

Get Active!



Looking for a starting point to Get Active? There are numerous Caterpillar groups and classes focused on connecting colleagues through physical fitness. Check out some of Caterpillar's global and local physical activity resources below!

Global Resources

ACTivate ERG	<p>ACTivate seeks to connect and engage employees who are striving to improve their physical, mental, and social wellbeing to foster a culture of healthy living.</p> <p>Website: https://inclusion.cat.com/en/employee-resource-groups/activate.html Contact: Activate@cat.com Yammer Page</p>
MyFitnessPal Small Group	<p>Bringing MyFitnessPal users together to support each other in meeting their health goals through idea sharing.</p> <p>Meets every Tuesday at 12pm CT Join Skype Meeting: https://meet.lync.com/caterpillar-cat/bettis_maribeth/BZGZQM8L Join by phone: Toll-free Number: +18886890755 Toll Number: +12154460173 Participant Code: 4947004</p> <p>Contact: Maribeth Bettis (bettis_maribeth@cat.com) Yammer Page</p>
Garmin Connect	<p>A group for fitness tracking with Garmin trackers. Search "ACTivate" on your Garmin.</p> <p>Contact: Katie Osborn (osborn_katie@cat.com)</p>
Ketonian Korner	<p>Roundtable ketosis nutrition and fitness discussion.</p> <p>Meets first and third Wednesday of the month from 11:10am-11:50am CT Building AD186 Join Skype Meeting: https://meet.lync.com/caterpillar-cat/davidson_john_o/B8M9ZNJT Join by phone: Toll-free Number: +18774944700 Toll Number: +13092292047 Participant Code: 645613</p> <p>Contact: Jolene Hale (hale_jolene_l@cat.com)</p>

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Peoria-Area Resources

ACTivate Run/Walk Group	Meets every Wednesday at 4:30pm at Running Central in Peoria. The group's purpose is to provide a friendly atmosphere to motivate you to get up and move. That can mean walking, jogging, sprinting or anything in between! Contact: Ashley Garcia (garcia_ashley@cat.com)
Small Primal Habits	Whole food nutrition and minimalist fitness - Monthly lunch and learns on nutrition, fitness, or work tips available via podcast. Meets second Tuesday of the month from 11:15am-11:45am Building AD Forum/N1 Contact: John O. Davidson (davidson_john_o@cat.com)

Notice a group or class missing from the list? Contact **Gabrielle Kolditz** at Kolditz_Gabrielle@cat.com or **+1 (309) 675-9268**.