



HEALTHYPARTNERS

Major-N-Motion

Elizabeth McBride had a problem. A few months after returning from maternity leave, the usually energetic Administrative Associate III in Savannah's Major Assembly found herself **stressed, exhausted and unable to find time for herself.** Like most new mothers, she wanted to return to her pre-pregnancy weight and knew that exercise was the smart way to do it, but life with a new baby made a fitness program challenging.

Necessity is the mother of invention, and here was no exception. "I was never going to have time to exercise at home," Elizabeth says, "so I decided to get my 30 minutes of daily exercise here at work." Once she embarked on her new program, Elizabeth got another idea — to ask her fellow Major Assembly teammates to join her. Taking her idea to the Safety Council, Elizabeth outlined ways Major

Assembly employees could incorporate 30 minutes of exercise into their day — taking the stairs instead of the elevator, walking to the parking lot at lunch or even doing a few push-ups in the office. The Safety Council enthusiastically embraced the initiative, and Major-N-Motion was born.

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Moving Forward

The next step in the planning process was determining how to measure progress. If a group of employees committed to Major-N-Motion, how could they document the health improvements participants were certain to realize? The team decided that each Major-N-Motion participant would complete a health risk assessment (HRA)—including the associated lab work—each quarter to assess the impact regular physical activity would have on their cholesterol, glucose and blood pressure.

Randy Brown, Sr. Production Operations Manager is a strong supporter of the initiative. “This program is an exciting and creative way to demonstrate the benefits of the HRA,” he comments, “and I am anxious to see how this increases the overall awareness, and use of, the company-provided benefits for improving our health.”

Building the Team

With the structure of the Major-N-Motion program in place, the Safety Council approached their respective departments eager to recruit participants. The Council explained the requirements of the program, including the necessity of collecting data, and identified 27 individuals who were ready to make a commitment to the program and their health. They range in age from 28 to 52, work as engineers, structural mechanics, and senior coordinators. Unique as they are, they have this in common:

They are bombarded with wellness messages from Elizabeth.

START
SMALL.
DRINK MORE
WATER!

The Inspiration

Elizabeth’s inspirational message to the Major-N-Motion team on January 27, 2010 read as follows: “**We are going to start SMALL! Today’s Challenge: Drink more water.** This is something that you should start today and make a point to do every day.”

Although the initiative is in its early stages, employees are excited to be involved and they’ve hit the ground...walking. Says Team Coordinator Carl Miller, “I’ve lost 28 pounds since January 11! I’m glad to be a part of the Major-N-Motion team — I can already feel the difference and see the results of my efforts. I feel healthier, have more energy and my self-esteem is at an all-time high. I walk on my treadmill for 30 minutes each day and I also walk to the parking lot EVERY DAY at lunch.”

“People who don’t feel like they need to lose a lot of weight can join as a good way to fine-tune their health,” adds Eric Hilsabeck, Quality Engineer II.

Major-N-Motion’s team experience demonstrates that it’s easier, more fun and perhaps even more meaningful to undertake lifestyle changes when you do it with the people you see every day. It also makes sense. When you are united in a common goal all day in your work, it can be a natural extension to be united in other goals as well.

Rebecca Jorge, Sr. Structural Mechanic, agrees. “Being a part of Major-N-Motion has made me aware of changes I need to make and I’m glad I don’t have to do it alone. I want to live a long life for my son.”

Tackling challenges together is something that Gulfstream employees do every day — it’s part of our culture and one of the keys to our success as a company. The Major-N-Motion team is finding a way to take that spirit and apply it to their health — and their lives — one step at a time.

