

BENEFIT

SOLUTIONS

Different people. Different solutions.



Bob CHESLA

A New Spin on Health

Last year, Senior Project Engineer Bob Chesla (Mayfield Heights, OH) received a bicycle for Father's Day and challenged himself to ride on every street in his city. He stopped pedaling long enough to tell us about his adventures.

What inspired you to ride your bike all over town?

When my oldest son lived at home, his goal was to walk down every street in our city. He has since relocated, but I still wanted to carry out his idea. Around that time, Rockwell Automation introduced *Get Fit on Route 66*. That was the other impetus to get me started. I thought riding a bike would be excellent, and setting the goal provided the challenge.

Did you accomplish your goal?

Yes! After work and on weekends, I rode down every single street, every cul-de-sac, every lane, every avenue. In two months, I went down 157 streets, many of them multiple times. I also lost 6% of my body weight by riding my bike, making some diet changes and walking with my wife.

What was the experience like?

It was great, and it brought back fond memories of when I was a kid riding on a warm summer day. Plus, it provided me an opportunity to get a firsthand look at my city and wave to a few neighbors along the way.

You tracked your progress on *Get Fit on Route 66* to earn an incentive?

Yes, that made it more interesting. I went down [the virtual Route 66] a couple times. As of March 2012, I had gone 12,690 miles on that program. Along the way, you can send electronic postcards to your family and friends that say things like, "I'm in Arizona. I'm having a great time." I did that a couple of times.

With work, the mentorship program, family and your rock band, you're very busy. How did your bike challenge affect that?

It helps maintain the balance between work and the activities of daily living. You're feeling better, getting in shape and your mental attitude is improved.

Marathon Madness



Marie OLMSTED

Last spring, Global Community Relations and Contributions Specialist Marie Olmsted (Milwaukee, WI) completed her second marathon—an achievement she never thought possible a few years ago. In fact, when her friend first asked her to run, she said, “Are you crazy? I don’t even like to drive 26 miles.”

But in March 2012, Marie joined 24,000 people to complete the Rock and Roll USA Marathon in Washington, D.C. “The sense of accomplishment when crossing that finish line is rich and rewarding,” said Marie. “There’s no feeling like it.”

Her accomplishment is even more impressive because a few years ago, “I was at an all-time low in terms of being physically active,” Marie said. “I used every excuse: I’m too tired after work. I don’t have enough time.”

Getting fit enough to run a marathon was a journey that took several years.

After Marie had been working out for a year, a friend invited her to run a half marathon. Marie was hesitant at first, but having a goal appealed to her. “I’m really competitive so I needed something to work toward.”

She added running to her routine, using a free online training program. For her second marathon, she also logged her workouts on *Get Fit on Route 66* to earn a credit on her medical premiums. To date, Marie has completed one half marathon and two full marathons. And, she is 30 pounds lighter and proud of it. “I’m much healthier and more fit,” she said.

More importantly, Marie lowered her cholesterol by 50 points in the first year. She was diagnosed with high cholesterol in 2009, but by her 2011 Numbers@Work health screening, her cholesterol was in the normal range.

Marie believes that everyone can reach their fitness goals. “As my friend says, it’s not magic,” she added. “It takes dedication, grit and perseverance.”

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MARIE'S marathon milestones

2009

With a friend's help, Marie starts a fitness routine.

2010

Marie runs her first half marathon.

2011

Marie runs her first full marathon.

2012

Marie runs her second full marathon.

2013+

Marie is open to something new.



What Worked for Us

Bob and Marie share what worked on their paths to good health. Their tips might just work for you, too!



Bob's Tips

Challenge yourself. Set short-term goals to give yourself a feeling of accomplishment and long-term goals to keep motivated.

Make it fun. Select a type of exercise that you like to do. I wanted to ride because I belonged to a bike club when I was younger and enjoyed it.

Track your success. I printed a map of my suburb and used a marker to highlight the streets I rode on.



Marie's Tips

Seek advice. Take advantage of staff or free wellness coaches at your local gym to help you get started.

Invest in it. Register for an event and make the commitment.

Write it down. I print my workout schedule and keep it in my cubicle and on my fridge. I also kept a food journal.

Be realistic. People get disappointed if they don't see results in a week. You're not going to lose 10 pounds in a week unless you have the stomach flu. There are no quick gimmicks.

Believe in yourself. I think everyone can run a marathon, but it's the mental fortitude that hangs people up. If I can do it, I have no doubt that you can.



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