

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

ASANTE® News

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Asante Walking Program Reaches Vatican

Asante employees who are collectively walking around the world may have traipsed through St. Peter's Square last week, as they hit the 6,723-mile mark of their journey – equivalent to a trip to Vatican city. About 150 Asante employees are participating in the virtual Around the World in 40 Days challenge to promote fitness and good health.



Vatican city is about 2,050 miles beyond the previous week's landmark – Reykjavik, Iceland. At the 20-day mark of their 40-day challenge, the Asante contingent is a little more than a quarter of the way into what would be a 24,906-mile simulated trek around the world.

Participants can take part in the challenge by running, walking, biking or even gardening. Any distance or activity – whether one mile, one-time or 20 miles daily – helps Asante move toward its around-the-world goal.

And as participants in the [myCare Around the World in 40 Days challenge](#) travel around the world by way of their combined mileage, Asante News features interesting facts each week about locations on their path. The challenge began June 1 and continues through July 12.

Vatican city, which was built over the tomb of Saint Peter, is the smallest sovereign state in the world. It exists within the city of Rome and features 11 museums as well as the Sistine Chapel and Vatican Gardens.

The midpoint of Asante's Around the World in 40 Days challenge was celebrated with a drawing for six \$50 gift cards from Fred Meyer – two each for Ashland, Grants Pass and Medford. The Ashland winners were Terry Croft of the APP Ashland Clinic and Debra Cowan of Medical Records; the Grants Pass winner were Wendy Ellis of Imaging Services and Teza Hampton of Imaging Services; and the Medford winners were Marie Finch of EPIC and Sandra Musard of APP Human Resources.

The Around the World challenge is intended to motivate Asante employees and promote their physical movement by using an online, interactive web site to track daily activity in miles or steps, using the DailyEndorphin online platform or mobile app (which is available after registration). An aerobic mile conversion chart is used to [convert various activities](#) – ranging from gardening or housework to pilates or skateboarding – to mile equivalents.

All benefit-eligible employees were invited to participate. For more information, contact Health Promotion at 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.