September Well Aware eNews

101 Well Aware Challenges: YOU to Move, Lose or Maintain!

We have launched your new program, which will help you achieve your health goals. Whether you need a boost of motivation to start moving, encouragement to lose weight, or a reminder to maintain your current weight, the 101 Well Aware Challenges are here to help!

To learn more, visit the Well Aware website.

Another Chance to Quit For Good

By now, most smokers know that smoking is bad for their health, but do they also know it is going to be hard? The journey to quit smoking is difficult, but you are not alone. Kentucky Health Insurance Programs offers smoking cessation programs designed to help you achieve your goal to quit smoking. To learn more, visit the Kentucky Health Insurance Programs website.

Environmental Scan for Wellness

Well Aware Fitness Log

Well Aware will be offering an Environmental Scan for Wellness as a way to help employees and their spouses find resources and information they need to improve their health. To learn more, visit the Well Aware website.

Wellness Champions Have Turned Their Midweek Lunch Into a Healthy Tradition

Well Aware members have shared their success stories and tips for incorporating healthy habits into their daily routines. One participant was so surprised by how much she enjoyed the camaraderie of working together. With Just 10, you can continue participating as an individual or band together with coworkers and participate on a team. Either way, you will have the chance to win prizes for yourself, your team, and your school or office.

Healthy Eating

One ERSC employee found still another benefit from the Healthy Eating program. The employee shared her story with her co-workers and encouraged them to join in the fun. The employee said she appreciated being able to come together with her co-workers and share ideas for healthy meals. She said she felt the camaraderie of working together.

Wellness Survey: Share Your Ideas and Interest With Us!

Is your school or office participating? Send your story with photos to Well Aware.

Have you been meaning to contact Well Aware to tell us about any programs, activities, and/or incentives you would like us to consider in the coming year? Click here to contact Well Aware.

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RACI Week Days Coming!

In the spirit of the RACI Week Days, Well Aware is excited to announce a new physical activity challenge for the fall that is fit for all ages. The challenge is simple: make time for 30 minutes of exercise at least five days a week, while enjoying the camaraderie of working together.

This Fall, Get Ready to Run!

The Road Runners Club of America will present the 8th Annual Healthier Communities 5K Day on September 20, 2013. This event is open to everyone and is a fun way to encourage healthy living. The event kicks off with a 5K race, followed by a 1K fun run and walk around your school or office.

To help make it easier, Well Aware and Kaiser Permanente are teaming up again to bring you the Just 10 Challenge. This fall, earn points for participating in the Just 10 Challenge, and you could win prizes for yourself, your team, and your school or office.

If you have registered on the Fitness Log for a previous challenge, you do not need to register again. However, if you have not registered before, you must register now to participate in the Just 10 Challenge.

Register now on the Well Aware website.


On December 15, 2013, Kaiser Permanente and the National Heart, Lung, and Blood Institute will present a seminar on heart health and saving money! Whether you need a boost of motivation to start moving, encouragement to lose weight, or a reminder to maintain your current weight, the seminar is here to help.

To attend the seminar, visit the Kaiser Permanente website and register.

Please register for the seminar/webinar by e-mailing Well Aware at wellaware@kpmc.org.

If you have any questions, please contact Well Aware at 240-740-2000.

Ginger Brush art direction/production

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Well Aware

www.wellaware.org