

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

ASANTE® News

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To Your Health: Preparing for Pear Blossom

You've decided you'd like to participate in this year's Pear Blossom Run, or you're tinkering with the idea? That's great news, but the folks at Asante Health Promotion Services want to remind you of some items to check off your list before, during and after race day.



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

Race day (April 11) is just a month and a half away, so sooner would be better than later to make that appointment.

[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 at 6:30 a.m. on the Medford City Hall steps, at Oakdale Avenue and Eighth Street.

It's not too late to bring your training up to a race-ready level, but Health Promotion Services reminds you to listen to your body and honor your current fitness level, whatever it may be. It's also important to use proper footwear – an appropriate, quality pair of running shoes will lower your chances of muscle and joint pain. Stay well hydrated, both while training and during the race, and eat a balanced diet that includes fresh, whole food choices.

After the race, get plenty of sleep to allow your body to recover from the exertion.

Still don't know where to start? The Health Promotion webpage offers both a ["couch to 5k training program"](#) and a ["five-week training program"](#) to prepare for the Pear Blossom 5K.

Contact Health Promotion with questions at: <mailto:myCare@asante.org>

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.