



After

# The Benefits of Multitasking

*Having a Full Time Job is No Longer Acceptable as an Excuse to Not Be in Great Shape!*

By Alison McNelis

Unless you're a supermodel or movie star, being in great shape probably isn't part of your job description. However, at InterDigital Media in King of Prussia, getting in great shape is becoming as routine as that morning cup of coffee and (low-fat) bagel!



Before

With the disastrous effects of obesity regularly appearing in headlines, more Americans are beginning to take the stairs and hold the extra mayo. While some continue to ignore the warnings of sloppy eating and a sedentary lifestyle, many companies are beginning to take their employees health into their own hands by providing on-site fitness facilities for employees. InterDigital Media is one such company that is reaping the benefits of promoting fitness. Dolores Redmond, 54, a receptionist at InterDigital, took advantage of this on-site fitness facility and is encouraging others to makeover their lives with diet and exercise.

"I just didn't want to get to 200 pounds," laughed Redmond on why she made the decision to get in shape when she was weighing in at 199 pounds. However, the fact that Redmond had high blood pressure also played a crucial factor in her decision to get fit. Even when Redmond was close to tipping the scales at 200, she was still working out six days a week. "I've always been active," said Redmond, who cites unhealthy eating patterns as the root cause of her constant weight struggle. The wellness program offered by InterDigital helped her to clean up her sloppy eating patterns, which contributed significantly to her weight loss. Today, because of her newfound healthy eating through Weight Watchers and regular workout routines, which is a combination of cardio exercises and weight training, Redmond's

blood pressure is normal, without the help of any medications.

Redmond's plan to get fit may have started at the fitness facility at work, but she's also taken up new activities outside of the gym to get in even better shape. "I just have so much more energy," comments Redmond who runs, bikes regularly, and attends spin classes. Recently, she even finished the Philadelphia Distance Run at an impressive two hours and seventeen minutes. Currently, she is preparing for a marathon in Miami next year to celebrate her upcoming 55th birthday.

Getting physically fit was just the beginning for Redmond, who went beyond getting fit and used her newfound energy to help and motivate others in and out of the gym. "Dolores has become the informal champion of our wellness program," commented Jack Indekeu, Director of Communications for InterDigital. Redmond motivates the other employees of InterDigital by emailing fitness and health tips regularly, and also volunteers for Habitat for Humanity.

"Having an on-site fitness facility was something that was always in the back of everyone's mind," said Indekeu. However, in 2006 InterDigital was approached by Cheryl Kiley, a benefits broker from Megro, who proposed the idea of a wellness program for the company. The idea gained positive feedback from employees, and soon after, a wellness program was developed through Wellness Works, a company that is geared towards implementing fitness and good health for companies and

their employees. As a result, InterDigital rewards the employees who meet the goals of the wellness program for the year by covering their health insurance premium co-pays. "It is part of the company's belief in a balance between work and personal life," commented Indekeu on one of the reasons InterDigital strongly supports the on-site gym.

Redmond may be described by her employees as being the "cheerleader" of the wellness program, but she is just one of many success stories to come out the InterDigital fitness facility. "Thousands of pounds have been shed over the past two years," said Indekeu in regards to the astounding outcome of the program. Part of the success of the wellness program is the fact that the 175 employees at InterDigital continue to support and motivate each other. "You have no choice but to be healthy," said Curt Burkholder, Human Resource Manger for InterDigital.

With many people balancing work, family, and some kind of social life in-between, being healthy sometimes gets shoved to the bottom of the to do list. While fitness facilities at the workplace are slowly becoming more of a trend, Redmond encourages everyone to adopt a healthier lifestyle and is enjoying the impact her motivational tips and emails have had on her co-workers at InterDigital. "It's not about pounds, it's about feeling better. Your life changes, not just your diet."



Alison McNelis recently graduated with a degree in journalism from Temple University. She is now making a full-time job out of looking for a full-time job. Contact Alison at Alison@phillyfitmagazine.com.

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