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# ASANTE® News

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## Biggest Loser participants all winners

The question of who the biggest winner was in the just-completed Biggest Loser Community Challenge is probably a judgment call – especially considering that the two-month event wasn't set up as a weight-loss competition such as the television show by the same name.



*Sarah Struebig (left), Fitbit winner*

The idea of the challenge was that anyone who entered and lost weight or gained fitness – or learned new wellness skills – should be viewed as a winner.

That being said, Asante's Sarah Struebig and Nichole Andre were clearly winners when the challenge wrapped up last Saturday with a finale at Asante's Smullin Health Education Center. Both were chosen to receive Fitbit Zip fitness trackers as giveaways from the Asante Health Promotion Department.

Sarah, a lactation consultant at Asante Rogue Regional's Women's Services Department, was randomly selected from among those at the celebration who wore their Asante beWell Champion t-shirts and who agreed to complete brief surveys.

Nichole was selected from among those who completed one of the 15-minute, coordinated

fitness activities at Saturday's finale.

Both were among the 54 four-person teams from Asante that took part in the Biggest Loser challenge, which was a partnership between the Chambers of Commerce in Medford and Grants Pass, and local NBC affiliate KOB-TV. Asante Work Health was a sponsor of the local events.

A total of 128 teams sponsored by local businesses participated in the challenge to learn healthy eating and exercise strategies, and to earn team points to qualify for prizes. Participants, winners and contributors to the challenge were recognized during Saturday's wrap-up event.

"Being part of the challenge and part of the four-member Asante Dump Your Rump team inspired me to work daily and long-term toward a healthier lifestyle," one participant said in anonymous comments collected by the Asante

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Health Promotions Department. “I bade farewell to some not-so-good habits and replaced them with some new, health-enhancing habits such as drinking more water, eating more fruits and vegetables, engaging in daily exercise, setting goals and journaling food.”

Another participant said her chief concern going into the challenge was her blood sugar level, because other family members have suffered from late-life diabetes. She reduced her blood glucose by 15 points and lost eight pounds, and her husband also achieved some of the goals he had set for the challenge.

“Though the competition has ended, our new healthier life has just begun,” she said. “I was also excited to be the lucky winner of some sensational prizes along the way: a smoothie blender, a fabulous body treatment, a cool gym bag and some personal training (that I can’t wait to start).”

Biggest Loser events over the past two months included online engagement among participants, support from “accountability partners,” nutrition tracking and access to fitness videos. Previous contestants from the Biggest Loser television series helped to motivate community challenge participants by introducing each weekly challenge and offering advice for the challenge tasks.

Asante employees who participated in the challenge can receive \$25 gift cards for going to their individual dashboards on the [Regence website](#) and clicking on “log an event.” Asante employees and their benefitted spouses can also receive free Wellness Champion t-shirts through the organization’s beWell health promotion program.



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