



Motivated AutoZoner challenged herself to get healthy and stay healthy.

Meet Olivia Ward, Lease Renewal Manager, Store Development, Customer Satisfaction.

Her journey to wellness began four years ago. "The weight loss and fitness pillar of the Healthy Competition are personal to me; I lost more than 80 pounds four years ago and have successfully maintained my weight loss," says Olivia. The journey to weight loss can be a real struggle, but we have to put in our best efforts and stay positive. Olivia's advice to AutoZoners: "Weight loss can be a varied and is a very personal thing; what works for one person doesn't always work for the next. AutoZoners should find what works for them, to help them stick with a program and achieve successful long-term results."

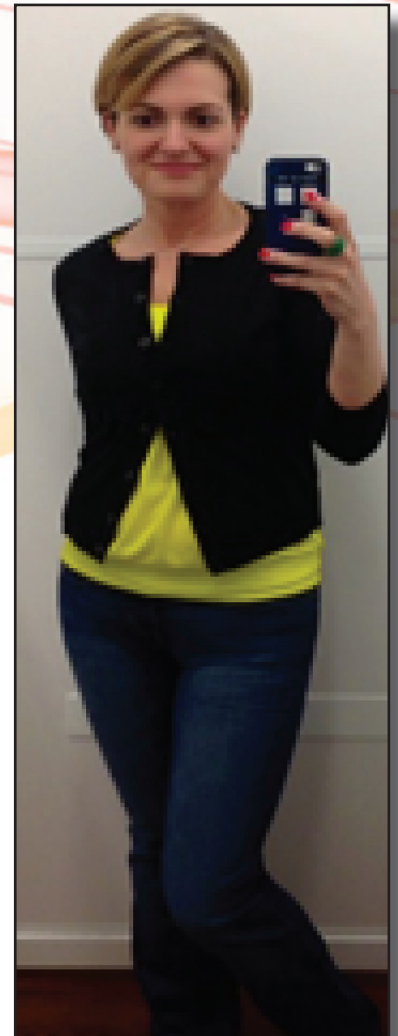
Let AutoZone help you reach your health and wellness goals.

AutoZone provides tools to help you with your health, wellness and fitness goals, including smoking cessation services reimbursement for Weight Watchers programs and the ultimate personalized tracking tool - the MyAZWellbeing app and website.



The app and website are free of charge and available to all AutoZoners. The tool allows you to determine your own personal goals, track your progress, keep records of doctor's appointments, prescriptions and will even sync with several fitness devices and services to consolidate all of your health and wellness information into a single location.

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AUTOZONERS TEAM UP TO GET HEALTHY AND STAY HEALTHY!

Meet Jay Brown, Territory Sales Manager, Oklahoma City Region, Customer Satisfaction and Aaron Kerby, District Manager, Oklahoma City Region, Customer Satisfaction.

Jay and Aaron teamed up to lead their teams in the quest to lose weight and achieve work/life balance. "Sometimes we get so caught up in our day-to-day routine that we forget about the most important thing - our health in both our work environment and our personal life," says Jay.

At his heaviest, Jay weighed 385 pounds. With Aaron's help Jay lost 45 pounds. During the 2017 National Sales Meeting General Session, Jay and Aaron listened Rick Smith, Senior Vice President, Human Resources talk about the importance of wellness from and it strengthened their commitment to be healthy. "We fist-bumped about 50 times during Rick's *Zone Talk!*"

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Aaron lost 80 pounds by starting each day with 30 minutes on the exercise bike or treadmill and finishes his day with a one-hour walk. "I really paid attention to my calorie intake, making sure that I stayed within my 1,500 calorie goal," Aaron said. "It has been a complete lifestyle change, but you have to eat right and exercise to reach your goals."

Jay was determined never to return to his starting weight. He sought the help of his physician, and he began using the MyAZWellbeing app to help him manage his diet and exercise. Jay has lost more than 120 pounds, and he has been asked to lead more than 200 individuals in his hometown on a 30-mile bike ride to a neighboring town.

Together, Jay and Aaron continue their healthy journey. They frequently get together for bike rides through local trails and looking for new challenges. Creating a support system has made reaching their goals attainable and fun. In Jay's words, "Everyone should find, call, email, text or do whatever it takes to help fellow AutoZoners say, *'Yes! We've Got It.'*" lead by example and help others!"

GREAT JOB, AARON AND JAY!

