

Employee/Contractor Winner = Jennifer Holliday, 892,304 steps

I am an Industrial Hygienist for HSE Solutions, Inc. I am a part of the outstanding Health & Safety team working at the Morris Complex during their Olefins turnaround. HSE Solutions, Inc. is located in Friendswood, Texas.

Aside from my competitive nature, this was another way for me to be accountable for my physical fitness. I walk a great deal during the turnaround. I like to be in the field interacting with people and seeing what is happening on a daily basis. When I am out, I am always on the move. Outside of work, I participate in ZUMBA fitness and I love hiking. My husky loves to walk and run with me, and it is nice to have a fitness buddy.

My advice for people looking to increase their physical activity is to find something you enjoy doing: hiking, taking a walk, riding a bike, swimming, etc. You can even start with something as simple as parking a little further away at the grocery store, or taking a walk after a meal. If you can enjoy your activities, you can achieve fitness.

~Jenn Holliday, HSE Solutions



- 2nd - Glenn Nichols – Bayport Complex
- 3rd - Vaijnath Kale – Aurangabad Plant
- 4th - Sarah McAfee – Cincinnati Technology Center
- 5th - Jürgen Ort – Bayreuth Site