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Better Health

A Weekly Update  
for Asante Employees

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# ASANTE® News

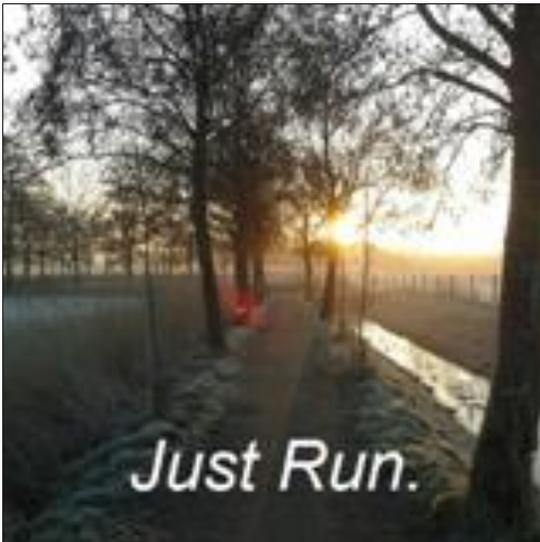
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## To Your Health: Pear Blossom Tips and Treats

Losing motivation as your training continues for this year's April 11 Asante Pear Blossom Run? That's not unusual, but the staff at Asante Health Promotion Services have a few tips on how to keep your edge as race day approaches.

The idea is to make the race a special event on your activity calendar and to take advantage of every opportunity to prepare yourself well.

The Asante Health Promotion Services suggestions, courtesy of [about.com/running](http://about.com/running):



- A running tradition – make this a race that you run every year. You'll look forward to training for and running in the race, and be motivated to keep your "streak" alive. Get friends or family members to join the annual tradition.
- Be prepared – keep a bag of running clothes and shoes in your car, so you can take advantage of any opportunity to run. Even if it's only for 20 minutes, some running is better than no running.
- Adopt-a-runner – it's fun to watch someone who's new to running get enthused by the sport. Offer your help to someone who wants to run but doesn't know how to get started. Give some basic training advice, share your knowledge of gear and be encouraging.
- Morning runs – evening running plans are easily side-tracked; those who run early in the day are more consistent with their training.
- Break time – giving yourself breaks in training is important for staying motivated and preventing injuries. Your body needs regular recovery periods, so add rest days to your weekly running schedule and plan a "recovery week" – during which you decrease your weekly mileage – about every four weeks. Cross-training by walking, biking or swimming can help you avoid burn-out.
- Creative runs – Avoid boredom by changing your run routes and adding speed or hill repeats to your workouts.
- Inspire yourself – keep reminders handy that will inspire you to run. Running books or magazines can stay on your coffee table, and one of your race photos can become your computer and smart phone screen saver.

It's advisable to consult your physician or call Asante Employee Health for a "clearance for exercise" appointment before beginning any new exercise program. Call Employee Health in Ashland at 541-210-4484, in Medford at 541-789-5008 or in Grants Pass at 541-472-7376.

[Registration](#) for all three Pear Blossom events is open online through April 11. The cost for the [10 Mile Race, which begins at 8:20 a.m.](#), is \$26 through April 4 then goes up to \$36. The [5K Race](#),

[which begins at 7:00 a.m.](#), is \$20 through April 4 and then goes up to \$30. The costs of the [Fun Run Races, which begin at 7:50 a.m.](#), are \$7 for the one-mile race, two-mile race or both races.

A group photo of all Asante employees participating in any of the Pear Blossom events will be taken at 6:30 a.m. on the Medford City Hall steps, at Oakdale Avenue and Eighth Street. Asante is the presenting sponsor of the Pear Blossom Run.

Contact Health Promotion [by email](#) with questions about the event or training.

The Health Promotion Team and members of the Asante Wellness Committee were in hospital cafeterias last week with information on Pear Blossom, Relay for Life, myCare and more. Winners of gift basket drawings were Dawn Dille, volunteer coordinator at Asante Ashland Community Hospital; Debra Flickinger, coordinator of quality control at Asante Three Rivers; and Nicki Boehm, occupational therapist at Asante Physician Partners.

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