

# REPORTER

OFFICIAL PUBLICATION OF USW LOCAL 2-232

VOLUME 30, NO.4

AUGUST 2009

**PRESIDENT'S REPORT** by Scott Godshaw

## Briggs to Bring in New Work

At Briggs, on July 1st, I received a call from Ken Dellemann, Human Resources Director, in the morning requesting a meeting that day. We met with the company and received some very positive, interesting news. With the closing of the Briggs plants in Jefferson and Watertown that was made public that day, we were informed that Burleigh will be getting the home standby generator work. This could eventually be up to approximately 50 jobs, 25 people a shift. They hope to begin production sometime after January 1st. It has been a long time since we have received new work and we were also informed that we *will* be the new home for these generators, not just a place to work the bugs out. The area that will be used will be the area formerly resided by the micro line. These jobs will be hourly and the company will probably have to hire.

Here is a quote from the press release that came out on July 1, 2009:

"The market volatility for our weather-dependent products along with the current economy constantly challenges us to find new ways to remain

competitive", said Harold L. Redman, President, Briggs & Stratton Home Power Products Group. "We continuously review our manufacturing footprint in order to achieve the greatest efficiency and utilization from the assets we employ. Currently we have available capacity in other Briggs & Stratton locations and can optimize our efficiency by moving Home Power Products manufacturing to these other locations within the United States," stated Redman.

We certainly understand and sympathize with the unfortunate circumstances of the workers in Jefferson and Watertown but for the first time it has a positive effect on Burleigh and our membership.

### Special June Membership Meeting

On June 22nd, we had a special membership meeting which was mandated by the International for the purpose of determining when we would have a meeting in September for nominations for the International officers and our District 2 Director. The date for that meeting will be Sunday September 27th, which will be our regular membership meeting at Monreal's at 9:30am. Also at the June special meeting we had to determine the times and place to hold the election if necessary. The election will be held on Tuesday November 24th at the union office on 85th and Capitol from 9am to 3pm. The date had to be November 24th. That date was pre-determined by the International. This election could not be held in the plant because if there is an election, any candidate is able to observe the voting and the companies do not allow strangers in the building.

### Strattec

At Strattec, production is picking up and members are being recalled back from layoff. With the volatility of the automotive industry, we are certainly at a critical juncture. There has been some new work added at Strattec and it is imperative that this work is delivered to the customer on time. There will be extensive overtime on this work especially on Saturdays and possibly even some Sundays. One of the last issues that we were dealing with across the

## September Membership Meeting

**Sunday****September 27, 2009****9:30 a.m.****Frank Monreal's El Matador  
9155 W. Bluemound Rd.**

### IMPORTANT BUSINESS

- **Reports of Officers, Grievance Representatives and Committees**
- **Discussion and action on any other proper business for this meeting.**

**Continued on page 3**



# USW News: USW Request Appearance before USTR on China Tire Imports Remedy

The United Steelworkers (USW) has requested an appearance before the U.S. Trade Representative (USTR) public hearing scheduled Aug. 7 in the final step of a trade case in which the U.S. International Trade Commission (ITC) has determined that surging low cost consumer tire imports from China have damaged the domestic industry with lost jobs and factory shutdowns.

The USW advocates strong enforcement of a U.S. trade law at a timely moment during the opening by President Obama of the U.S.-China Strategic and Economic Dialogue in Washington.

Last month, a majority vote of the ITC found that tariff relief was needed to urgently reduce tire imports. Evidence showed more than 5,100 domestic consumer tire production jobs were lost between 2004-08 by the flood of Chinese tire imports that undersold producers in the U.S. and caused market disruption. An additional 3,000 jobs have been announced as being eliminated by tire plant closures by the end of this year.

USW President Leo W. Gerard said, "Our nation's job loss numbers at tire factories dramatically understate the impact China's flooding imports have caused in the communities where our represented workers live. The consequences of lost tire production jobs have extended to many thousands of other jobs in supporting industries and suppliers that have also been lost."

The ITC commissioners, who found market disruption, unanimously recommended that tariffs be placed across the board on passenger and light truck tires from China – 55 percent in year one, 45 percent in year two and 35 percent in year three.

According to the submission filed with the USTR, the USW will be asking the U.S. interagency group reviewing the remedy to be recommended to President Obama that the ITC proposal should be supported. In addition, the USW wants the remedy modified upwards – above the 55 percent duty advocated by the trade commission in the first year.

Gerard explains, "We are urging a higher tariff in the first year so U.S. tire workers get the full relief intended to prevent the undermining of any frontloading of inventories by importers or Chinese exporters who are dumping higher volumes of imports prior to the Sept. 17, 2009 decision deadline by the President." The USW president adds, "Undermining the ability of the proposed remedy to correct market disruption in the first year is unacceptable."

Under the Section 421 trade law provision for

this case, the effective date of any remedy provided by the President would be Oct. 2, 2009.

Consumer tire imports from China during 2004-08 have increased 215 percent by volume. Chinese tire producers have submitted to the trade commission, projected growth of exports to the U.S. in 2009-2010 as an additional eight million tires over the 46 million tires imported from last year.

USW data for 2004-08 shows the domestic industry has suffered massive injury. Capacity by the tire companies is down 17.8 percent, and production is down by 26.6 percent. Employment has been reduced by 14.2 percent along with reductions in hours worked and wages paid. Net domestic sales were down 28 percent.

As pointed out by the USW, the ITC commissioners who voted on the remedy were unanimous that there would be little adverse effect on U.S. consumers from their recommended remedy.

Gerard noted studies done by communities with tire plants that have been at risk have estimated the loss to the community from a tire plant closing are as much as \$1 billion and the total job losses are a multiple of those at the plant. He said these studies were not done as part of the 421 case, but by economic development agencies to understand the possible effects from losing a major employer.

Eleven U.S. Senators, led by Blanche Lincoln (D-AR), sent a letter July 16 to the President calling for adoption of the ITC's recommendations. They wrote: "Across the country, Americans are increasingly frustrated with the impacts of unfair trade practices on working families. The Section 421 case is an important test case in that regard and an important step in regaining the public's confidence in trade liberalization." Senators signing the bi-partisan letter on the China tire trade case included: Lindsay Graham (R-SC), Richard Burr (R-SC), Arlen Specter (D-PA), and Debbie Stabenow (D-MI).

Last Friday, U.S. Sen. Sherrod Brown said: "It's time for actions that benefit American workers and businesses that protect consumers. It's time for the administration to support the 'Section 421' case on certain Chinese tire imports."

For more information on the USW's Section 421 trade case against Chinese tire imports: [www.usw.org/tires/](http://www.usw.org/tires/).

The Communications Workers of America and the United Auto Workers have sent letters urging President Obama to accept the ITC's recommendation for tariffs on surging Chinese tire imports.



## ASK YOUR LAWYER

by Thomas Flanagan

*Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman, S.C.*

### AUTO INSURANCE ALERT

Auto insurance will be required in Wisconsin as of June 1, 2010. The 2009 Budget Bill mandated auto insurance in Wisconsin, making New Hampshire the only state that does not require drivers to carry insurance.

The Budget Bill also mandated an increase in the minimum coverage for bodily injuries and property damage in an auto policy. Beginning January 1, 2010, the minimum automobile liability coverage will be \$50,000 in bodily injury coverage for one person, \$100,000 coverage per accident and \$15,000 to cover property damage. The current limits are \$25,000, \$50,000 and \$10,000 respectively. The liability rates will be subject to a consumer price index review every five years beginning in 2017.

If you have questions about worker's compensation, personal injury or social security disability, feel free to call the Previant, Goldberg, Uelmen, Gratz, Miller & Brueggeman law firm at 414-271-4500 or toll free at 1-800-841-5232. See our website at [www.previant.com](http://www.previant.com). Listen to the "Previant Legal Line" on Saturdays at noon on WTMJ radio 620 AM.

## Local 2-232 Legal Clinic

**Do you have legal questions or problems facing you or your family? Have you suffered a major personal injury? If you have, or if you have any other legal problem, Local 2-232 is providing free legal consultations with lawyers from the law firm of Previant, Goldberg, Uelman, Gratz, Miller & Brueggeman at the Local 2-232 Union office, 8500 W. Capitol Dr. Legal clinic hours: 1:00P.M. to 4:00P.M. First Monday of the month. Call for an appointment 414-463-7425 Please see our website at [www.previant.com](http://www.previant.com).**

**And don't forget to listen to the "Previant Legal Line" every Saturday at noon on WTMJ radio 620 AM.**

### President's Report Continued from page 1

table last year was mandatory overtime during the summer months. We were quite successful with the agreement we reached because the company wanted mandatory overtime all year long. One of the keys in the letter of understanding regarding overtime in June, July and August was the union would assist in providing a workforce sufficient to meet the overtime needs on a voluntary basis. Of course there were other stipulations the company had to fulfill before they went to the mandatory. However, because of our success, for non skilled trades, they could still only mandatory once a month per classification per shift. We have met with the company because of their concern on this issue and one thing is certain we do not plan on adding any more mandatory Saturdays. I have told Dean Orley maybe just maybe, if their work group leaders treated our members with a little more respect, more people would choose to work these Saturdays. And if they do not know how to do this, I said they should learn. But the most important thing here is if we do not volunteer to work on these Saturdays, we could only be hurting ourselves. These are our jobs and our work and we need to do everything in our power to keep these jobs right here in Wisconsin. We are not hurting the company or our work group leaders if we say screw them, I am not working. I urge you to help yourself, your fellow union members and your job and think clearly about the need to volunteer to work on these Saturdays. Once again with the uncertainty of the domestic automotive business, with bankruptcies and buyouts, we need to do whatever we can to continue keeping Strattec successful. The ball is in our court.

### Retirements

12 people retired from Briggs on July 1st. Remember, you still need to give a 4 month notice to retire and to receive your \$25,000, if you have 1979 seniority or greater. Your signed Letter of Intent must be received by Mercer prior to the 4 months unless you have a waiver. The Letter of Intent forms can be downloaded online at [briggspension.com](http://briggspension.com) or by calling Mercer at 1-866-417-5663. Any questions regarding retirement, you can call me at 414-463-7425.

### Labor Day

Don't forget Monday September 7, 2009 is Labor Day. Laborfest will be held on the Summerfest grounds beginning with the parade from Zeidler Park on 4th and Michigan down to the lakefront. The parade will begin at 11a.m. with the Harley Davidson motorcycles leading the pack. USW District 2 will be providing the T-shirts to people that participate in the parade and our local has purchased \$500 worth of food and beverage tickets. The tickets will be distributed at Zeidler Park at 10am also for those that participate in the parade, first come first served.

## From the Desk of Financial-Secretarjy Treasurer Ralph Schwieger

### Politics decides who lives and who dies!

Health care reform is being debated in Congress at this moment and as of today, things are looking bleak. Big money is trying to crush any type of reform of the health care system.

I believe that health care is a basic human right and all should have access to quality, affordable health care. I hope for a single payer system modeled along the lines of Medicare.

70% of all bankruptcies are due to medical expenses. That is another shocking statistic courtesy of our current health care system. Many of those people are like you and I, working people who got sick and because of escalating premiums and out-of-pocket costs, they are forced to delay mortgage payments or sell their home. They have to cut back on day to day expenses, like food and utilities to pay their medical bills.

Businesses also are being impacted by rising health care cost in many ways. It was reported that \$1500.00 was tacked onto the price of every car and truck that General Motors produced because of health care costs. US Business is finding it harder to compete with foreign corporations that operate in countries with universal health programs. Money spent on health coverage cuts into job growth, research, plant expansions and new equipment.

Imagine a single payer system and how much money that would be freed up to flow thru the United States economy.

I urge you all to contact your members of Congress and demand quality, affordable health care NOW!!!!



Another great luncheon was enjoyed by our Briggs Retiree Club members in July. Our next luncheon and bingo will be Wednesday August 19th at the Schwabenhof which is located at 14750 W. Silver Spring Drive in Milwaukee, Wisconsin. All of our weekday events are at the Schwabenhof.

Some of our upcoming events include our business meeting and social activities on Wednesday September 16th, our luncheon, business meeting and bingo on Wednesday October 21st and a business meeting and social activities on Wednesday November 18th. These events all begin at 12 noon.

Every Tuesday at Schwabenhof, we have our Sheepshead tournament. Play begins at 1p.m. and prizes are awarded at each table, absolutely free.

Door prizes are given out at every meeting or function with the exception of Bingo and Sheepshead. To be eligible for a door prize, you must donate \$5.00 one time per year.

Our annual Christmas party will once again be held at Alioto's on Hwy.100 and Burleigh on Sunday December 6th. Doors will open at 10:30a.m. and lunch will be served at noon.

You must be a paid up member to attend any of our functions. Dues are only \$24 a year.

Also please remember to bring in your dessert for your birthday or wedding anniversary or \$7.00 to all meetings except our Christmas party.

I would like to take this opportunity to welcome our new members that recently joined our club.

Don't forget, you can contact me, Sherry Kent, on my cell phone 262-894-7775 to report any sick or deceased member that you know of.

I hope many more of you are thinking of joining. It is always good to see old familiar faces from our many years spent working at Briggs & Stratton.

God Bless You.

Fraternally yours,

Sherry Kent, Corresponding Secretary  
Bob Johnson, President

## Membership Information

**June 2009**

**605 Members in Good Standing**

**396 in Briggs & Stratton Unit**

**209 in Strattec Unit**

**June Dues Payments**

**384 Dues Paying Members at Briggs**

**141 Dues Paying members at Strattec**

**525 Total Dues Paying Members**

**(Difference reflects members off  
work for lay-off, illness  
or other reasons)**

**Join the  
Briggs Retiree Club  
today call Erma Gorecki  
262-781-8951  
for information**

## Membership Meeting Recap

by Allen Evseichik

The membership meeting was held on Sunday July 26, 2009. The meeting started at 9:30 a.m. sharp and was held at Frank Monreal's El Matador 9155 W. Bluemound Road in Milwaukee.

Chuck Porter read the Trustee's report. Ralph Schwieger gave the Secretary Treasurer's report. He reported there were 386 dues paying members at Briggs and 158 dues paying members at Strattec for a total of 544 in April. And there were 381 dues paying members at Briggs and 166 at Strattec for a total of 547 dues paying members in May.

### Communications

2 Thank you cards were received from families of members that had passed away and the local had sent flowers.

Executive Board Recommended motions that passed:

- Donate \$50 to help defray cost for the Union Label Booth at State Fair
- Purchase ad for \$125 for Labor Press Special Labor Day Edition.
- Purchase \$500 worth of food and beverage tickets for Laborfest.

### Reports

President Scott Godshaw started with his report. He stated that in June a special membership meeting was held to determine when the meeting for the nominations for the International officers and our District 2 Director would be held. The date is set for Sunday, September 27th, which is our regular membership meeting. He also reported on the new work coming to Briggs which will be the homestand generators from Jefferson. Production should begin at Burleigh after January 1, 2010. He also gave an update on the increase of Strattec production and the recalls from layoff. He also urged members at Strattec to work the voluntary overtime if they can because this is a very critical time for the automobile industry.

Dean Wegner reported on the Burleigh plant achieving the Lean Level 1 certification of the 5-S program. This program involves the organization and cleanliness of the plant. They achieved the best in class award as they progressed from disorganization to much improved organization skills. Dean also stressed that Internet e-mails must be work related with no personal or inappropriate e-mails tolerated. Violations could lead to suspension and discharge. The health-risk assessment screenings will be held in August; please plan on taking advantage of this great opportunity to be healthy and save money. Good luck to all July retirees from Briggs.

Al Belanger gave Milton Dawson's Grievance

## LOCAL 2-232 REPORTER

August 2009

Volume 30, Issue #4

LOCAL 2-232 UNITED STEEL, PAPER AND FORESTRY, RUBBER, MANUFACTURING, ENERGY, ALLIED INDUSTRIAL AND SERVICE WORKERS INTERNATIONAL UNION

*Representing employees of Briggs & Stratton Corp. and Strattec Security Corp.*

Office 8500 W. Capitol Dr.

Phone 414-463-7425 Fax 414-463-7638

e-mail -office@pace7232.org

Website- www.pace7232.org

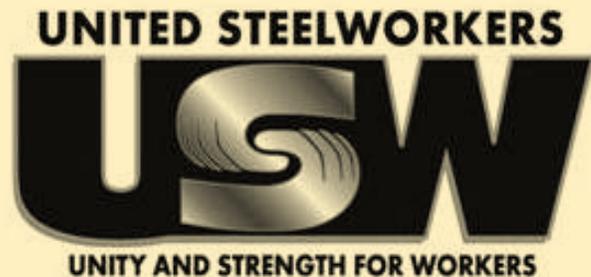
Hours 7:00a.m.- 4:00p.m.

Monday through Friday

The information contained herein is of informal nature and is not intended to be final and authoritative.

Editors: Scott Godshaw, Al Olivares

Officers: President: Scott Godshaw Vice President: Al Evseichik, Secretary-Treasurer: Ralph Schwieger Recording Secretary: Tameka Smith Trustees: Chuck Porter, Vicky Gorecki, Nancy Copeland Guide: Debbie Curro, Sergeant at Arms: Stanley Quezairre Briggs Bargaining Committee: Scott Godshaw, Jesse Edwards, Tameka Smith, Dean Wegner, Lorenzo Payne Strattec Bargaining Committee: Scott Godshaw, Milton Dawson, Dennis Nowak, Al Belanger



Rep report. He reported at Strattec, production levels are on the rise and most people will be called back. There are only 10 remaining on lay-off.

Ernie Dex, our USW International Rep reported on the National Call-In Day for health care reform.

The day was Tuesday, July 28th, however, it is not too late to voice your opinion to your congressman.

Calls may be made between 9:00am and 5:00pm to 1-877-264-4226 or visit the website at [www.aflcio.org/healthcare](http://www.aflcio.org/healthcare).

Re-cap minutes by:  
Allen Evseichik  
Vice-President

## Grievance Rep Reports

### Strattec Security

by Milt Dawson

Brothers and sisters, we have been going through very rough times here at Strattec. Unfortunately our jobs are tied to the auto industry, which has found itself on its knees in recent times. The company went through a period of layoffs, of which workers here had never seen before. This was something that was common place at Briggs and Stratton, our old parent company. But even then, this plant had uninterrupted employment. Layoffs, temporary elimination of 3rd shift, workers with 30 plus years of seniority find themselves laid off, then called back to jobs and shifts that handed them a hardship. This is all new to us here. Also workers, who were in skilled jobs, now find themselves in jobs that are paying them \$400 less per week. As of this writing we have had a plant shut down. I know this is hard to go through, but it was done contractually. When the union found any mistakes or over sights, we stepped up, to make sure that everything was inline with said contract. Lay offs, temporally taking out shifts, call backs and making sure workers were put in the correct jobs and shifts, was something to this degree the union and the company never had to deal with. But there seems to be some light shining through, over 25 workers have been called back in the last 2 weeks. Hopefully more call backs will be coming shortly.

With increases in production, more auditors are needed to insure that we are getting the best quality product out to our customers. I don't think we need to cut corners on this, not with the economics the way they are right now. Either we bring back auditors, which would be good dollars on the front end, or risk producing and shipping scrap to our customers, then getting it back, going through the long and costly process of re-inspecting, re-shipping and creating ill will with the customer etc. This would be bad dollars on the back end...GO FIGURE...???

I would like to say something about work related injuries. It's very important that you report any and all injuries ASAP to your work group leader, then make sure to see your doctor right away, follow all direction coming from Human Resources, fill out all paper work, make sure that any and all doctor reports are done and handed in to Human Resources, if you have any questions whatsoever, please contact the Human Resource office, or contact this Grievance Rep. Make sure that you practice good

## UPCOMING EVENTS

September 7-Labor Day



September 27- Membership Meeting

October 12- Columbus Day



October 31- Halloween



November 11- Veteran's Day



and self work habits, look out for yourselves and others to make sure we are all working safe. It's for everyone's good.

The union resolved a filed grievance concerning mandatory overtime in its favor, the company admitted that it violated the contract.

In closing I would like to say this; these are hard times for all of us, summer is vacation time, workers really would like to take advantage of summer time events, etc. But there will be a need for weekend coverage. In the past workers have stepped up. It would be a good thing if we could continue to step up when needed to do so. It helps all of us, because it's about all of us, it's not about them or they, again, it's about all of us.

# Grievance Rep Reports

## Briggs & Stratton Bargaining Committee by Dean Wegner

### Lean Audit Results 5S

• Burleigh Operations has achieved Lean Level I Certification.

• Burleigh Operations has achieved the best in class Award (EPPG) for the quick changeovers. I would like to thank all the hourly employees that helped to make this happen. These efforts will put us in an even stronger competitive position. Our next step is Level II Certification. Under the leadership of Jeff Chapman and the managers, we can achieve step 2 and continue to be more competitive.

### Plant Manager

As most of you already know, Jerry Stoisolovich is no longer the plant manager. We now have a new plant manager at Burleigh. His name is Pete Steinke. Pete is currently in charge of engineering and will also continue in that role. In other related news, Dave Branski will be in charge of operations and will answer to Pete Steinke. I would like to take this opportunity to say congratulations on your promotions and I look forward to working with you both.

### Jesse Edwards

I am sorry to report that Grievance Rep Jesse Edwards is currently out with an injury. I hope he recovers quickly. I will be taking over his job as grievance rep in his absence. If you need anything, contact your steward and they will get a hold of me.

### July Shutdown

I hope all employees had a great shutdown and welcome back.

### Internet E-mails

To all employees: Please be aware of the network log in policy. E-mails are to be work related only. No personal or inappropriate e-mails are allowed. Please see your Standard of Conduct Work Procedures Booklet. Violations, of this nature, could lead to discipline including up to discharge. .

### Health Risk Assessment

Don't miss the opportunity to take your health risk assessment. Your health is very important and just taking the assessment puts money in your pocket. You will receive \$60 just for taking the assessment and a total of \$180 if you pass the assessment. If you failed your health risk assessment last year but you improve by more than 5 points this year, you will still be entitled to the \$180 total. The screenings will take

## Briggs & Stratton Grievance Rep by Jesse Edwards

### Service Division

At the Service Division at Menomonee Falls, the company started a third shift with the intent of shutting it down sometime in the middle of August. However, at this time, the company has decided to keep third shift running for business purposes. Also at the time of this writing, all grievances have been settled.

### Department 797

During the vacation shutdown, in department 797, the company converted stator lines 1 and 2 into single operator cells. They also plan on continuing to run the banner line, which produces coils, on 3 shifts.

### Steward Elections

All the steward elections were posted and run in the month of June per our by-laws. All areas were posted. We have a total of 14 stewards. I would like to congratulate all the stewards that won their election and also thank the previous stewards that chose not to run for re-election.

### Dean Wegner, Acting Grievance Rep

I am currently not in the plant. I am disabled due to an injury. Bargaining Committee member and steward of department 765 Dean Wegner will be taking over the rep responsibilities in my absence. Dean's pager number is #669-6332.

In Solidarity,  
Jesse Edwards

---

place in August/September at the clinic at Burleigh and also at the Falls. Once again we urge everyone to participate.

### Attendance

Attendance is still a problem for many of our members. Some of our members are new and haven't earned any vacation as yet. This makes it very difficult when you need time off from work. The contract is clear, if you reach 9 (nine) points, you are subject to discharge. If you have any questions regarding attendance, see your steward before it's too late.

### Retirees

I would like to say good luck to all the employees that retired on July 1st. Remember we have the Briggs Retiree Club. It's a way to see all your old friends. If you are interested in joining, you should contact Erma Gorecki at 262-781-8951.

In Solidarity,  
Dean Wegner

## Wellness Corner “You can’t live without it” Exercise is good for your mood

By Robin Monson-Dupuis, LCSW

### Exercise is good for your mood

Many people underestimate the relationship between the mind and the body. Cold, gray wintry days may make us feel less inclined to get out and exercise. We may feel sluggish and lethargic. The lack of sunlight in winter can also make us feel blue and irritable. It is easy to forget that exercise can help with these disruptions our mood. Exercise not only energizes and strengthens our bodies but can actually improve our mood as well.

The type of activity that can reduce depression, irritability, and anxiety is cardiovascular exercise. This is the type of exercise in which you elevate your heart rate for an extended period of time without stopping. Good examples of this are running/jogging, jump roping, biking, stairstepping, swimming, etc. Warmup for 5 minutes, maintain an elevated heart rate for 20-25 minutes, and then cool down for 5 minutes. You will give you mood a boost!

Do this cardiovascular workout at least four times per week and you will notice an improvement in your level of contentment, relaxation, and psychological well-being. This is because cardiovascular exercise flushes the stress hormones, cortisol and adrenaline, out of the brain that are generated when we are stressed, anxious, upset, and nervous. In addition, cardiovascular exercise helps to release endorphins, such as serotonin and dopamine, into the brain. Endorphins are "feel good" chemicals that help to induce a more positive, happier outlook. Of course, always consult with your physician if you have a serious medical problem prior to beginning a new cardiovascular program.

So workout for the health of your mood as well as your body!

### Increasing your physical activity

You should sign up for classes and events that promote exercise and fitness.

You should also sign up for classes and events that promote health and wellness.

### Why exercise?

Because increased physical activity not only improves the fitness of your heart and lungs, it also helps you manage your weight, control your blood pressure, cholesterol and blood sugar levels, helps you build healthy bones, muscles and joints, helps reduce stress and increases your energy level. As you can see, the benefits of exercise are many and the good news is that it is never too late to become more active and to begin to reap the benefits!

### How do I know it is safe for me to start exercising?

For many people, beginning a low-to-moderate physical activity program is quite safe. But depending on your age and whether you have certain cardiovascular risk factors, you may need to see your physician before starting a program of vigorous (as opposed to moderate) aerobic activity.

The American Council on Exercise offers excellent advice to help you determine if you need a doctor's permission before starting an exercise program. Click here to review these guidelines.

If at anytime during activity you experience excessive shortness of breath, light-headedness, dizziness, chest pain or pressure, stop your activity and report your symptoms to your physician.

### How can I become more active?

- Starting a safe exercise program
- Commonly used stretches
- Strength training
- Aerobic activity
- \* Aerobic exercise guidelines
- Caloric expenditure of various activities

## Healthy Corner

Here are some important numbers for Briggs employees regarding your health:

**Health-Link - Access to immediate, confidential, healthcare expertise.**

**1-888-228-7672**

**Patient Care-Helping you through the healthcare maze.**

**1-877-344-7474**

**[www.patientcare4u.com](http://www.patientcare4u.com)**

Here is an important number for Strattec employees regarding your health:

**United Health Care**

**Health care problems or questions, call toll-free 1-866-827-9025**

**[www.myuhc.com](http://www.myuhc.com)**