Small Changes, Big Results: Well Aware's Physical Activity Challenge for the Fall

Welcome to the September issue of the Well Aware eNews! Read on to learn about Small Changes, Big Results; Well Aware's Fall Health Screenings; A Series of Fall Health Screenings Planned; Making Workouts Count; Don't Miss It; Welcome to the September issue of Well Aware's eNews!

Small Changes, Big Results

As we begin the fall season, it's a great time to consider making small and manageable changes to improve your health and wellbeing. Small Changes, Big Results is an evidence-based intervention program designed to help you make small, meaningful changes that can lead to big results over time.

The program is based on the concept of the "habit loop," which includes three components: cue, routine, and reward. By identifying the cue that triggers your unhealthy behavior, creating a new routine, and reinforcing the new behavior with a reward, you can successfully change your habits and improve your health.

Well Aware Cargo Challenge Results:

The Well Aware Cargo Challenge brought in a total of 3,000 credits for the month of September. The top winners are:

1. Jessica Angeles - 1,500 credits
2. Maria Rodriguez - 1,000 credits
3. Juan Perez - 500 credits

A Series of Fall Health Screenings Planned

Well Aware has partnered with local organizations to offer a series of fall health screenings. These screenings are designed to help you check on your health status and identify areas where you may need to make changes.

- Well Aware's Physical Activity Challenge
  - Begins September 21, 2014
  - Ends December 19, 2014
  - Participants will receive a physical activity tracker and a personalized activity plan.

- Making Workouts Count
  - Begins September 29, 2014
  - Ends November 30, 2014
  - Participants will receive a workout calendar and tips for incorporating exercise into their daily routines.

- Don't Miss It
  - Begins October 14, 2014
  - Ends November 14, 2014
  - Participants will receive a monthly health tip and a chance to win a prize.

Welcome to the September issue of Well Aware's eNews!

Well Aware is excited to announce the release of our September eNews! This month's issue includes updates on our fall health screenings, physical activity challenge, and other wellness initiatives. Stay tuned for more information and don't forget to sign up for our newsletter to receive the latest news and updates.

Are You Ready to Quit for Good?

Are you ready to quit smoking? Well Aware is offering a free smoking cessation program to help you quit for good. The program includes group sessions, one-on-one coaching, and a variety of resources to support your quit attempt.

-Quit cold turkey. Run a marathon.
-If you need help quitting, contact your local smoking cessation program.

June Start Lifestyle Challenge Redux

Well Aware is launching the June Start Lifestyle Challenge Redux! This program is designed to help you make healthy lifestyle changes and improve your overall health. Participants will receive a personalized plan and support to help them reach their goals.

-Start your journey to a healthier lifestyle today!
-Contact Well Aware for more information.

Running with Care: The Benefits of Exercise

Running is a great way to improve your health and wellbeing. In this month's eNews, we explore the benefits of running and how it can help you achieve your health goals.

-Running can help reduce the risk of chronic diseases such as heart disease and diabetes.
-Running can improve your mood and reduce stress.
-Running can help you maintain a healthy weight.

Don't forget to subscribe to our newsletter to receive the latest news and updates from Well Aware!