Sandra Rodriguez grew up in the warm weather of Guatemala where she spent a lot of time outdoors living an active life. As an adult, she continues to be health conscious, and includes health tips, inspirational quotes, and motivational activities in her work. She creates a monthly calendar of events that includes health tips, inspirational quotes, and motivational activities. She then shares it with her workmates. Sandra's organization and coordination of all these activities is impressive.

How does Sandra organize and coordinate all of these activities? She plans for the inaugural Well Aware Healthy Bake Off, a challenge for staff to reach one million miles of activity, which is the latest in a series of incentives to motivate employees to take care of their health. The fall incentive challenge, which began on October 1, will run for 10 weeks, and includes a goal of one million miles. Any activity can count toward the goal, whether it's walking, biking, or swimming. If you registered on the Fitness Log for a previous challenge, you do not need to register again. You can register now on the website.

Welcome to the October issue of the Well Aware eNews! This issue features a video from United Healthcare on heart disease and cholesterol levels in women. Women can take steps to prevent heart disease by practicing healthy lifestyle habits. Watch the video and see the companion article in this issue. In other news, Well Aware is forming a team to walk in the American Cancer Society's Making Strides Against Breast Cancer walk. The noncompetitive 5K walk will support the ACA's mission to "save lives by helping people Stay Well, Get Well, Find Cures, and Fight Back!" The walk begins at 10:00 a.m. on Saturday, October 20, 2012, in Germantown, Maryland.

For more information on the prize structure, or the rules of the challenge, visit the website. Join Well Aware in Making Strides Against Breast Cancer. To view this email as a .pdf document, click on the link. Don't miss it. To contact Sandra, please call the EAP at 240-740-5175. To view this email as a .pdf document, click on the link.

Heart Disease and Cholesterol in Women

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Although attention has long been given to the impact of heart disease on the male population, women clearly suffer and die from it as well. In fact, heart disease is the number one killer of women in the United States. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. Prevention is vitally important: two thirds of women who have a heart attack fail to make a full recovery.

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