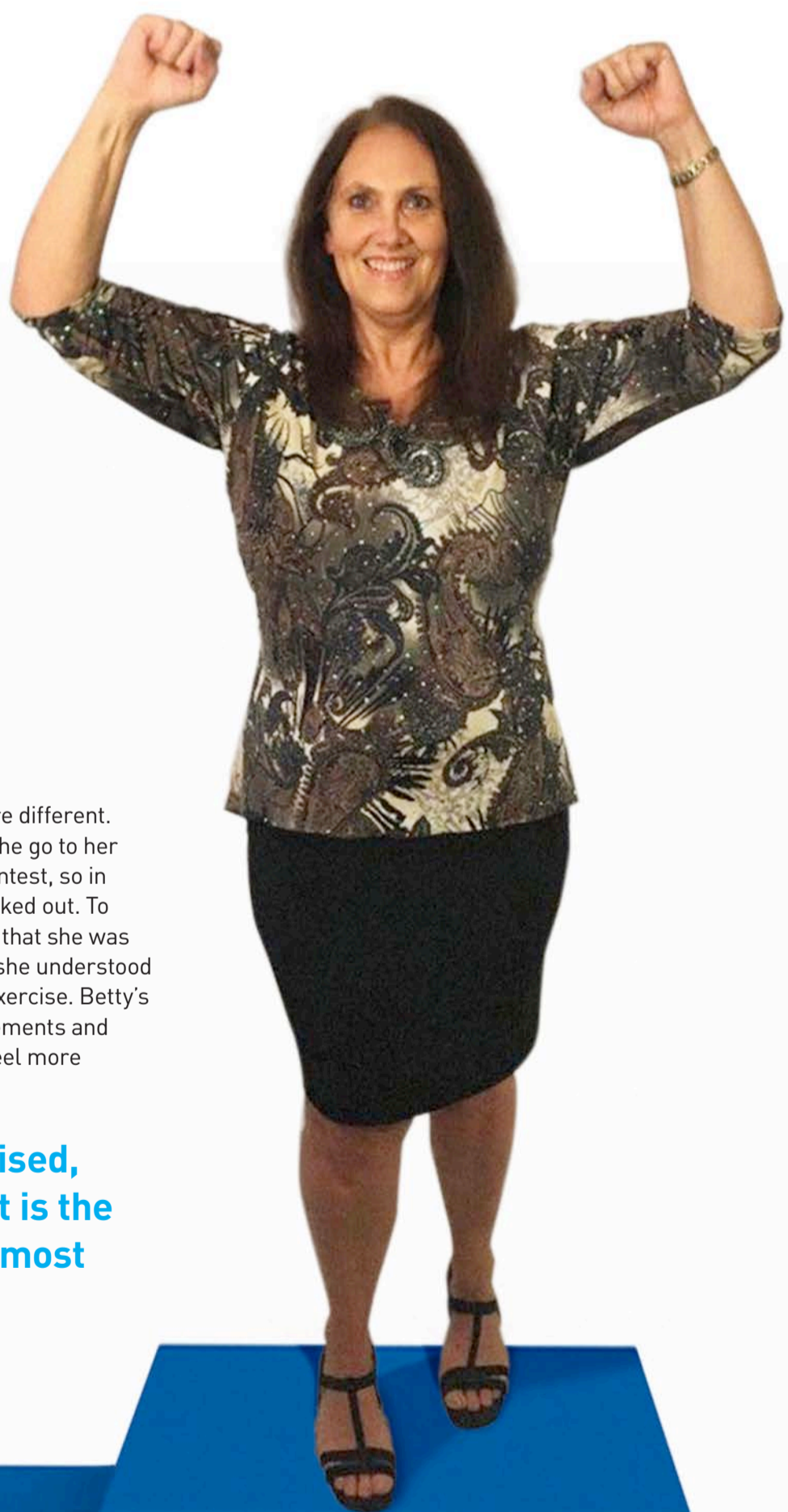
For Betty Pennington, quality inspector at Meggitt's Kentucky Distribution Center, joining Vitality has made a huge difference to her health and appearance and enabled her to stick to an exercise regimen for the first time. It even helped her win the Biggest Loser contest at her facility. We find out how Vitality—and her family—were her secret weapons.

If you want to know what inspires Betty Pennington to stay healthy, take a look at her eight grandchildren. "They are all boys," says Betty. "They are very active and they're hard to keep up with. I wanted to be in good shape to keep up with them."

This wasn't the first Biggest Loser contest that Betty had entered. Two previous attempts had resulted in her losing weight, but each time the combination of a fondness for fried food and feeling constantly tired ensured that she gained the weight again. "I would try to take it off, but I'd put the weight on again," she says. "I was tired all the time, and that led to more sitting around."

This time, though, things were different. Betty's husband suggested she go to her doctor before starting the contest, so in January she got herself checked out. To her surprise, she discovered that she was severely anaemic. Suddenly she understood why she'd been too tired to exercise. Betty's doctor put her on iron supplements and immediately she started to feel more energetic.

The more I exercised, the better I felt. It is the opposite of what most people think





At the same time, Betty had won the Get Moving challenge, which her facility had organized in partnership with a local health club. The grand prize was a year's membership to the health club. She signed up right away and started classes. "I would never have been able to do that without the Vitality program", she says.

Although Betty suffers from arthritis, this didn't stop her from exercising. The club evaluated her and showed her how to use the equipment, and she enrolled in an aqua-arthritis class, which particularly suited her. "It helped me strengthen myself and get things in order," says Betty.

It wasn't long before Betty started feeling the benefit. "The more I exercised, the better I felt. It is the opposite of what most people think. They think exercise wears you out, but it gives you energy and stamina and helps you get through the day."

I completed all the nutrition courses, and I tried a few of the recipes on the website

It wasn't just the exercise that Betty enjoyed—she found going to the gym a sociable experience. "I saw old friends I hadn't seen in a while, and made new friends."

At the same time, Betty made changes to her diet. She ditched the fried food and added lots of fresh fruit and vegetables to her diet. At work if she wanted a snack, she'd have fruit, and she made sure she had a healthy breakfast every day.

Betty found lots of inspiration on the internet, especially on the Vitality website. "I completed all the nutrition courses, and I tried a few of the recipes on the website. I love to cook!"

Her favorite recipe, which now comes into work with her in her lunchbox, is a healthy triple grain berry muffin containing only 70 calories—very different to the blueberry muffin at Starbucks which weighs in at a mighty 350 calories!

This time Betty's efforts were successful and after dropping more than 16% of her body weight, she was crowned Biggest Loser. Better still, her doctor confirmed that despite still being diabetic, her A1C levels (the test used to diagnose diabetes) had dropped significantly to a much healthier 6.1. Part of Betty's prize as Biggest Loser is a day off work with pay. Needless to say, Betty plans to spend the day with her grandsons—taking all eight of them to a splash park. "It'll be the first time they've all been together," she says. "We're going to have a day of fun!"



CUT OUT AND KEEP

How to be a good loser—Betty's top tips

1. **Start small. Don't set a big goal like losing 50 lbs in three weeks—keep it real, keep it simple.**
2. **Celebrate every small victory—every little win is a success.**
3. **Don't reward yourself with food. Have a manicure or pedicure or a day of fun, doing an activity that burns calories instead of adding them.**



The skinny on your skin

Caring for your largest organ

Your skin might not be considered one of your vital organs, but it's still important to look after it. This isn't just about making sure your face looks young and dewy—it's about making sure you care for the skin all over your body.

Your skin works hard for you, keeping out impurities, regulating your temperature (with goosebumps keeping you warm and perspiration keeping you cool) and protecting you from the elements, so the least you can do is give it a bit of TLC in return.

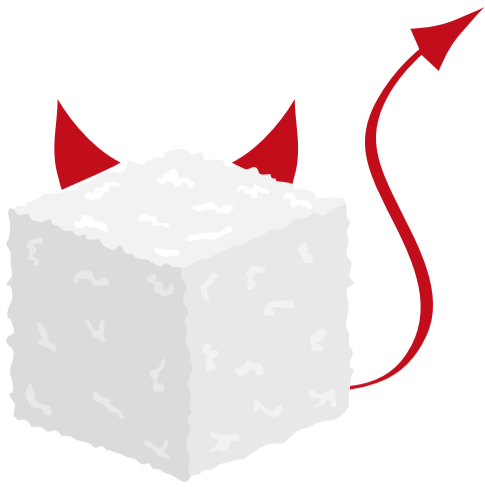
Great skin is as easy as A, C, D, E
One of the best ways to take care of your skin is to eat well.

In particular, make a beeline for foods containing vitamins A, C, D and E.

- Vitamin A helps combat sun damage and cellulite. You'll find it in sweet potatoes, carrots, dark leafy greens, winter squashes, lettuce, dried apricots, cantaloupe, bell peppers, fish, liver, and tropical fruits.
- Vitamin C fights free radicals which break down collagen (the stuff that keeps your skin elastic and young-looking) and provides sun protection. Did you know strawberries have more vitamin C per serving than even oranges or grapefruit?
- Vitamin D will help reduce spots—that makes it a bit of a hero in our book. Go for cheese (in moderation), eggs and plenty of fatty fish such as tuna, mackerel and salmon.
- Vitamin E protects against sun damage and ageing. Reach for almonds, avocado, hazelnuts, pine nuts and sunflower and corn oil.

One of the best ways to take care of your skin is to eat well.

Good fats will also make your skin radiant and reduce inflammation. You'll find omega 3s in oily fish, plus in flax, walnuts and rapeseed oil.



And the bad guys?

Refined sugar is bad news for your skin. It produces inflammation in your body, which in turn breaks down collagen and elastin which keep your skin supple.

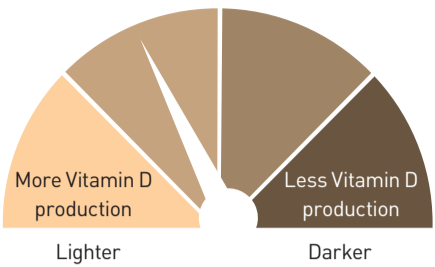
Oh, and avoid crash diets. All that weight gain and loss will wreak havoc with your skin tone.

Water, water everywhere

Staying hydrated will help keep your skin plump and healthy. If your skin is dry, you may not be drinking enough water. The standard eight-glasses-a-day advice has more recently been replaced with a recommendation to be guided by your thirst. If it's hot, and if you exercise, you'll need more. As a general guideline, you should drink enough fluids to make your urine very pale.

Avoid sipping water from a plastic bottle, though. Quite apart from being bad for the environment, pursing your lips to drink from the spout can create lines around your mouth. Instead, sip water from a glass, and if you do take a bottle with you, carry one that can squirt the water into your mouth so you don't have to suck from it.

Skin exposure to Sun chart



Make sure you're out of the sun between 11 am and 3 pm. Wear sunscreen, cover up, and don't sunbathe.

Be sun smart

It's lovely to feel the sun on your skin, especially if you live in a colder region, and a suntan always looks healthy. But it comes at a cost. Exposure to the sun will make you look like Grammy (or Grampy) long before your time, and will put you at risk of skin cancer.

Here are a few facts you ought to be aware of:

- More than 1 million new cases of skin cancer will be diagnosed in the US this year
- One in five Americans will have skin cancer at some point in their life, and one in 58 will get melanoma, the most serious form of cancer
- One American dies of melanoma every hour

Although it's great to spend time outside, make sure you're out of the sun between 11 am and 3 pm. Wear sunscreen, cover up, and don't sunbathe.

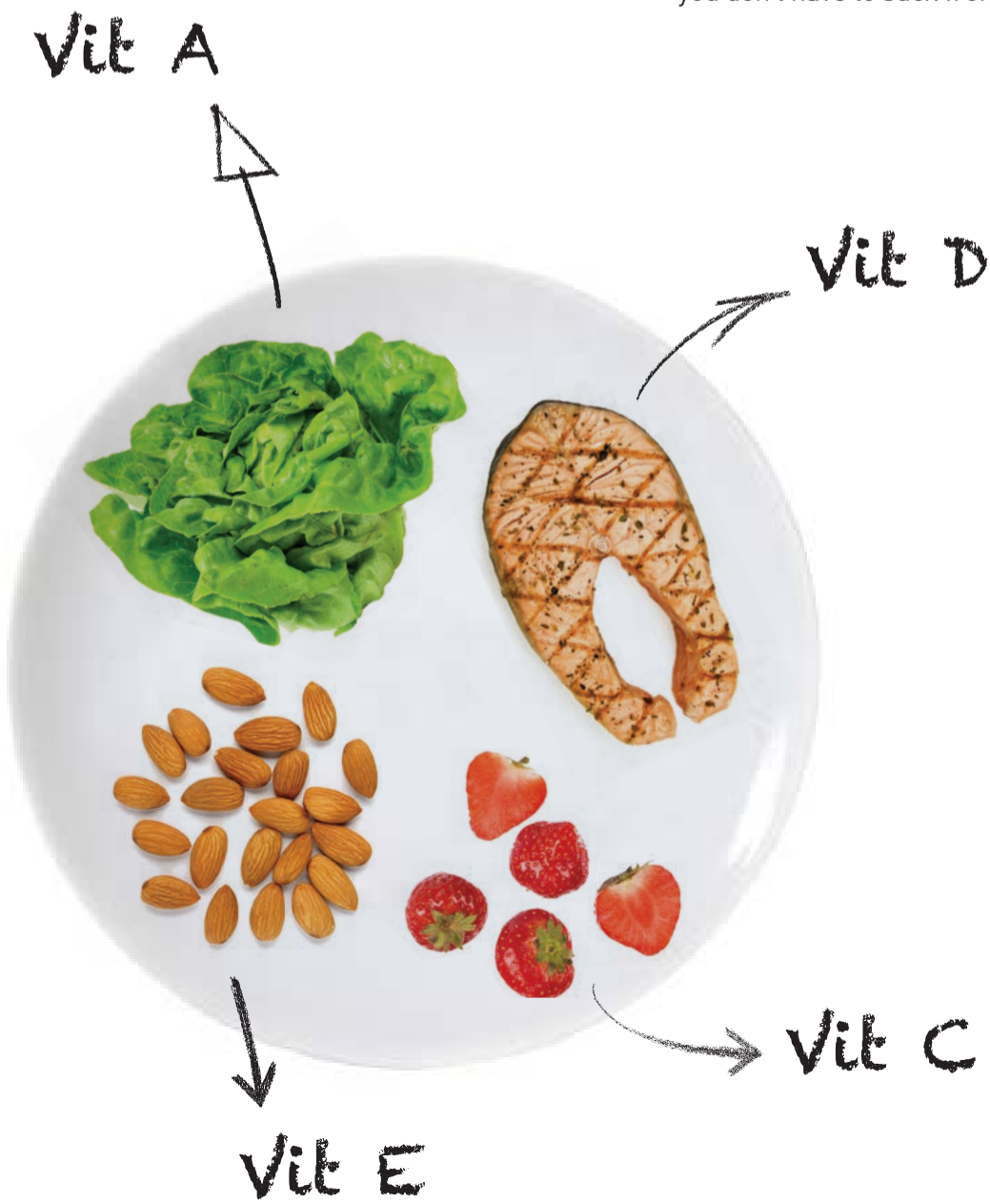
If you really want a tan, get it from a bottle.

Shady dealings

Not all shade is created equal. If you've ever sat under a thin sun parasol, you may have noticed that quite a lot of light gets through. The same can go for dappled shade under a tree.

Fun fact about skin

Harvard Law School, Brown University and the library of the College of Physicians in Philadelphia all contain books bound in human skin. One still shows the remains of a tattoo. In the 18th and 19th centuries, anatomy books were sometimes bound in skin from cadavers that had been dissected, and the skin of executed criminals was occasionally used to bind books.



Heather Bearden

Stepping out for autism

Usually the health heroes we feature are making positive changes to their own health, but for Heather Bearden, an HR assistant at MPC in Rockmart, the focus is on improving life for her son, Matthew, who has autism. Here's Heather's story.

November 26, 2014 is a day that my family will never forget. That was the day that our son, Matthew William Bearden, was diagnosed with autism at the age of three.

Matthew William was born on December 17, 2011. He had no problems at birth and he brought so much joy and love to our lives. We were so excited to have our first child and to have a son! During his first year we were enjoying every day with our little boy. He was developing on a typical schedule for a boy of his age and hitting all the milestones. He was crawling, walking and saying his first words. We could not be more proud of our son and how he was growing.

One day in March of 2013, my husband, Josh, received a phone call from our son's daycare, stating that Matthew was having some kind of seizure and they were taking him to the hospital. My husband immediately called me and we went straight to the hospital. This was a scary time for us as we had never been through anything like this before.

Matthew was diagnosed with an ear infection that caused a febrile seizure. This was just the beginning of months of recurring ear infections and other sicknesses that came with several more seizures. We, like all parents, had our child tested to make sure that the seizures were causing no harm to his mental capacity. The prognosis was that he was OK and the seizures were causing no damage. All seizures were directly related to high fever spikes but were not affecting him mentally or physically. We were advised by Matthew's neurological doctor to put him on medication to control the seizures. This, along with surgery to put tubes in his ears, worked wonders for Matthew.



Shortly after going through all of this, my husband and I started to notice changes in Matthew. We would call his name and he would just continue to do whatever he was involved in and not respond or look back at us. We noticed him flapping his hands and babbling instead of talking like he was doing before at a younger age. Before the ear infections and seizures began, Matthew's vocabulary consisted of "mama" and "dada" along with a few other words and now that had suddenly disappeared.

Our first thought was that maybe Matthew had lost some hearing since he had several ear infections, but later found out through his ENT doctor that his hearing was perfect. We also started to notice Matthew did not make eye contact when being spoken to. All of his doctors were telling us that his physical development was perfect but we just knew something was not normal.

During this time I was discussing these facts with a former co-worker of mine who mentioned that all of these signs in Matthew reminded her of another child she knew who had autism. This made us begin to wonder if our child was showing signs of autism. This was a hard discussion to have with my husband and other family members as this was something new to all of us.

After a lot of prayer and discussion about this with my husband, we made the decision to get Matthew checked. We decided to go see a doctor who specialized in autism who could help give us more advice. So, in October of 2014, we took Matthew to the Chattanooga Autism Center. We had four appointments with the doctor there. They did numerous tests to see what Matthew was capable of doing.

We were very pleased with this center and all the ways they assessed Matthew. After the four appointments,

my husband and I heard the doctor say a phrase that we were not prepared for and never thought or imagined that we would ever hear... "Our child has autism."

This was hard to hear. We were both feeling so many emotions all at once. We were scared, confused, worried, upset, sad and concerned. We had no idea what caused this and no idea where to start. After all, this was our baby boy and we wanted the best for him.

After speaking with his pediatrician we decided the first step in getting Matthew the help he needed was to get him enrolled into the Babies Can't Wait early intervention program. This particular program did not do well for Matthew because the provider was not the best fit for him. We were at a point of confusion and frustration until friends of ours mentioned some private therapy places that we decided to check into.

Now, after almost two years of private weekly speech, occupational therapy, and physical therapy we are seeing major improvements and growth in Matthew. He also started special needs Pre-K this year which has been very helpful in his development and growth. Matthew will soon be starting ABA (Applied Behavioral Analysis) therapy to assist him with different self-help skills, such as potty training and play skills. We are starting to see Matthew playing more with friends and talking more. He is also beginning to make better eye contact and responding more to people when they are talking to him.

The struggles are real. Life is not always easy. He gets easily frustrated, has to be redirected, has to have very simplified instructions and a constant routine, but with lots of help and therapy, lots of patience and prayers, and lots of love it is working. Every day is a new day and every milestone is big.

Autism is not easy and it truly takes a village to raise any kid, especially an autistic one.

We are so proud of our Matthew and are learning so much from him each and every day. We are learning how to live with autism and how to take each day at a time. We are very thankful for our family, friends, and all teachers and therapists that have helped and are helping Matthew each day. This journey that we are on with our son may be tough at times but we feel that with lots of love and patience that one day Matthew will grow up to be someone wonderful that he is meant to be and we will be proud of him and love him every step of that journey.

On May 1st, Heather participated in a fundraising walk to raise money for a charity called Autism Speaks, in a team called Matthew's Mission. She arranged for Meggitt participants to win 50 Vitality points for joining in. The Georgia walk raised just over \$480,000 for Autism Speaks. "We had fun, though I teared up when they announced my son's team name out to everyone as we were walking by," says Heather. Heather plans to form a larger Meggitt team next year, so look out for more information on how you can help Heather make a difference to the lives of people with autism.



atch on to cardio

Exercise to keep your heart and lungs in shape.

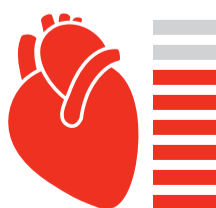
Puff, pant, wheeze. Your face is scarlet, you're struggling for breath and the sweat is pouring down your face. There's no getting away from the fact that cardio exercise is rarely pretty—let's face it, those glossy pictures on Instagram of people working out without breaking a sweat are not real life.

But the benefits of getting your cardio on are worth the temporary drawbacks. If you stick with it, you'll look and feel better, younger and healthier.

It'll help you sleep, lower your stress levels, improve your sense of wellbeing, help you manage your weight, increase your bone density and generally make you feel like a boss!

What exactly is cardio?

It's essentially exercise that increases your heart rate. The usual definition is exercise that puts stress on your cardiorespiratory system and measures it by your heart rate reaching a sustained rate of 80% of your age-adjusted maximum, but unless you're a serious athlete you don't need to worry about the figures—we're talking about



Cardio =

Increase in heart rate



exercise that gets your heart pumping and gets you sweaty and a bit out of breath. When most people think of cardio they immediately assume it means running or cycling, but it doesn't have to. A brisk walk (especially uphill) counts just as well, as do skipping, dancing, vigorous gardening (not gentle pruning, admittedly, but digging, certainly), swimming, boxing, volleyball, basketball, hockey, rowing, soccer. Got the idea? That's not a complete list, by the way—but it should give you a few ideas.

What does it do for your heart?

The clue's in the name—cardio means heart. As you exercise, your heart beats faster and, like any muscle, gets stronger. This means it can pump more blood with every beat and works more efficiently. The blood flow around your body improves and your resting heart rate will drop because less effort is required to pump blood (and therefore oxygen) around your body. This means you'll get less puffed out going up stairs!

And in other good news, the stats back this up.

Those who have an active lifestyle have a 45% lower risk of developing heart disease.

What does it do for your lungs?

It's actually a myth that your lungs—or your lung capacity—get bigger from doing cardio. They might increase in size very marginally, but it's not a significant change. What does happen, though, as you do cardio is that as you breathe faster and more deeply, the amount of air going in and out of your lungs can increase to as much as 25 times your resting rate.

The amount of blood flowing through your lungs increases, too, and you'll get blood flow to parts of your lungs that don't get much blood flowing to them normally. In addition to getting more oxygen into your lungs, cardio will make them more efficient in removing carbon dioxide. A build-up of carbon dioxide in your lungs can be bad for your organs and lead to respiratory failure.



How much do you need to do?

We understand it can be daunting to start on an exercise program from scratch, but there's no need to feel overwhelmed. Start slowly, and keep it simple. Begin with a short session and build up slowly. Listen to your body—although you might need to push yourself a bit, sharp pains and severe shortness of breath are usually a sign to stop.

Above all, it's really important to find something you enjoy. Why not find out if your facility has a walking group? That's a great way to start. Was there something you enjoyed doing as a child? If had a passion for dancing, check out local dance classes, or have a boogie at home (and if the neighbors come round to see what's going on, invite them in to join you!) Have you a backyard that needs some attention? You might have some fun licking it into shape. Love the outdoors? Do your exercise in the fresh air instead of in a gym. Think about whether you prefer to exercise alone, for some quiet, thinking time, or with friends. A fitness class can be a hoot!

Talk to your Wellness Champ and ask them for ideas. You might be surprised by how many opportunities there are to get fit and have fun.



David Deal



We are martial

Dance and acrobatics might not seem the obvious choice for a sporty military veteran, but for David Deal, Account Executive at Securaplane, Brazilian martial art capoeira combines everything he looks for in a sport. We find out how he fell for capoeira.

When David Deal came out of the military in 2004 after four years' service, he needed to find something to stay fit. He'd always been active, participating in sport at high school and college and keeping fit in the military, but solo activities like running weren't for him. He felt more at home doing a team sport.

David was aware that there was a Brazilian martial art that sounded interesting. A little research threw up capoeira, a fascinating martial art developed in Brazil in the 16th century by west African slaves that combines fighting, dance, rhythm and movement. Soon he was hooked, and trained to be an instructor.

Although initially the fighting element intrigued him (and still does), David soon realised there was more to capoeira than just learning to kick. "It's more of a lifestyle than just going to class," he says. "You learn to play between three and 12 instruments and to sing in Portuguese as well as acrobatics. It's a cultural experience. The team aspect keeps me motivated and coming back."

Most sports involve some cross training and capoeira is no exception. David goes to a gymnastics gym once every two weeks to practise flips and does boxing, aikido and jujitsu. "It's good to keep your body guessing," he says.

It's no surprise that David eats well and loves to cook from scratch. "I probably cook 60 to 70 per cent of everything I eat."

David has learned to listen to what his body is telling him to eat. “When you’re working out, your body knows it needs something and you find certain foods appetising when you’re walking down the aisle in the store. I might feel like some leafy greens because that’s what my body needs.”

David is careful with his cooking. “I control the oils and the cuts of meat and use good, healthy spices like turmeric.”

Although Brazilian food features in his repertoire, his signature dish is lasagne. “I really love making it. I don’t buy canned anything, so I start with fresh tomatoes. It’s the most gorgeous thing and you don’t need a lot to make you feel satisfied.”

David has had another reason to stay in shape—he got married this June. Happily, his wife, Fatima, shares his love of capoeira, as you can see from the pictures. It looks like their wedding was a lot of fun!



CUT OUT AND KEEP

Get fighting fit— David’s top tips

Find something you enjoy. If solo sports aren’t for you, look for a team sport.

Mix it up – doing different types of exercise keeps your body on its toes.

Cook from scratch wherever you can – it tastes better and is much better for you.

Listen to your body – it knows what you need.



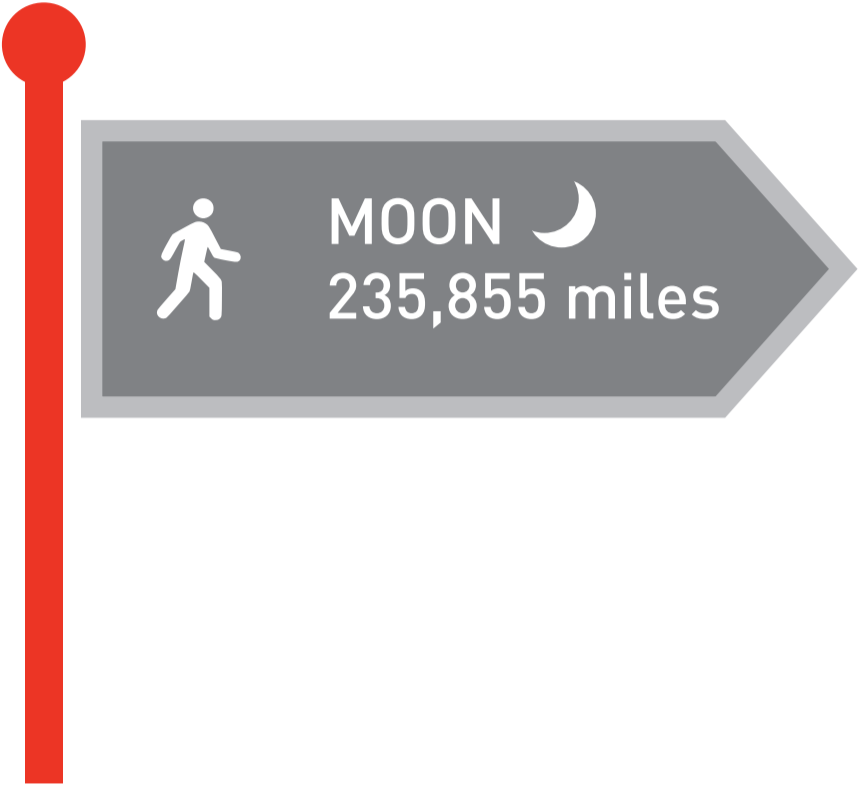
Vitality news and events

Walk to the moon

"This is ground control.

Meggitt employees' 2016 challenge was to walk to the moon five times by August—that's 1,179,275 miles! We're happy to report that you went much further than mission accomplished! You walked a full SEVEN times to the moon. That's one giant leap for Meggitt!

And because you reached the target, everyone who completed at least 100 verified light workouts this program year will earn 1,000 Vitality points."



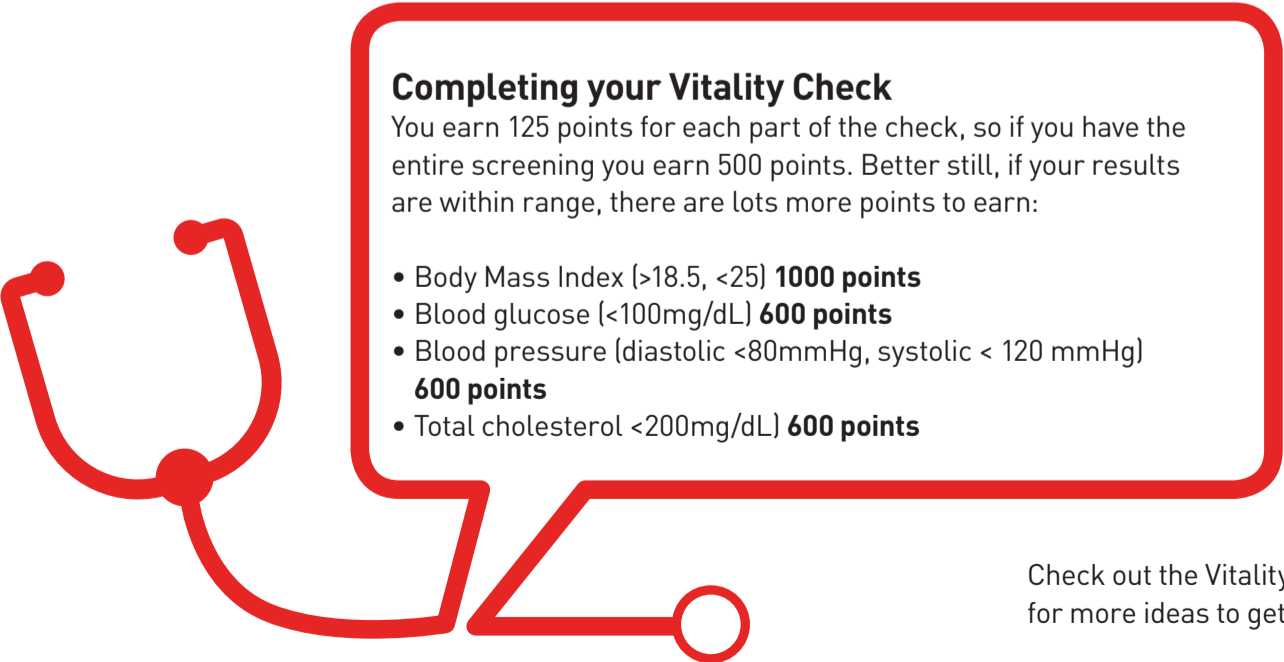
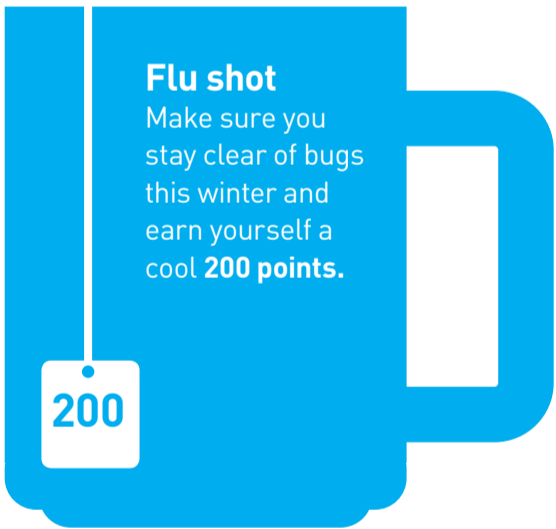
Breaking news! Platinum just got better!

There are already lots of reasons to make the extra effort to get to platinum status. There are the 4,000 Bonus Bucks you get to spend in the Vitality Mall. There are the bigger gym subsidies for eligible gyms. There are the more generous vouchers for Hyatt hotels (hello, vacation!) And there are the extra chances to play Vitality Squares, giving you more opportunities to win prizes.

But now platinum just got even better! If you've earned platinum status since September 1 and have taken your Vitality Health Review, you'll earn a coupon code for a \$25 gift card to spend at the Vitality Mall. You get to choose from some great gift cards: Amazon, Whole Foods Market, Fandango movies, Nike and CharityChoice.



How can you earn more points? Here are a few ideas.



Check out the Vitality website—www.powerofvitality.com—for more ideas to get you over the line.

Vitality events

You've been so busy this past few months we've had to do an extended edition of Vitality events. Read on to find out if your facility is featured!



Head for the hills!

If you live and work near the hills of north Hollywood it would be a pity not to head out for a hike. So Meggitt Control Systems' Wellness Champ Janine Abrera took advantage of the natural beauty of the area and organized a weekend hiking club.

The club meets on either a Saturday or a Sunday during each month in the spring and summer. "There are 10 active participants in the club, which is open to all of our employee population (both Vitality members and our union)", says Janine. "The goal of the club is to progressively challenge ourselves with each hike, making each new location more and more challenging or longer to complete."

The club isn't just good for the members' health, according to Janine. "We have a variety of people from different departments, so communication and relationship-building between the departments is happening simultaneously while promoting health and wellness." Each hike counts as an athletic event and earns them 250 Vitality points.

Feedback is universally popular. "The members like the different locations as it gives them a chance to see part of Los Angeles that they did not know existed."



Right: Tustin stair crawlers, including: Chong Balinski, John Vu, Peter Thai, Michael Sanchez, Dave Mendoza, Asuka Waller, Richard Garcia, Ron Hausch, Arlene Griffin, Steve McPhee, Sharon Chu, Denice Martinez, Lilliana Means, Estela Mora, Beatriz Miles, Thien Nguyen and Anne Bowman



Sense of achievement

Meggitt Sensing Systems has a lot to be proud of. Led by a super-active team of Champs, they've been totting up Vitality points with a whole bunch of activities.

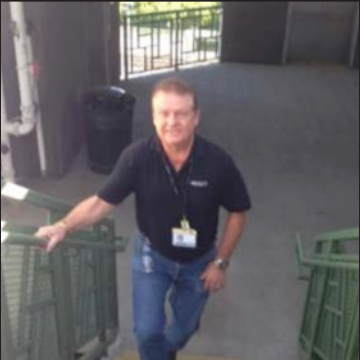
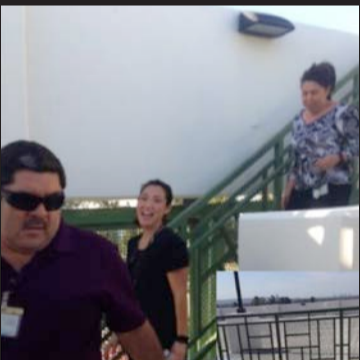
Like MCS, they've been hitting the California hills, with long hikes through Orange County led by Wellness Champ Christine Whitaker, aka Director of the Great Outdoors. "We are seeing places we never knew existed at these spectacular locations," says fellow Champ Francesca Sciortino. "Red Rock Canyon is a big hit with the group too!"

Anyone who prefers getting about on two wheels had a useful refresher course on bike safety and maintenance from mountain bike expert Dave Bucka at a lunch and learn event, and the facility held its first bike event for beginners in Aliso Woods Regional Park in June.

Runners haven't been forgotten, either, with a running school session hosted by Simon Pringle. They got a chance to put their new expertise into practice at a charity fundraiser 3K on June 17th which raised \$555 for the City of Hope Cancer Treatment Center. More than 50 people contributed by either participating or donating (or both), and there were Vitality points for everyone who participated.

"What a trip!" says Francesca. "Look at the smiles on their faces!"

And for those wanting to go up in the world (and down again), there are the **monthly stair crawls** at Tustin Train Station in which they get into teams, walk a mile round trip to the station and then do five reps of the eight flights of stairs at the station—amazing for building the quadriceps and glutes (also known as the thighs and butt!) as well as building cardio fitness. "The company loves the stair crawls," says Francesca, "because lots of people participate and it's close to work (right at the train station). Times are offered before work and after and at lunch times to not disrupt production flow."





On your bike! L-R Jim Knodel, Andy Calmeyn, Greg Leuenberger, Steve McGaffic, Eric Klaben, Rachel Ferguson. Also taking part but not pictured: Seth Friedly and Dan Becker

Freewheeling in Piezotech

It was bikes at the ready at Piezo Technologies in Colorado on June 22nd, as they joined in with the Colorado Ride to Work day. “Each year we try to get as many people to ride their bikes to work,” says Eric Klaben, who organized Meggitt’s participation in the event. “This year eight out of the 14 people in the office rode in—that’s a 57% participation rate!”

The team all rode different distances, with the shortest ride (one way) at five miles and the longest—ridden by Seth Friedley, the Senior Mechanical Engineer—an impressive 65 miles.

“We met up in our business park, which hosted a breakfast station with coffee, food and prizes,” says Eric. “The feedback from the team was great. It was a good chance to team build as well as exercise and get some cars off the road and out of the parking lot.”

Eric loves to see people new to cycling getting involved. “We have some avid cyclists, but it’s great when we can get people that might not normally ride in to participate.”

Roll up, roll up

In a new departure for Vitality, Securaplane held a wellness expo in April this year. It was the brainchild of Wellness Champ Kristina Weber. “I thought it would be something fun and educational for the employees,” she explains. “It would get them out and enjoy a change of pace for a bit during their work day.”

Each of the 61 employees who participated received a bag (used to collect their goodies and brochures) plus a “health passport”. There were 10 booths for them to visit, at each of which they had to get a signature on their passport. Vendors ranged from acupuncture, a massage chair, elderly care, chiropractor, gym, doctors and dentists.

After they had turned in their health passport, participants enjoyed a healthy lunch followed by a raffle of gifts from each vendor. Everybody who got all 10 signatures on their passports got Vitality points.

The response from employees was positive. “We had excellent responses,” says Kristina. “They loved it and asked for more events like this. We share lots of good information with them.”

To anyone wanting to organize a similar event, Kristina has this advice. “Be sure to incorporate some hands-on vendors (acupuncture, massage chairs, chiropractors, etc.)—those were the biggest hits by far. The free lunch and raffle prizes went over well, too.”

Plant life

Once again MABS in Kentucky, inspired by the energetic Connie Brewer and Tammy Fox, have been leading the field in their fantastic pursuit of fitness.

Both the Distribution Center and the Carbon Plant are in the middle of their second Get Moving challenge, having completed their first challenge in the fall. It’s an eight week challenge put on by the local Wellness Center. Participants have to try to get at least 150 minutes of activity each week, by any means—walking, aerobics class, swimming or whatever they fancy. At the end of the eighth week they give out T-shirts to everyone who has managed at least seven weeks of 150 minutes each week.

In a completely different challenge, a number of MABS employees participated in the Relay for Life on April 22, raising funds to improve cancer survival, decrease the incidence of cancer, and improve the quality of life for cancer patients and their carers, and getting some great exercise at the same time.

If that weren’t enough to keep them busy, both plants held a Biggest Loser Challenge, ending on April 15. Chris Cole was the winner at the Carbon plant, having lost 13.9% body weight, and Betty Pennington was the winner at the Distribution Center. You can read all about her in Third Time Lucky (page 16).

Lucky in Kentucky

With all that activity going down, it seems only right that a MABS-KY employee, Berke Lyons, was the latest winner of a \$500 Amazon card by playing Vitality Squares. Congratulations, Berke!

Anyone for turkey?

No, not the food (healthy though it is!) It's what you call three strikes in a row in bowling, and according to Wellness Champ Sue Thomas, it's what several of the Meggitt team members get every Tuesday night during the MCS-Ventura County's Spring Bowling League in Simi Valley, California.

The club is made up of nine teams with four members on each team, which includes both employees and family members, and even a couple of former Meggitt employees.

"Everyone comes out to enjoy the camaraderie during the 10-week league play, with laughs and shouts of encouragement among team members that can be heard throughout the bowling alley," says Sue. "For some of us, the competitive side comes out, but by the end of the evening we all have a good time and we even get a good workout while we're having some fun."

"At the end of the season, all Meggitt Vitality members receive 350 Vitality points for their participation in the league play. The winners also receive a coveted trophy engraved with their team name, displayed in the lunch room, along with a gift card. So what are you waiting for? Sign up today for MCS-Ventura County's Fall Bowling Club ... it's just around the corner. Are you ready for some 'turkey?'"



Top left (L-R): Maria Johnson, Jenna Fleck, Gerardo Macias
Top right (L-R): Roger Cisneros, Brian Fawcett
Middle left (L-R): Enrico Virgines, Eddie Pinto
Middle right (L-R): Maria Johnson, Liz Aguilera, Jenna Fleck, Cesar Fabian
Bottom left (L-R): Roger Cisneros, Ron Sanchez, Brian Fawcett, Erwin Mercado
Bottom right (L-R): Andreas Rieder, Craig Day, Dave Harrloe, George Lemos



Go Red

Of course, MABS isn't alone in embracing Vitality—a number of units participated in Go Red walks to highlight heart health awareness. You'll find some fun facts about your heart in our quiz on page 14.

How well do you know your organs?

Answers to the quiz

1. *The brain, heart, liver, kidney and lungs*

These are the ones that are essential for life: you couldn't survive without even one of them. That's not to underestimate other important organs such as the stomach, the intestines, the eyes, the pancreas and the bladder, but although without them your quality of life would be compromised and you'd need medical help, you could survive.

2. *(c) 20%*

The brain uses more energy than any other human organ. The good news is a mental workout like a complicated math calculation doesn't use up significantly more energy than flipping through cat videos on YouTube. The bad news is you don't get to eat more to do well in this quiz!

3. *(b) The liver*

The liver is the heaviest internal organ, weighing 3.5 lbs on average, although 96 percent of this is water. The skin is, of course, the body's biggest organ overall, weighing in at around 10 lbs.

4. *(c) Stayin' Alive by the Bee Gees*

Stayin' Alive has a classic seventies disco beat of 103 beats per minute, which is close to the 100 chest compressions per minute recommended by the American Heart Association, so is the perfect beat to keep in your mind when performing cardiopulmonary resuscitation (CPR)—yes, disco really can save lives. You don't need to be an expert (in CPR or in singing) to attempt CPR—the important thing in an emergency is to call 911 immediately and start hands-on CPR as soon as you can.

5. *(d) The heart*

The heart and circulatory system make up your cardiovascular system. Your heart is the main organ involved; it works as a pump to push blood to the organs, tissues and cells of your body, carrying nutrients, hormones, oxygen and other gases as it goes.

6. *The liver and kidneys*

You need vitamin D for healthy bones, for keeping your stress levels under control and even maintaining your sports performance. Although your skin is involved in synthesising vitamin D through sun exposure, that's not the end of the process—it has to be activated. This activation—or hydroxylation—takes place in the liver and kidneys.

7. *False*

You need to breathe so much because of CO₂ build-up. Breathing just once per minute would provide all the oxygen you need.

8. *(a) The appendix*

We still don't know exactly what it is for, and many of us manage very well without one. Recent studies suggest it produces and protects good bacteria which help us digest food.

9. *True*

Although you shouldn't try it out, the hydrochloric acid found in your stomach can eat through many types of metal. It should have no problem with the sandwich you're having for lunch today!

10. *A woman*

The reason is that women are generally smaller than men and tend to have less body mass.

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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