

# SMALLTALK

about big ideas

## Be Fit with Benefits

**By Jennifer Boykin**

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Last fall, I decided to get serious about leading a healthier lifestyle. I decided to exercise three mornings every week, joined Weight Watchers and made a deal with my husband. I put away my electronics at night and go to sleep at a reasonable hour, and he gets up with me on workout mornings to be my workout partner.

As we enter a new year, my wellness journey continues and I feel fortunate to have my co-pilot at my side. We hold each other accountable and offer each other much needed support—especially mornings when the alarm jolts us awake, or less and less frequently, when a food craving strikes.

I've learned a lot on my journey so far. I've learned that weight loss is 70 percent the foods you eat and 30 percent exercise. And I've learned that small changes to everyday habits can lead to big results. You can't completely change your health overnight, but making lifestyle changes over time can lead to lasting improvement.

I believe the same is true for achieving most goals in life, whether they are personal, like leading a healthier lifestyle, or professional, like working to transform a 133-year-old company.

And none of us can do it alone. Accountability and support motivate success, and they often help us overcome the largest stumbling block—ourselves. In addition to the cheerleaders we are fortunate to have in our family and friends, Huntington Ingalls Industries offers a wealth of support. Our company has invested in a benefits and wellness program focused on the health of our bodies, minds and wallets.

If, like me, you are among the 10 percent of Americans who have set their sights on a healthier lifestyle, the company offers onsite Weight Watchers meetings, and a number of free services like wellness coaching, and nutritionists' advice at the HII Family Health Center. If your aim is to be better about budgeting or to stop smoking, HII offers programs for that, too. Take advantage of all of our company's benefits by going to [www.hiibenefits.com](http://www.hiibenefits.com).

The new year offers a fresh start. Whether or not we take the new year up on its offer is up to each of us. As we celebrate NNS' 133rd anniversary and work to secure a healthy future for our company, let's not take for granted our own safety, health and wellness.

Together, we can make 2019 the best year yet.  
#LetsGetStarted!

