

Welcome to
Better Health

A Weekly Update
for Asante Employees

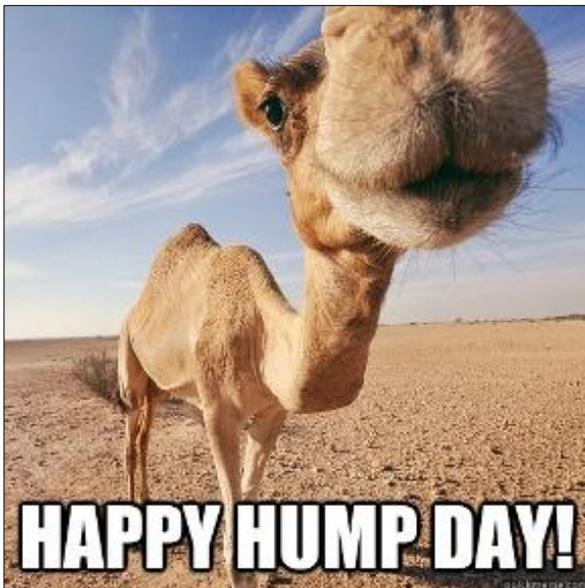
Every patient,
every day, every time.

ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Hump day comes to “Biggest Loser” challenge

Employees, family members and friends who are on any of the 53 Asante-affiliated teams in the Biggest Loser Community Challenge can look at Saturday, April 2 as “hump day.” Asante’s Health Promotion Department is planning an event to coax Biggest Loser participants up and over the midpoint of the challenge, and send them onto the downhill stretch toward the late April finish line.



The Health Promotion staff has teamed with LePari’s Sports & Fitness to offer an open house-style fitness challenge for all participants in the Biggest Loser Community Challenge for Southern Oregon. The event – from 10:30 a.m. to 12:30 p.m. – will feature food, lifestyle vendors, fitness challenges, prizes and fun activities for whole families.

LePari’s Sports & Fitness is located at 1236 Disc Drive, Suite D, in Medford, off of Parsons Drive.

Asante employees, family members and friends make up 53 of the 194 four-person teams that are participating in the Southern Oregon challenge. The Asante teams are spread throughout its entities in Medford, Ashland and Grants Pass.

The local Biggest Loser challenge is a partnership between the Chambers of Commerce in Medford and Grants Pass, and local NBC affiliate KOB-TV.

Asante Work Health is a sponsor of the local events.

The local Biggest Loser challenge began Feb. 29, but teams may continue to enter throughout the eight-week contest.

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

Prizes for the local challenge include an opportunity for personal training with Dolvett Quince from the Biggest Loser TV show, signed copies of Quince’s diet book, a trip to the show’s season finale, weeklong stays at a Biggest Loser resort, Garmin fitness trackers and online subscriptions to a Biggest Loser boot camp.

Asante employees who wish to participate can still assemble four-person teams and [register online](#) for \$100 per team. Team names should begin with “Asante” to be given credit in the employer-versus-employer competition, and entrants should select the “Jackson County Chamber/Medford” option when registering. For more information, contact HealthPromotion@asante.org.

(read more, next page)

Participating Asante employees 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.

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to asantenews@asante.org.
Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.