



“Boeing on the Move not only increased my physical activity. More important, it enhanced my relationship with my daughters.”

– Lucy White, one of last year’s five winners of the Boeing on the Move challenge

Return engagement

Boeing on the Move will again be a fun way for employees to get moving—and get healthier **By Susan Birkholtz**

For Kathy Haynes, a production coordinator for the company’s satellite business in El Segundo, Calif., the Boeing on the Move physical activity challenge last year was a life-changing experience.

It’s back for 2011. And Haynes, like many other Boeing employees around the globe, is eager to get started—again.

“I never considered just walking as a form of exercise to improve my health. I always thought you had to run,” said Haynes, who can’t run because she has prosthetics in both knees.

Haynes said she benefited from last year’s program in two ways: She now walks at home in the evenings, and she walks more at work than she did before she signed up for Boeing on the Move in 2010.

“I highly recommend this program to all of our employees who want to work on preventive health lifestyle changes,” she said.

More than 40,000 employees participated in the six-week challenge in 2010, the first year it was offered. The goal is 50,000 participants this year. U.S. and international employees—and employees on international assignment—will participate concurrently.

“The company invests in programs like Boeing on the Move because getting more physically active is one of the best things we can do for our health and well-being,” said Rick Stephens, senior vice president, Human Resources and Administration. “The challenge offers a fun and easy way for employees to get moving and make physical activity a part

of their daily routine. We hope even more employees will ‘choose to move’ with Boeing on the Move this year, either as part of a team or on an individual basis.”

Last year, 57 percent of those who responded to Boeing’s online Health Assessment said they were not getting adequate amounts of physical activity. Boeing on the Move helped change that. So will its return.

“I’m so excited that it’s coming back!” said Vicky White, a delivery manager with Learning, Training and Development Engineering Training in Renton, Wash. “Boeing on the Move gave my exercise routine an added boost, which I didn’t realize I needed or was missing until I became part of a team.”

One of last year’s five winners was Lucy White, a Customer Relations specialist and meeting and event planner in Long Beach, Calif.

“Boeing on the Move not only increased my physical activity,” she said. “More important, it enhanced my relationship with my daughters. I went from being a spectator to being a participant in their activities.”

For some employees, Boeing on the Move is an opportunity to help them drop unwanted pounds, as well as get healthier through activity.

“I have been on a weight-loss journey for the past three years, and participating in Boeing on the Move was the perfect way to garner support from others in the office,” said Kathe Jackson, a business and planning analyst in Oklahoma City.

“We formed a team and walked

together each day,” she said. “Even after the program ended, we continued to walk and use our pedometers. I think we are all feeling healthier and definitely plan to participate in the new Boeing on the Move challenge. I would recommend the program to all Boeing employees as a way to get moving, lose weight and make some new friends along the way!” ■

susan.l.birkholtz@boeing.com

DATES TO REMEMBER

JUNE 10: Registration ends. After registering, you will receive a pedometer to track your daily activity.

JUNE 20: Six-week challenge begins. Track activity daily using an online tracking tool on the Boeing on the Move website. Or use a downloadable spreadsheet from the site to keep track of activity daily by hand.

JUNE 26: Last day to change your personal goal, create a team or join an existing team.

JULY 31: Challenge ends.

AUG. 7: Last day to enter activity online.

For more information, visit [Boeing TotalAccess](#) and click “My Well Being” to access the [Boeing on the Move](#) website.

PHOTO: Lucy White, a Customer Relations specialist and meeting and event planner in Long Beach, Calif., is pictured here with her daughter, Payton. BOEING