



Larry Weingarten biking in the 2011 Power Suit Ride

Achieving Better Health Together

On a typical weekday morning, you won't find Jeff Spadaro, Steve Smith or Larry Weingarten (Milwaukee, WI) getting into a car. Rain or shine, and sometimes snow, these Rockwell Automation employees ride their bikes to work. And, they're not the only ones. Bicycle commuting is a growing trend that is helping employees take action for better health.



It all started with the National Bike Challenge, a program that encourages biking for transportation and recreation. Jeff Spadaro planned to participate and thought others could benefit from the Challenge by improving their health and getting the premium credit for a Take Action activity. Larry Weingarten was in the same boat.

"I participated last year as an individual, and I was excited to see other people getting involved," he said. "When Jeff started organizing the team, I tried to get the word out even more." Get the word out they did, and the Rockwell Automation National Bike Challenge Team was born.

Steve Smith joined because he was already cycling to work. And, as the site coordinator for the United Performing Arts Fund (UPAF) annual Ride for the Arts, he thought the Team would be a great way to gain more exposure for the cycling community. "Through the work we've done, the cycling initiative has taken on more focus," he said.

But racking up miles on their bikes isn't the only reason these employees commute to work: They cycle to reap the health benefits, too. Cycling to work helped Larry fit exercise into his day.

Steve uses the commute to work as a way to stay in shape and train for competitions. "I've had a lifelong passion for cycling since my first skinned knee," he said.

Staying healthy is one of Jeff's top priorities: "The last thing I would ever want is to not have the health to do the things I want to do." Cycling helps him stay in shape so he can keep up with his teenage sons.

An extra perk? Cycling has helped each of them complete a Take Action activity. By tracking their cycling and other physical activities, they'll each earn an extra \$125 credit toward their medical premiums. "You can get credit for all kinds of activities, not just running or walking," said Steve, who completed *Get Fit on Route 66* by tracking his cycling and cross-country skiing. Larry and Jeff are thankful that their choices are helping them gain an extra incentive by reducing the amount of money they spend on health insurance. Jeff said, "I love the fact that Rockwell Automation recognizes the importance of good health and rewards employees for achieving it."

I Know My Numbers. Now What?

You completed a health screening and now you know where your health stands. So what do you do next?

FIRST

Take the Health Risk Questionnaire (HRQ).

Access the HRQ online **Oct. 27 – Dec. 31, 2012**, at <https://ra.staywell.com>. If you complete both the health screening and HRQ, you will earn a \$100 credit toward your 2013 medical premiums.

THEN

Use StayWell's resources.

Create a plan to maintain or improve your health! Visit <https://ra.staywell.com> to access *Get Fit on Route 66*, a Healthy Living Program and other health coaching options. Make sure to check out interactive quizzes, health calculators and information about a variety of wellness topics for the whole family.

LAST

But not least, Take Action!

Did you know that three hours a week of brisk walking could reduce your risk of heart attack and heart disease-related death by 35%? Completing a Take Action activity, like walking, will help you improve your health one step at a time. Plus, when you complete a Take Action activity, you'll earn an additional \$125 credit toward your 2013 medical premiums.

DON'T FORGET



The Health Risk Questionnaire (HRQ) asks you basic health questions to get a picture of your personal health and identify potential risks. Plus, feedback from the HRQ can help you prevent health problems early.

The quickest and easiest way to complete the HRQ is online at <https://ra.staywell.com>. You can access the HRQ **Oct. 27 – Dec. 31, 2012**. If you don't have online access, call StayWell at **1.800.721.2696** to order a paper copy.

Remember: You must complete the health screening *and* the HRQ by Dec. 31, 2012, to earn the \$100 credit toward your medical premiums and qualify for any other incentives.

Get Your Own Group Workout!

Jeff, Larry and Steve agree that cycling to work has created a community that enjoys participating in healthy activities together. "Having other people doing an activity with you makes it more fun, and easier to get started and keep coming back. Riding a bike in a group gives you incentive to push yourself harder," Larry said.

When he first started bicycle commuting, Jeff used the buddy system to help motivate him. He said, "It was nice to have an experienced person who could help. And in the first two weeks, I had three flat tires! I was glad that person was with me to lend a hand."

Finding people with a common interest and encouraging them to join is the first step. Jeff suggested, "Make sure everyone understands that it's about camaraderie and embracing a healthy lifestyle; it doesn't matter if you think you're 'good' at it or not."

And, if you're looking for group workout opportunities at your location, don't wait for someone else to take the lead. "There's no one way to do things like this," said Larry. "Getting started is the hardest part."

"It just depends on how driven you are to want to do it," Jeff said. "My involvement is minimal. I helped get the word out, and it became self-sustaining. I didn't do anything specific to motivate people. I just helped give people an opportunity, and they took charge for themselves."

Bicycle commuting might not be for you. Maybe you want to run, walk, do yoga, swim or dance. Whatever activity you want to do, chances are other Rockwell Automation employees want to participate, too. All it takes is one person with enough motivation to get the word out.

As Steve said, no matter what activity you do, just remember, "Enjoy the ride."



“Getting involved in group fitness at Rockwell Automation has enhanced my work satisfaction and made me a better employee.”

— Larry Weingarten

“The first time I rode to work, I remember feeling a great sense of accomplishment and thinking, ‘That wasn’t that bad!’”

— Jeff Spadaro

“The first pedal stroke is the hardest.”

— Steve Smith

Want to Start a Group Workout?

Take the lead! Starting a group workout at your location is easy. To begin, follow some simple advice from Steve:

1 Find others who are interested in your activity (cycling, walking, running or anything else).

2 Make it easy to participate, and set realistic expectations from the beginning.

3 Make it fun!

IN 3 SHORT MONTHS

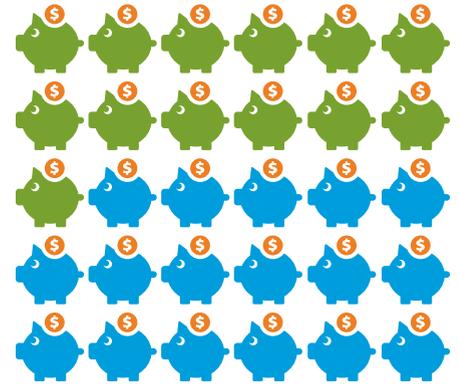
during the 2012 National Bike Challenge...



All Rockwell Automation participants¹

190,004
MILES LOGGED

Team Rockwell Automation²



GAS MONEY SAVED

All Rockwell Automation participants:

\$3,000

Team Rockwell Automation:

\$1,700

Jeff Spadaro

Distance to work: **18 miles each way**

Time: **5 months**

Total miles³: **2,880**

The distance from Milwaukee, WI, to Anchorage, AK

Steve Smith

Distance to work: **10 miles each way**

Time: **14 years**

Total miles⁴: **56,000**

Around the world more than twice

Larry Weingarten

Distance to work: **10 miles each way**

Time: **10 years**

Total miles⁵: **40,000**

Completing the real Route 66 approximately 16 times



923,000

All Rockwell Automation participants

283,000

Team Rockwell Automation

CALORIES BURNED



All Rockwell Automation participants:

17,000 lbs
CO₂

Team Rockwell Automation:

4,750 lbs
CO₂

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¹ The 61 Rockwell Automation employees who participated in the 2012 National Bike Challenge | ² Jeff, Steve and Larry's team | All figures gathered from Endomondo.com

Healthy Resources



Endomondo.com

This "Facebook for cyclists" helps Jeff, Larry, Steve and their National Bike Challenge teammates track their cycling commutes, as well as other physical activities like swimming, hiking and more.



Younger Next Year by Chris Crowley

Jeff first heard about this book at an onsite health screening. "It's about how to push back the effects of aging and have the best health possible," said Jeff. "You can't prevent aging, but you can age better through exercise and healthy food choices." Learn more at youngernextyear.com.