

working toward wellness



2012



Want to win a sweet T-Shirt?

Send your ideas for GO to Henry Hofman. If your idea gets used in a future newsletter or program, you get a free t-shirt. Simple as that :-)

Note - These are dry-fit shirts, designed especially to encourage you to be active! - GO

Introducing: GO

The New Face of Our Wellness Program

The saying goes that a picture is worth a thousand words. We believe that a logo can be just as powerful! After much deliberation over the many entries that the wellness committee received for the program naming contest, we ultimately decided on "GO - Working Toward Wellness". (This idea was submitted by Anthony Humphrey in our Counter Solutions division, thanks for the creativity, Anthony!) This idea was selected because it implies movement towards goals. We all have different health

goals and there are always steps that we can take to help reach them! It is the hope of the wellness committee that our freshly re-vamped program will be able to provide the tools needed to help us all reach toward those goals!

The new logo was inspired by those same sentiments: **positive action towards positive goals.** We are very excited by how the final logo turned out, and the initial reactions from across the company have been great!

Thank you!

Kick That Habit!



Our partners at Health Plan Advocate are offering **FREE REGISTRATION** in a Tabaco Free for Good program (TFG). This program is a seven-session group class, offered at no charge! The class guides participants to develop their own plan for success.

Call 616-685-1410

Or visit:

tabacofreepartners.org

For more info and to register!

The first session is July 31

Lumbermen's Employee Spotlight - Ken Corrion

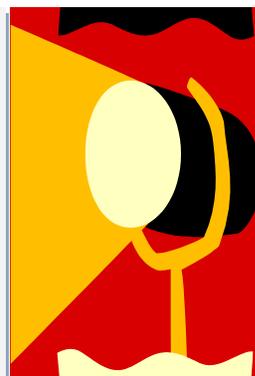


STATS:

Name:
Ken Corrion

Division:
Saginaw

Weight Lost:
60lbs (since January, 2012!)



Congrats to Ken Corrion! Through his participation in the walking challenges and our Weight Watchers program, he has successfully lost 60 lbs! In his own words: "I am living proof it can be done. Weight

Watchers has taught me how to eat right and not overeat, and the walking challenge has helped me realize how important walking is to my weight loss goals. My cholesterol has also dropped substantially since losing weight and exercising.

Eating right and exercise works!"

Way to go, Ken! You are a great example to all of us here at Lumbermen's!

- GO

HOW YOUR LIFE IMPROVES BY QUITTING SMOKING:

IN 20 MIN: Lower blood pressure, circulation improves

IN 8 HRS: Carbon Monoxide levels in your body normalize

IN 24 HRS: Risk for heart attack and stroke begin to decrease

IN 2 WEEKS: Lung function increases, by as much as 30%

IN 1 YEAR: Your risk of heart attack is cut in half

IN 5 YEARS: Your stroke risk begins to decrease

IN 10 YEARS: Your cancer risks decrease by half

IN 15 YEARS: Your risk of heart disease is that of a nonsmoker

-source, TFG