

Bendix staffers walking for health

**SPECIAL TO THE
NEWS-HERALD**

Bendix employees have walked their way to China — sort of.

Just over a year ago, a small group of employees with Bendix Commercial Vehicle Systems embarked on a walking journey for better health.

Day-after-day, this group logged the steps they took, and the group quickly began

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to grow.

Armed with pedometers and walking shoes, the employees took to walking more at the workplace, in their neighborhoods or on local tracks. Their progress was documented on a bulletin board for all to see, and photos were posted in company newsletters touting their achievements.

By December of last year, the group had logged more than 2,000 miles in four months.

They decided it was time to raise the bar. During 2012, Bendix employees vowed to walk 9,000 miles, the distance it would take to walk to Bei-

jing, China.

A world map was mounted on a workplace wall, and small stick figures marked their progress. During this time, employees also learned about the history, culture, cuisine and leisure time activities of the countries they “passed.”

As walkers became joggers and runners, the company joined in by providing nutrition programs and fitness classes.

Then, on Aug. 27, nearly one year to the day the walking began and five months ahead of schedule, the stick figure arrived in Beijing. In all, the group had logged more

than 10,000 miles.

Some employees decided to take it a step farther — literally. Employees Gilberto Rodriguez, Rosendo Ramirez, Val Deleon, Jackie Perez and Midiam Flores decided to partner and join a marathon relay.

On Sept. 23, the Bendix Relay Team will participate in the Retailmenot Relay in Austin.

“We are very proud of every employee who has taken responsibility for their health and are serving as role models to their families and all those around them,” said Linda Fernandez, Bendix Employee Wellness Coordinator.



On September 23, 2012, the Bendix Relay Team participated in the “Retailmenot Marathon Relay” in Austin, Texas. It is the 2nd largest of this type of event in the country. Over 3,000 runners participated in the race, with Bendix placing 37th in the Open Mixed Category. Congratulations for a job well done! The Bendix runners, now known as the “Fab 5”, are:

Gilberto Rodriguez, Jackie Perez, Val Deleon, Rosendo Ramirez and Midiam Flores.