

What Moves You?

Find Your Inspiration

A note from Steven Gerard, CEO

Now is a perfect time to check in and see how you're doing with your healthy goals for the year. Have you made any changes or reached your goals? If so, congratulations! If not, it's not too late. There's still time to take advantage of all of the CBIZ benefits available to help you and your family get — and stay — healthy. Just remember to complete your Health Actions by August 31, 2015, to earn your full rewards. The Health Assessment only takes about 15 minutes and you can complete it right now.

Many of you have already shared your inspiration for "What Moves You?" and I've enjoyed reading each and every one. From family members to pets to friends, it's great to see that we all have someone (or something) that motivates us to live a little healthier.

Regarding my goals, I'm continuing to stay active, thanks to my grandkids. Harrison and Juliette are growing like weeds, with boundless energy. They definitely keep me on my toes!

If you're looking for more inspiration, check out Naomi's incredible journey. Then, take some time to think about what else you can do to finish the good work you've begun — or how you can get started on making your dreams a reality. Good luck!



What Moves Me!

Naomi Schrod
CBIZ MHM
Memphis, TN



Inspiring others gets me moving. Late last year, one of my close friends decided to hire a personal trainer. Since she's about 20 years older than me, and after seeing her progress, I knew I could do it too. I am also inspired by another friend who is my unofficial personal trainer/life coach. She motivates me by sending messages such as, "You are worth this" and "You can do this!" and regularly provides weight/cardio workouts that challenge me.

I have health issues that prevent me from running, so I lift weights and walk 2-3 times a week. On Saturdays, my daughter and I do a circuit workout with weights, medicine balls and anything else we can find to make it interesting. I use a Fitbit to track my calories and steps, with the goal of 5,000 steps a day. When I first started this journey, all I could do was 5,000 steps. Now I can easily achieve 6,000! My daughter, son-in-law, sister-in-law, brother-in-law, niece and many friends at church have all gotten Fitbits and we compete regularly which motivates me as well (I'm usually not first but I'm not always last either).

I don't diet because I think diets are restrictive and a recipe for failure. I have however, changed my relationship with food and believe that eating right for your body is just as important as exercise. Now I

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What Moves Me! continued...

just eat less of the foods that aren't as healthy and enjoy every bite!

My goal in 2015 is to do 115 workouts. When I started, I couldn't do 10 squats in a row; now I can do 30 squats — with weights. I couldn't do one push-up, but now I can do 15 or more! I believe in doing what you CAN and not getting discouraged about what you CAN'T. Eventually you will be able to do more than you ever imagined.

I've lost about 25 pounds so far, which may not sound like much, but at one point I had over 100 lbs. to lose! Seeing what I've accomplished is my reward, not cheesecake or a doughnut. But most of my inspiration comes from inspiring others. So many of my relatives and friends have decided to get healthy and get moving because of how they have seen my life and attitude change. Also, my daughter is now working at our gym and has been inspired to become a personal trainer. She wouldn't have chosen this path if I hadn't started this journey.

I want my success to inspire others to move. I want them to see that every obstacle is an opportunity to prove that you are stronger, healthier and braver than you ever imagined! In short, inspiring others gets me moving!

To read more about Naomi's journey, visit her blog at <https://phatprincessfitness.wordpress.com>.

Share what moves you by sending your story and photo to: WhatMovesYou@cbiz.com



On Wednesday, May 20th, we kicked off the Mid-Year Great Health Resolution in honor of *National Employee Health and Fitness Day*. Employees and their spouse/partner can each earn up to 60 points for following a personal resolution for a minimum of 21 consecutive days.

Studies show it typically takes 21 days to make a positive, sustainable change in habits, so once you start, you must not falter! And, it's up to you – you can focus simply on improving your nutrition or starting a new physical activity – or you can choose BOTH!

To earn the 60 points, the 21 day resolution must be completed and logged on the Employee Service Center website no later than July 31st.

In order to earn 60 points, completion of your goal must be logged on the ESC website no later than July 31st. If your spouse/partner completes their goal, you need to log their completion also.

What to know more? Additional details about CBIZ Sponsored Health Actions can be found at www.cbizesc.com.

Don't forget! Health Actions must be completed by August 31, 2015 to earn rewards.

Check your online Scorecard for available Health Actions, which may include:

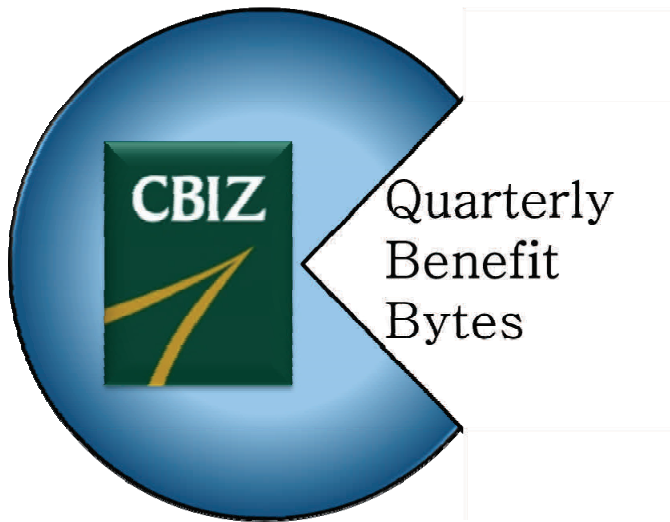
- Taking the Health Assessment (found under the *I Am* tab on the Health & Wellness site) = **80 POINTS**
- Completing a biometric screening or preventive exam. This may be done on site or at your doctor's office. **SCREENING = 40 POINTS; PREVENTIVE EXAM = 80 POINTS**
- Meeting biometric target values (LDL cholesterol, blood sugar, blood pressure, body mass index). **30 POINTS FOR EVERY TARGET VALUE ACHIEVED**
- Completing a telephonic or online health-coaching program. **60 POINTS**
- Completing a CBIZ-Sponsored Health Action. **60 POINTS**



2015 Personal Rewards Program: September 1, 2014 - August 31, 2015

Questions: Call UHC at 800-241-4675

View your Scorecard: www.myuhc.com



ben·e·fit bits:

Quarterly webinars
highlighting CBIZ
benefit plans

20 min. presentation
with 10 min. Q&A by Subject Matter
Experts

*Watch for Invitations posted
on Inside.CBIZ homepage*

This quarter's presentation topic:

“Five Essential Elements of Wellbeing”

When: Wednesday, June 3rd
11:00am CT

Where: Webinar invites coming soon!

