

# Cliff Mulenga

## Southeastern Strong in North Atlanta



We have teamed up with BlueCross® BlueShield® of South Carolina for associates to share their stories of how they live Southeastern Strong. If you want to share your story, email us at [seflstrong@sefl.com](mailto:seflstrong@sefl.com).

Cliff Mulenga is the Outbound Weight & Inspection Inspector in North Atlanta and has a passion for producing bottom-line revenue for Southeastern Freight Lines in his role. In fact, Cliff has led the North Atlanta outbound team in winning the “W&I Service Center of the Year Award” three of the past four years. He has accomplished this by his strong determination to achieve a goal and a belief that Continuous Measureable Improvement (CMI) is a value that is crucial to the long-term success of our company and our people.

Recently, Cliff decided to use these same traits to improve his own health and well-being. He had been challenged through our Southeastern Strong program, and then a major life event affected him in a way he didn't expect. Cliff lost a lifelong friend early last year due to health reasons and, though it was a difficult time, it made him reflect on his own health. He realized there

was room for improvement, and it was time to start producing CMI with his health. His first step was to take a short jog daily to get himself used to some exercise. Cliff's goal-setting personality quickly morphed that first step into a goal to run at least a mile every day for 365 straight days — a mile a day for a year! Beginning on Aug. 10, 2017, Cliff ran a total of 733 miles over the next year — all outside, regardless of the weather. We kid him about being an honorary member of the U.S. Postal Service. “Neither snow nor rain nor heat...” will keep Cliff off the running trail!

Through his determined effort, Cliff has lost 30 pounds and completely re-energized his health by improving many of his measures. He has never felt better and has enjoyed getting to know a new community of friends through this change in lifestyle. Way to live Southeastern Strong, Cliff; we are proud of you!

## Do you want to lose weight or quit smoking?

SEFL teamed up with BlueCross BlueShield of South Carolina to bring you stories of associates who are living Southeastern Strong. The goal is to inspire you and point you to resources that can help you make positive changes in your own life. Rally®, a digital health platform free to SEFL-insured associates, can help you lose weight, eat healthy, quit smoking and move more. To sign up for Rally, go to [www.SouthCarolinaBlues.com](http://www.SouthCarolinaBlues.com) and log in to **My Health Toolkit®**. Select the **Wellness** tab, then select **Rally** from the drop-down menu and follow the instructions.



Before: Cliff Mulenga with his daughter, Aliya



After: Cliff running a marathon on his 50th birthday!



**SOUTHEASTERN  
STRONG**

*We're On This Road Together*

*Rally is a product of Rally Health Inc., an independent company that offers a digital health platform on behalf of BlueCross. BlueCross BlueShield of South Carolina is an independent licensee of the Blue Cross and Blue Shield Association.*