

Family Member Winner = Suzy Oligmueller, 535,530 steps

I live in beautiful Colorado. I have been married for 30 years and have 3 adult children and 3 grandchildren. I am an engineer for a defense contractor 30 hours a week and own my own water gardening business. My daughter, Jordan, works for LyondellBasell, at the Bayport Complex and she inspired me to participate in the challenge.

I never stop moving. I work 2 jobs and take the stairs up 6 flights multiple times a day and do not use the elevator. I walk to my office which is one mile from the parking lot. I take my lunch to walk 2 miles a day. After my 10 hour days at my office job I come home and work in my greenhouses. I do a lot of walking between greenhouses and try to get in a 3 or 4 mile jog each evening.

The advice I would give is to walk when you get a chance, skip the elevator and/or shuttle. Every 10 minutes of walking can certainly add up. The more exercise I do the better I feel and I always have more energy when I am active.

~Suzy Oligmueller



2nd – Tricia Gaspar – Tuscola Plant

3rd – Eric Yang – Houston Technology Center

4th – Watchara Mongkolsatitya – Rayong Facility

5th – Stacy Bowden – Mansfield Facility