

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

## Go Around the World in 40 Days and Get Fit

Think of it as a REALLY long-distance relay event – and one that you can take part in by running, walking, biking or even gardening. Any distance or activity – whether one mile, one-time or 20 miles daily – will help Asante meet its Around the World in 40 Days challenge.



The 2014 Know Your Numbers (KYN) health screening indicated that more than 83 percent of participants are ready to increase their physical activity..

The challenge is based on exercise and equivalent distances. Participants enter their activities The Around the World in 40 Days 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 will be used to [convert various activities](#) – ranging from gardening or housework to pilates or skateboarding – to mile equivalents.

As participants in the challenge travel around the world by way of their combined mileage, Asante News will feature interesting facts about locations on their path. Those interested in participating can [register online from May 17 to May 31](#) for the challenge that will run from June 1 to July 12.

Those using Internet Explorer 7 may experience difficulties; if so, they should try refreshing the page, using another browser or switching to a device with Internet Explorer 9 or higher.

Last fall's Know Your Numbers health screening campaign determined that the five areas Asante employees most need to work on are weight, physical activity, nutrition, heart health and stress management. The Around the World in 40 Days challenge is intended to help Asante employees get on track for improved overall health, and will offer random prize drawings along the way.

A kickoff gathering and walk will be held at each Asante hospital – June 2 at Asante Ashland Community Hospital, June 3 at Asante Three Rivers and June 4 at Asante Rogue Regional. The celebrations will include snacks, balloons and drawings for two \$25 Fred Meyer gift cards at each location.

All benefit eligible employees are invited to participate. For more information, contact Health Promotion at [myCare@asante.org](mailto:myCare@asante.org).