

BENEFIT

**SOLUTIONS**

Different people. Different solutions.

**Rockwell  
Automation**

## Focus on Fitness

Whether you want to improve your health, ward off depression, fit into your clothes or just remember where you left your keys, chances are physical activity can help.

You already know that regular exercise can help you maintain a healthy weight and prevent or manage chronic conditions such as heart disease, obesity, cancer, diabetes, anxiety, arthritis and osteoporosis. It can also lift your mood, reduce stress, enhance your memory, boost your immune system, help you sleep better and slow the aging process. But how much can you actually benefit? According to the American College of Sports Medicine, studies show that regular exercise:



- Reduces the incidence of diabetes by about 50%
- Reduces the incidence of high blood pressure by almost 50%
- Lowers the risk of stroke by 27%
- Can reduce the risk of developing Alzheimer's disease by approximately 33%
- Can reduce mortality and the risk of recurrent breast cancer by about 50%
- Can decrease depression as effectively as anti-depressants or therapy

The good news is you don't have to run a marathon or spend hours in the gym to reap the rewards of physical activity. Increasing your fitness can be as simple as taking a 30-minute brisk walk each day or just moving more whenever you can. Even short bouts of activity throughout the day can really add up to make a difference.

As part of our health care strategy, which shifts the focus from treatment only to early detection and prevention, Rockwell Automation will provide you with great tips and resources—like this special insert—to get you started. But it's up to you to take the first step and get moving! Read on to learn more. Then, let's work together to create a focus on good health and fitness.

### By the Numbers

Americans know fitness is important, but studies show we're still not moving enough ... and we're paying the price for it.

**30 – 60 minutes**

Daily amount of physical activity recommended for significant health benefits

**3 in 10**

Average number of adults who get the recommended amount of physical activity

**\$117 billion**

Financial impact on the U.S. economy due to health problems related to physical inactivity and unhealthy eating

Sources: President's Council on Physical Fitness, Wellness Council of America

# 5 Ways to Get (and Stay) Active

You can boost brainpower, melt stress and more with only 30 minutes of exercise each day. And even though beginning a regular exercise program can sometimes be difficult, it doesn't have to be a chore. Try these simple, painless tips to jump-start your fitness routine.

- 1. Fall in love.** People who exercise because they love it and want to get healthy (versus those who just want to drop a few pounds) are the ones who are in it for the long haul. So, get into fitness for the right reasons and make your goals count.
- 2. Make it fun.** Don't just play it safe with treadmills and weights. Get creative with your workout by finding a class like yoga or kickboxing. You'll be more likely to stick with it if you make exercise fun.
- 3. Team up.** Having a workout partner can keep you motivated and even help you exercise longer. Phone a friend, make a plan and stick to it—together.
- 4. Keep track.** Write down how much you lift, how far you go and how your body is improving. Or, consider adding a fitness tracker app to your personal phone to record your activities. Seeing how you improve—on paper or digitally—will motivate you to keep up the good work.
- 5. Look at the little things.** You can't change overnight, so start small and appreciate each step you take. From one pound of weight loss to five more minutes of workout, you have to pat yourself on the back for the little stuff before you'll start to notice a big difference.

## Fit Fitness In!

We know all too well that exercise isn't the only thing on our daily to-do lists. Here are a few ways to pencil in some physical activity—anytime, anywhere.

### Where

#### From home

Turn your hobbies into exercise options. Whether it's dancing, playing golf, biking or gardening, the more you like it the more likely you are to make it a habit.

#### At work

Walk the talk by staying active in the office. Park your car in the back of the lot, take the stairs instead of the elevator or walk to the photocopier on the other side of the building.

#### During lunch

Make more out of lunchtime by doing things that keep you moving. Get out of the office and run errands or walk the trails at a nearby park.

#### Out of town

Take your workout with you. Check for a hotel gym on your business trip. Pack your running shoes even if you're going on vacation.

For more information and tools to help you be more active, check out the StayWell resources at <https://ra.staywell.com>, or contact StayWell at **1.800.721.2696**. Representatives are available 8 a.m. to 8 p.m. Monday through Thursday, 8 a.m. to 6 p.m. Friday and 8 a.m. to noon Saturday (all Central time).



# How Does Your Activity Level Measure Up?

Take this quiz to find out how your activity level compares to the recommended level. Then turn the page to add up your points and see what your results reveal about you.

**1. On average, how many days a week do you spend over 30 minutes on physical activity?**

- a. 2 – 4
- b. None to 1
- c. 5 or more

**2. When you turn into a parking lot, do you:**

- a. Keep walking/cycling because you left the car at home or took public transportation
- b. Drive around for five minutes trying to find “the perfect space” near the entrance
- c. Park in the first vacant space you see, even if it’s further away from your destination

**3. Do you normally take the elevator/escalator or the stairs?**

- a. Elevator/escalator
- b. Stairs
- c. Take the escalator, but keep walking instead of standing still

**4. In a typical workday, how do you spend most of the day?**

- a. Standing/moving around
- b. Sitting, but I get up frequently
- c. Sitting

**5. Which activity are you more likely to do on the weekend?**

- a. Play a sport/go for a walk/go to the gym
- b. Watch sports on TV
- c. Supervise the kids playing sports

**6. If you needed to get a few groceries from the store a half-mile away, would you:**

- a. Drive to the store, but park in the back of the parking lot
- b. Walk/bicycle there yourself
- c. Drive to the store to pick up the groceries

**7. For household chores like mowing the lawn, do you:**

- a. Get someone else to do it for you
- b. Do it only when you have to
- c. Enjoy doing it because it’s a good way to combine chores with a workout

## Checking in With Your Doctor?

### Take the StayWell Health Care Provider Form!

If you’re beginning a new, vigorous exercise program, health professionals often suggest that you consult your physician first.

If you do visit your physician, take care of two things at once and get a screening, too. Don’t forget to download the StayWell Health Care Provider Form at [www.RAbenefitsolutions.com](http://www.RAbenefitsolutions.com) and bring it with you so your physician can complete it. Fax the completed form to StayWell to start earning a credit on your **2012** medical premiums.

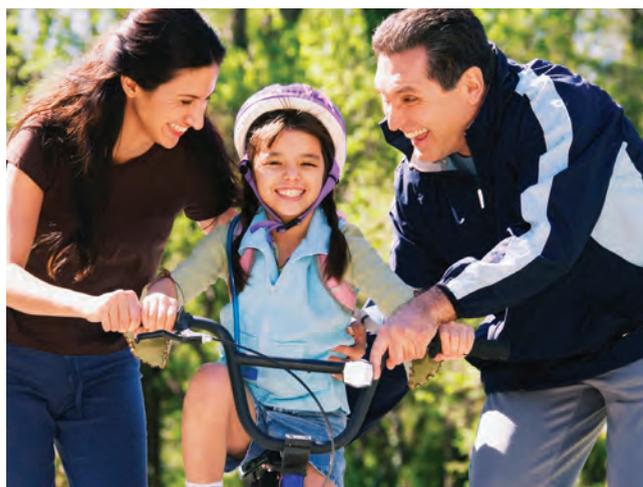
## There’s an App for That!

Want to keep tabs on your activity level? Just download an app for your personal phone! There’s a ton to pick from. Scan the QR tag below for a list of apps. Pick the one that works best for you, and start tracking your progress—anytime, anywhere—today!



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To access the list of apps via your personal smartphone, go to your phone’s App Store or Market and download a free QR scanner. Then, scan this code. You can also find this list at [www.RAbenefitsolutions.com](http://www.RAbenefitsolutions.com).



# Quiz Results: How Do You Measure Up?

Use the numbers below to figure out the points you got for each question. Add up all your points, and then see what they say about your activity level.

## Question 1

a = 1, b = 0, c = 2

## Question 5

a = 2, b = 0, c = 1

## Question 2

a = 2, b = 0, c = 1

## Question 6

a = 1, b = 2, c = 0

## Question 3

a = 0, b = 2, c = 1

## Question 7

a = 0, b = 1, c = 2

## Question 4

a = 2, b = 1, c = 0

## YOUR RESULTS

### 0 – 4 points

**STEP  
IT UP!**

You may need to revamp the way you think about physical activity. You might think it's an inconvenience, but physical activity is a great way to take steps toward better health. For starters, try adding a 30-minute brisk walk into your day a few times a week. Find more ways to get healthier and maintain a healthy lifestyle at [www.RAbenefitsolutions.com](http://www.RAbenefitsolutions.com) and <https://ra.staywell.com>.

### 5 – 9 points

**ALMOST  
THERE!**

You're almost there! By making small changes to your daily routine, you're increasing your physical activity. Keep it up! For tips on penciling more activity into your day, see [Fit Fitness In!](#) on page 2 of this insert.

### 10 – 14 points

**GOOD  
JOB!**

Good job! You think about physical activity as a way to get fit, and you look for opportunities to increase your physical fitness in as many ways as you can. You'll gain the rewards of good health because of your dedication!

Sources: Centers for Disease Control and Prevention, U.S. Department of Health & Human Services

## Get in the Game!

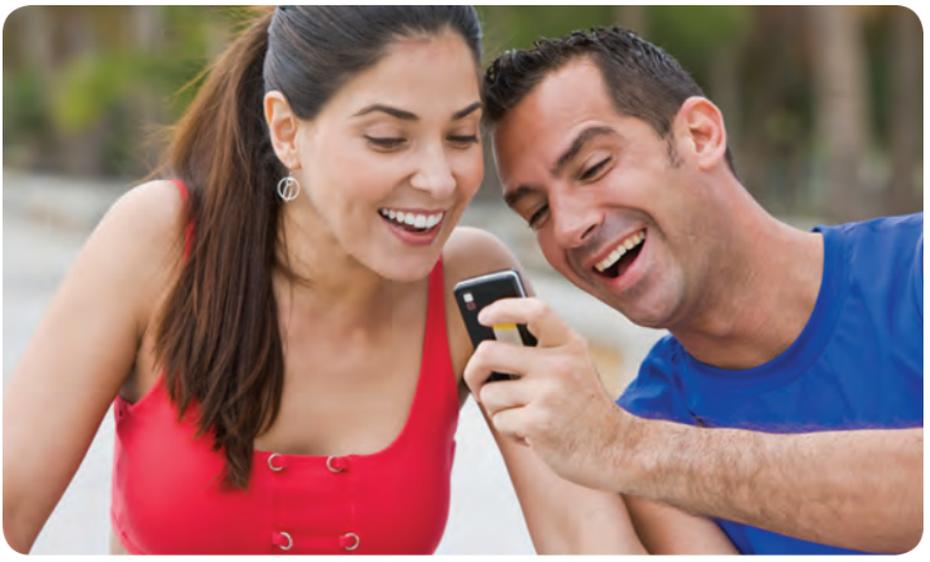
Want to get active and have fun with your colleagues? Find out if your location offers any group sports, such as golf or baseball, by visiting the Recreation page on RAIN.



## Don't Let Pain Get in the Way of a Fitter You!

Just visit <https://ra.staywell.com> to look up the symptoms you might be having—from a sore back to a sprained ankle—to find out possible causes and what to do. If you can't find the resource you're looking for, call a StayWell representative at **1.800.721.2696**.

Existing within this material are brief, general descriptions of the benefits available. If any part of this information should conflict with a Rockwell Automation plan's legal documents, the legal documents will control. Participation in these plans is not a guarantee that benefit levels will remain unchanged in the future. The company reserves the right to change or terminate these plans at any time. If material changes are made, employees will be informed about them.



## Focus on Fitness

Want to keep tabs on your activity level? It's as easy as downloading an app for your personal smartphone! There are plenty of health and wellness apps that help you set goals, track your progress and more. Find the one that best suits your needs by checking out some of the top-rated FREE apps from the lists below. Find more apps through your smartphone's app store or market.

### Android

- 1. RunKeeper:** Use this app's GPS to log your running or walking activities and track distance, time, pace, calories, heart rate and more!
- 2. CardioTrainer:** Get training advice, set workout schedule reminders, monitor your heart rate and track your activities.
- 3. VirtuaGym Fitness:** Hit the gym without leaving the house with full workouts, 3D demos and a virtual personal trainer in your pocket.

### BlackBerry

- 1. Greattrainer:** Track all your outdoor fitness activities (walking, running, cycling, skiing, horseback riding and more), and get visual and audio feedback on your progress.
- 2. WorkOut Tracker:** Take control of your workouts with this GPS-enabled app that helps you establish personal goals and track your training.
- 3. HandyLogs Fitness:** Monitor your total health and fitness by tracking your blood pressure, cholesterol, diet, blood glucose, insulin, calories, cardio exercise, weight training and more.

### iPhone

- 1. TheCarrot:** Track all your health, nutrition and fitness with one convenient digital journal.
- 2. DailyBurn:** Manage your diet, fitness and exercise all in one app that combines training plans with food and calorie tracking.
- 3. iWorkout Lite:** Get a personal trainer in your pocket with this fitness and exercise guide.

Sources: iPhone App Store, BlackBerry App World, Android Market

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