

# Lifestyle Affects Lifespan

**BY ELLEN SCOTT**  
 Research of the past several years has shown that one of the determining factors of how long we live is the lifestyle we lead. Following is a lifestyle test designed to help you look at your lifestyle and how it affects your estimated life expectancy. The responsibility to make necessary lifestyle changes is yours. Go through and check one item under each category. Then indicate yes or no if you feel a change is needed.

Ellen Scott



Total your score and compare it to the Life Expectancy Chart.

## LIFESTYLE TEST

Change Needed	
Yes	No

- WEIGHT**
- Underweight +5 \_\_\_\_\_
- Average +10 \_\_\_\_\_
- Moderately overweight 0 \_\_\_\_\_
- EXERCISE ROUTINE**
- None -10 \_\_\_\_\_
- Regular +10 \_\_\_\_\_
- DIETARY HABITS**
- Balanced Diet +10 \_\_\_\_\_
- Snack Often 0 \_\_\_\_\_
- High Fat -5 \_\_\_\_\_
- High Sugar -5 \_\_\_\_\_
- SMOKING**
- Non-Smoker +10 \_\_\_\_\_
- Occasional 0 \_\_\_\_\_
- (1 pack/week)
- Moderate -5 \_\_\_\_\_
- (over 1 pk/day)
- Heavy -10 \_\_\_\_\_
- (over 1 pk/day)
- SEAT BELTS WORN**
- Always +10 \_\_\_\_\_
- Sometimes +5 \_\_\_\_\_
- Never -10 \_\_\_\_\_

### ALCOHOL CONSUMPTION

- Never +10 \_\_\_\_\_
- Occasionally 0 \_\_\_\_\_
- Heavy -10 \_\_\_\_\_

### PERSONALITY

- Uptight -10 \_\_\_\_\_
- Easy Going +10 \_\_\_\_\_

### FREQUENCY OF STRESS

- Too Often -10 \_\_\_\_\_
- Often -5 \_\_\_\_\_
- Occasionally +5 \_\_\_\_\_
- Rarely +10 \_\_\_\_\_

### RELAXATION (taking time for things you enjoy)

- Frequently +10 \_\_\_\_\_
- Sometime +5 \_\_\_\_\_
- Never -10 \_\_\_\_\_

### PRESCRIPTION DRUGS (taking those medications necessary for you)

- Yes +10 \_\_\_\_\_
- No -10 \_\_\_\_\_

### DRUG ABUSES (Including prescription, over the counter and other drugs)

- No +10 \_\_\_\_\_
- Yes -10 \_\_\_\_\_

TOTAL SCORE \_\_\_\_\_

### LIFE EXPECTANCY CHART

Score Range	Estimated Life Expectancy (years) Rating	Men	Women
110-90	Excellent	81 +	86 +
89-70	Good	74-80	89-85
60-50	Average	67-73	72-78
49-30	Below Average	0-66	65-71
29-0	Poor	under 60	under 65

Now that you have computed your Lifestyle Test, examine the areas that you believe need to be improved. There are two steps in changing to become a BETTER YOU:

1. Determine that you are going to do it!
2. DO IT!

## 29 Lift Operators Recognized

Twenty-nine lift operators have been cited for their good safety records during 1987.

In order to receive the safe lift operator award, the driver must have received no citations for unsafe or reckless lift operation during the year or had any accidents causing property damage or injury.

Recipients included:

Plant 11: Donna Wagoner, James Goad, Dorothy Vernon, Roy Horton, J.C. Willard and Janet Hawks.

Plant 7: Connie Hood and Jennings Little.

Plant 8: Milton Mitchell, Frank Spivey, Steve Bralley, Tommy Fogg and James Tabron.

Plant 3/10: Danny Murphy, Michael Harrison, Refugio Renteria, Hank Shell, Lawrence Stevens, Lorne Meadows, Herb Alley, Ronnie Cox, Eddie Fairchild, Tomas Garcia, Tommy Shore, Ruth Anderson, Leroy Smith, Larry Young, Steven Henty and Pauline Webster.

## Walkers Reach 100 Miles

Several participants in the company's Walking Club have reached their goals and received prizes for their accomplishment.

Donna Horton, Sue Jeffries, Margaret Tucker and Helen Williams each reached 100 miles and received T-shirts. Mike Ryan reached the 300-mile mark and received a pair of walking shoes.

Anyone else who is eligible for a prize should notify Ellen Scott in the Administrative Office.

## Supervisors Honored For Safety

More than 75 Adams-Millis supervisors have been recognized for the safety records they have achieved in their departments in the company.

Receiving awards are:  
Plant 1: Randy Stone, Jimmy Carrick, Phillis Hutto, Jimmy Michael.

Plant 2: Harry King, Clifford Inman, Donald Goad.

Plant 4: Jeanette Surface, Michael Smith, Henry Smith, Glenn Hawkins.

Plant 14: June Reynolds.  
Plant 7: Claude Eddinger, Roy Edwards, Geneva Montgomery, Evelyn Cox, Ester Lowe.

Plant 66: Greg Trollinger.  
Plant 70: Ernest Kearns.

Plant 75: Gloria White.

Plant 6: Bill Finch, Stewart Pula, Henry West, Geneva Fowler, Betty Bobbitt, V.J. Huffman, Bruce Jordan, Joel Edwards, Charles Barrett, Jerry Watson.

Plant 8: Jesse Fowler, Pat Young, Carol Hart, Glenn Evans, Mary Fuller, Clyde

Miller, Jeanette Patterson, Renee Musselwhite.

Plant 3/10: Dale Southern, Ray Willis, Lisabeth Agee, Mae Nelson, David Atkins, Tommy Bennett, Coy Bolick, Zona Carter, Bobby Dills, Louise Hester, Ann Hoover, Danny Jones, Becky Lewis,

Doug Shelley, Billie Stack, E.C. Tatum, Gail Warren, Buddy Taylor, Jim Woollen, Gene Yow.

Plant 11: Folger Montgomery, Kenneth Carter, Bill Harmon, Harold Moorfield, Everette Hawks, Steve Hodges.

Administrative Office: Carol Upton, C.D. Oakes, Gerry Bailey, Don Baker, Donnie Beck, Ron Stroup, Mike Schomaker, Bill Clodfelter, Gail Tedder, George Canter, Tommy Beck, Joe Thomas, Rudy Frazier, Elaine Teague.

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