



Hobbies

life  beats

lyondellbasell

There are health benefits of hobbies and leisure activities

Hobbies and leisure activities can be beneficial in a variety of ways:

- **Relieve Stress:** Having a hobby allows you to release stress when practiced regularly.
- **Improve Mental Health:** Some hobbies have been shown to relieve tension, improve mood, and decrease depression.
- **Increase Your Exercise:** Physical hobbies such as gardening and sports increase levels of exercise without the perceived “chore” of working out.
- **Protect Long-Term Brain Health:** Certain hobbies can improve cognitive ability, protect memory, and improve reasoning skills.
- **Better Sleep Quality:** Being more active during the day helps create a more restful night’s sleep.

The following slides highlight some of the hobbies our employees enjoy.

Singing – Ilaria Follegatti - Ferrara Italy

Singing – we all sing, don't we? In the shower, in the car, when no one is listening, we sing.

I have been singing for as long as I can remember. I have performed in bands, churches and everywhere that was possible to let my voice be heard. I had the pleasure to share the stage with perfect strangers (singers and musicians) and share our best especially when improvising.

Even though we use our voice every day, it is important to warm up your voice.

- Sing through some singing scales
- Say some tongue twisters to loosen up your face and mouth muscles
- Do some neck exercises
- Have a good sleep before the gig
- Drink a lot of water to hydrate yourself

My hobby makes me happy and also brings joy to all my relatives and friends.



Cycling – Theo Hartjes - Botlek The Netherlands

My biggest hobby is cycling and I have done it for more than 30 years with heart and soul.

Together with my LyondellBasell colleagues, we cycle all over Europe. For more than 15 years, I have organized with my colleague Erik de Winkel, several cycling events.

Our main focus during these cycling events is SAFETY. We Check Signals to ensure that the rides happen without incidents. We take care of the safety for the attendees and riders. We prepare training materials and evaluate the safest cycle routes.

[Our Slogan: Healthy Exercising for a Better Life!](#)

We don't just cycle for ourselves. We organize charity events for the Sophia Childers Hospital in Rotterdam as well.

I hope I will be able, together with my colleagues, to organize and participate in these events for many years!



Running – Leonardo Boarini - Ferrara Italy

Running can be the most exhilarating activity, but it can also feel tough or almost impossible when you're just starting out (either as a beginning or returning runner.)

Running also creates new friendships. You can join a running group. Usually being part of a group can help push you harder than you would push yourself. Running can get you in touch with nature. Treadmills are great but it is always better to get outside as much as possible. You can run in the heat, cold, rain or wind and the satisfaction of arriving at the end of a race under adverse weather conditions, is of an indescribable joy.

Running is good for the brain and frees the mind. The unwanted thoughts disappear and remains room for imagination and reflections; creativity is exalted and you can think of things in a very productive way.

Here's some tips to make running fun:

- **Find the right shoes** – Invest in a good pair of running shoes. There is no one shoe that works best for everyone so find a specialty running store and shop for a pair that provides support and fits your foot's needs.
- **Always get checked** by a sports doctor, even if you only do long walks.
- **Choose suitable clothing** - The right gear can improve safety, comfort and performance.
- **Always warm up and cool down**
- **Make sure you are hydrated properly** – Hydrate with water before, during and after your run. Eat a light snack an hour or two before running. After running, you want to replenish energy stores as quickly as possible to help minimize muscle soreness and stiffness.



Carpentry – Charln Stewart - Houston, TX – U.S.

I do carpentry because I like to see my ideas become reality. I want to bring together functionality and art.

My father taught me carpentry skills and sometimes we work together on projects. It is nice to spend time with him, learning a skill and more about him and our family.

- Given the nature of carpentry, it is important to remember GoalZERO in the workshop too. I learned from my dad:
 - Always Inspect Your Tools Before Use
 - Maintain Your Tools Properly
 - Keep the Work Area Clean
 - Wear the Appropriate PPE

The most important thing that I get out of my hobby is the feeling of accomplishment from a job well done!



Charln and her father with a table they built from recycled lumber (2015)

Hockey Goalkeeper – Ernst Lutgert - Rotterdam The Netherlands

What is a goalkeeper? I prevent the opposing team from scoring by intercepting shots at the goal. I really can't imagine life without any form of sport! Hockey takes my mind off everything and I just focus on organizing our defence (mostly shouting)! If all else fails, I try to stop the ball in any possible way! And yes, of course, it is healthy for you to exercise regularly and stay physically in shape. But the most important thing is for me to have FUN!

I play in the veteran-L competition. The combined age of the players in the team is over 500 years old. All players in the pitch are “physically equal” and that reduces the risk of injuries.

Important to always warm-up before a game:

- Hips
- Calf / Achilles tendon
- Lower body in general
- Shoulders

And then there is the third, more social, half of the match. Bragging and big stories!



Playing Guitar – Derek Milburn - Lake Charles, LA – U.S.

I've been playing guitar since I was a child. My brother bought me my first guitar. I play on one now that my dad bought me as a teenager. I grew up watching people I admired play and I wanted to do that too.

I lost parts of the fingers on my left hand in a work accident in my early twenties and I thought that I would never be able to play again. I was wrong...I play better now than I did before the accident! It taught me three important life lessons:

- **Determination:** If you want something bad enough, don't give up
- **Willpower:** Don't listen to those who say "can't, shouldn't or won't"
- **Strong work ethic:** there is no substitute for putting in the practice



Derek with the guitar his father bought him as a teenager (2016)

When I play, it brings me closer to those around me through good memories and music! Sometimes I get to share what I know and even teach others to play.

Running/Basketball – Bob Patel, CEO

I'm an avid runner. On weekends I like to wake up early and get a run in before starting the day. I've found that running is a great way to get outside and enjoy nice weather, but if it's too hot or raining, I run on a treadmill. On weekends, you can also find me playing basketball with my sons. I've always enjoyed playing basketball and played competitively when I was younger. Nowadays, I play with my teenage kids who are very tall and hard to beat. Aside from being fun, basketball allows me to spend time with them and get the heart rate going.

Whether running or shooting hoops, I keep GoalZERO in mind by:

- **Stretching**
- **Hydrating (before and after)**
- **Tightening my shoe laces**
- **Applying sunscreen**
- **Staying mindful of traffic and hazards like debris, uneven sidewalks (when running)**



Running and playing basketball with my kids are great ways for me to decompress, clear my mind and spend time with family while staying physically fit.

Sailing – Michele Roversi - Ferrara Italy

We live in a fast paced and constantly changing environment. Water has been associated with stress relief for centuries. Both the sound and motion of water have been found to be stress relieving. I love outdoor activities and most of all I enjoy sailing in summer. It allows me to be connected with the sea. One thing I know for sure; as far as stress relief goes when you throw off the ropes that hold you to land, you seem to throw all the stress off too. The wind in your face and the soothing sounds of water on the bow caress your senses gently.

Always **Check Signals** before setting sail:

- Always check the weather forecast
- Regularly check and maintain all boat safety equipment
- Instruct your crew how to use the safety equipment and what to do in case of bad weather
- Always wear a lifejacket and during a storm use a harness
- Think always to a Plan B - “What could go wrong?”



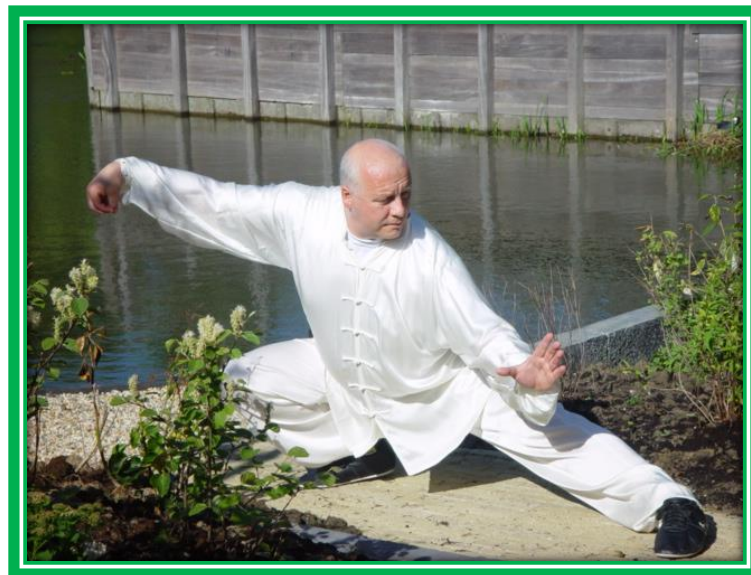
The swooshing and splashing of water, the rhythmic movement of the boat and the sound of the wind in the sails can all affect brainwave patterns. This relaxes and soothes a busy and highly stressed-out mind.

Tai Chi – Leo de Ruiter - Rotterdam The Netherlands

I practice Tai Chi for almost 25 years now and am still learning. Tai chi is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Practicing Tai Chi give me benefits in terms as health and stress management.

- Think GoalZERO when practicing Tai Chi:
 - Offers a way of truly relaxing. The rhythms of bending and stretching in tai chi help to relax the body and to free it from mental and physical tension and stress
 - Reduce high blood pressure; thereby also reducing the risk of heart attack, stroke and kidney failure
 - Helps me to be less susceptible to stress
 - Helps with balance and coordination
 - Gives me more calmness



Position called Zuo Dan Bian Xia Shi

Walking In the Snow – Tiziano Dall’Occo - Ferrara Italy

Walking in an immaculate winter forest where paths are covered by the snow is an indescribably magic atmosphere.

The peace and tranquility of walking through the wonderland is punctuated by sounds of wildlife. Trees glistening with snow and the tranquility make the effort of the snowshoes, “Ciaspe” worth it.

Take some friends to share the scenery to provide an even greater pleasure.

Check Signals to prevent and avoid the dangers:

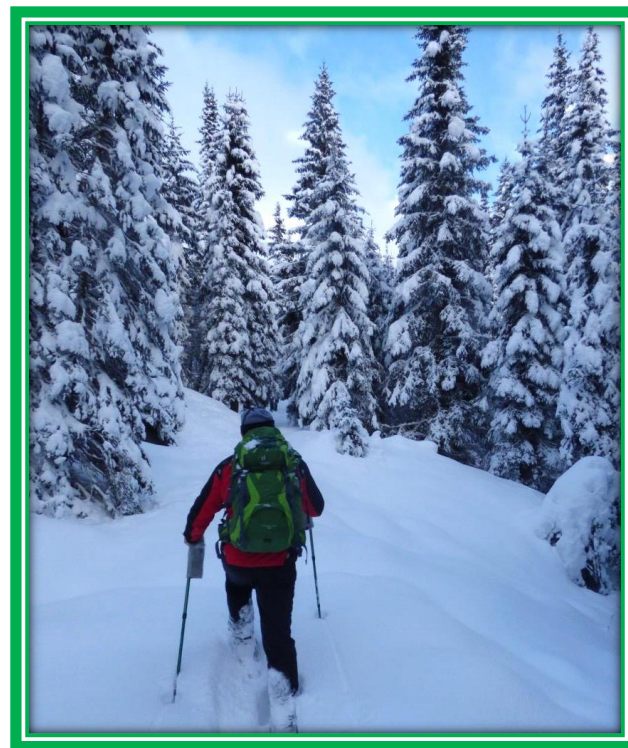
- Plan the best route
- Evaluate the weather forecast
- Access the avalanche bulletin
- Choose proper clothing and equipment
- Make sure you are in suitable physical condition

During the excursion, always be careful regarding:

- Snow conditions
- Slopes that face
- Changes in weather

Everything is better when safely addressed,

.....for the pleasure to tell the adventure.



Ducks Unlimited – Sam Smolik - Houston, TX – U.S.

I love nature and enjoy all kinds of outdoor activities.

One of my hobbies is active membership in an organization called *Ducks Unlimited*. It is the world's leader in migratory waterfowl and wetlands conservation. It has almost a million members.

Ducks Unlimited has three separate legal entities – Canada, United States and Mexico. I serve on the US National Conservation Program Committee – we approve all of the conservation projects. I also serve on the Board of Directors for *Ducks Unlimited Mexico*.

In the picture on the right, I just banded a female pintail duck. This is done for the biologists to track migratory habits of waterfowl and help improve habitat.

I always use Check Signals when outdoors:

- Be careful and watch for snakes
- Wear sunscreen
- Use proper PPE
- Avoid tripping hazards
- Stay hydrated
- Wear insect repellent

Stay safe....GoalZERO!



Coaching – Roy Wilson - Clinton, IA – U.S.

I had the opportunity to coach a Jr. High wrestling team and various baseball teams from t-ball through college level. Coaching is a opportunity to teach players a skill and learn how to work with various personalities. Coaching provides an opportunity to instill positive values in players.

Patience, along with fair play, responsibility, having fun, leadership and problem solving are just some of the valuable lessons taught and learned in team sports. All the coaches that I have spoken with have reflected on having to adapt their teaching styles to fit the personalities of their players.

In 2005, I learned a very valuable lesson about wearing **personal protective equipment**. A young player hit a ball off a tee which hit me directly in my right eye. This left me blind in that eye for three weeks. Doctors worked to resolve the sight issue and were finally successful. I now wear safety glasses when working on hitting drills.

At 64, I am still coaching a high school team. Skills such as effective communication and developing self-confidence are tools that they have taken from the rinks and fields and used in their workplaces and in their homes. It gives me the chance to **share my knowledge** of baseball with others and share my life learnings.



Roy Coaching His High School Baseball Team

HEALTHY LIVING

It's in your hands!
Start a Hobby *TODAY.*



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