



CLO LifeBeats Committee Making a Difference!

The LifeBeats Committee at our Clinton, Iowa manufacturing site has really stepped up to the challenge of engaging in the health of our colleagues. They started their activities before LifeBeats began and transitioned when we launched LifeBeats in 2014. Over the years, they have sponsored and created many different types of health related events and challenges.



Back Row: Landon Grage, Wes Farrell, Robert Bolen, Tammy Bos
Front Row: Angie Jacobs, Lisa Tate, Ashley James, Kaitlin Budnick
Not pictured: Joshua Cramer

- ◇ Walking challenges
- ◇ Stress less challenges
- ◇ Great American smoke out
- ◇ Body composition analysis

- ◇ Various weight challenges
- ◇ Gate visits
- ◇ Fruit/vegetable tray deliveries
- ◇ Stationary elliptical and bike pedals in control rooms



The LifeBeats Committee is comprised of people from different groups within LyondellBasell; Operations, HR, HSE, HSE Manager and Onsite Medical. The LifeBeats logo is incorporated in all of their communications; email, GZTV, flyers, t-shirts and have also done giveaways such as pedometers, stretch bands and much more.

Fruit and Vegetable Tray Initiative:

“When they had everyone in the control rooms, it was not uncommon for there to be a table loaded with pies, cookies and chips,” said LyondellBasell employee Angie Jacobs. “Since the areas have been split up most of those tables have disappeared and some have even started bringing in healthier snack alternatives. We wanted to instill healthy choices before people got back into the pattern of bringing in and eating unhealthy options again.”



HEALTH FAIRS

Hosted health fairs and invited vendors to visit CLO

- ◇ Hospitals
- ◇ Dieticians
- ◇ Chiropractors
- ◇ Massage therapists
- ◇ Parks department

