

January 31, 2013

Dear Friends and Colleagues,

We say it all the time: "A life of health and wellness is a journey, not a destination."

Living a healthy life requires regular exercise, healthy food choices, and intelligent changes in diet and lifestyle that add up to an improved body and an improved life.

Often, it's the small changes that add up over time—for example, removing sugary drinks from your daily diet. Most experts agree that consuming no sugary soft drinks is the best policy, but cutting back on soft drink consumption is a solid start to fighting weight gain and poor health. Two-thirds of Americans are overweight, obese or morbidly obese. And as healthcare professionals, we're committed to fighting this epidemic in a number of ways.

- Our NCH Wellness Team has three motivating contests going on right now:
  - Choose To Lose started January 7 with a cash prize going to the person who loses the largest percentage of body weight.
  - o *Healthy Weigh* began January 15. It's a 12-week lifestyle course to help participants better understand how to incorporate diet and exercise into their daily lives.
  - o *Fit To Win*, one of our most popular programs, has returned. Teams of four people compete for top honors in group fitness classes, cardiovascular exercise, massage, lifting weights, and races like 5K and triathlons.
- Our Wellness Center also has a *Passport to Fitness* program in progress. Use your Wellness "*passport*" to complete eight stops and your card will be entered to win a variety of prizes. The stops on the card include a variety of group fitness programs, such as bringing a friend with you to the gym or getting a body composition analysis. All 6,650 Wellness members are eligible to compete for prizes.
- NCH also sponsors a half marathon and two triathlons a year. Recently **Terri Davenport**, **Kimberly Diaz**, **Terry Guadi**, **Jill Hefti**, **Caroline Jones**, **Megan Riley**, **Heidi Roderick**, **Andreas Sigg**, **Deanna Strausbaugh**, **Allyson Swanson**, **Ashley Tunkle**, **Carrie Wissemeier**, **Kevin Cooper**, **Mike Daniel**, **Adam Francis**, **Joe Hansen**, **Jesse Haven** and **I** cheered each other on as we completed the *Naples Daily News Half Marathon*.

NCH Wellness Director **Beth Jameson** recently did an article for the *Naples Daily News* and said when it comes to physical fitness, the most important commitment is, "*Don't ever give up*." Beth pointed out that most people give up because they consider how far they have to go instead of what they have accomplished. They use the excuse, "*I don't have time*." Says Beth, "*Everyone has time if they make it a priority*." There are many ways to put fitness into your life; you just have to figure out what works. When you're stressed out, upset, burnt out, tired, and starting to fray at the edges—that is when you need an exercise program the most. Keep moving—it will give you more energy, boost your endorphins and help you to deal with those stressed-out, upset, burnt-out feelings.

As important as keeping your body active is keeping your mind active. In that context, congratulations to NCH physicians **Anurag Kushawaha**, **Mark Brown**, **Ismael Martin**, and **Walther Evenhuis** for their recent case report in the *British Medical Journal* entitled, "*Hitch-hiker taken for a ride: an unusual cause of myocarditis, septic shock, and adult respiratory distress syndrome.*" This marks a wonderful start on our journey toward becoming a respected training hospital for interns and residents in Internal Medicine.

Respectfully,

Allen S. Weiss, M.D., President and CEO

P.S. Feel free to share Straight Talk and ask anyone to email me at allen.weiss@nchmd.org to be added.