

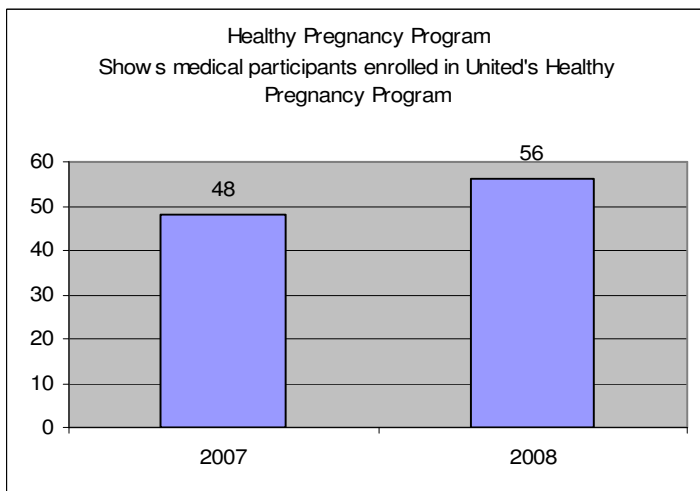
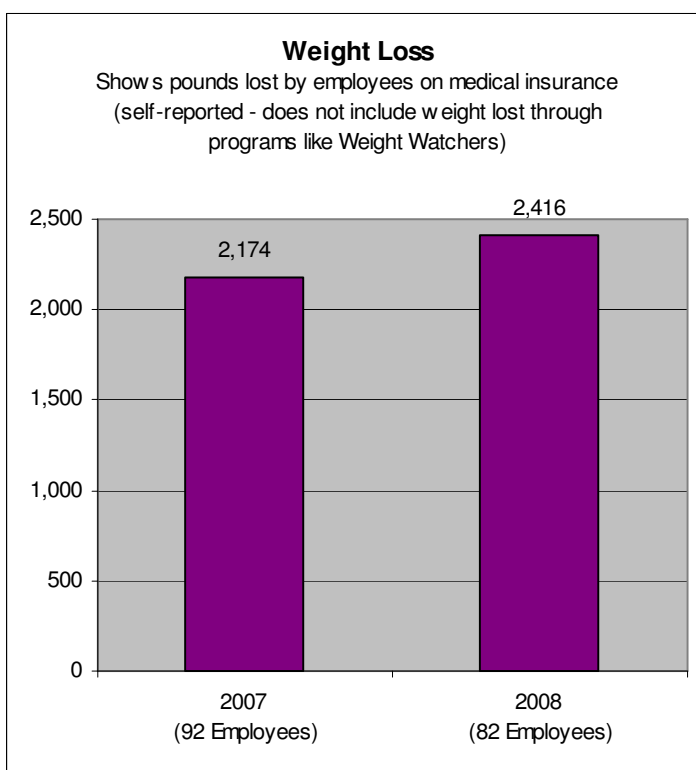
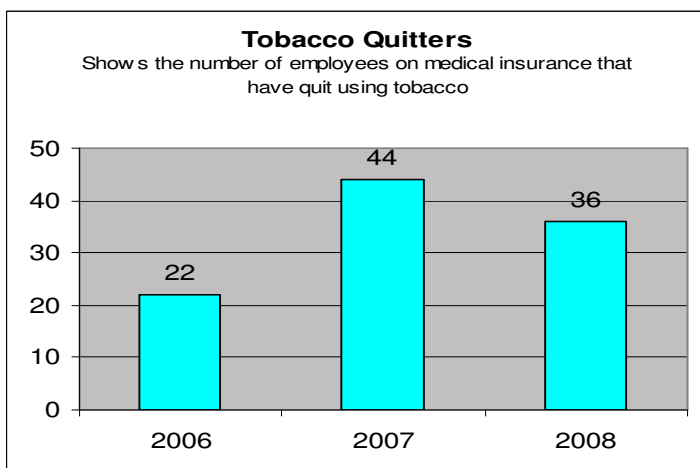
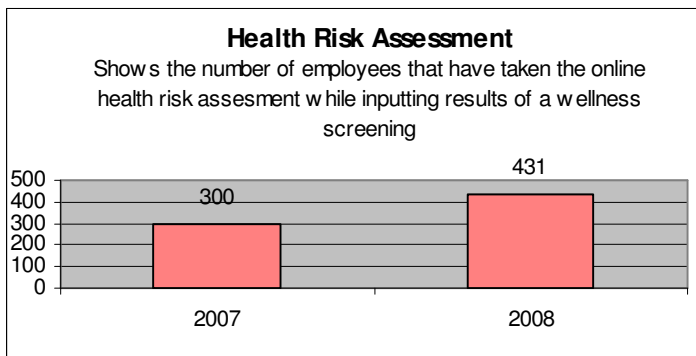
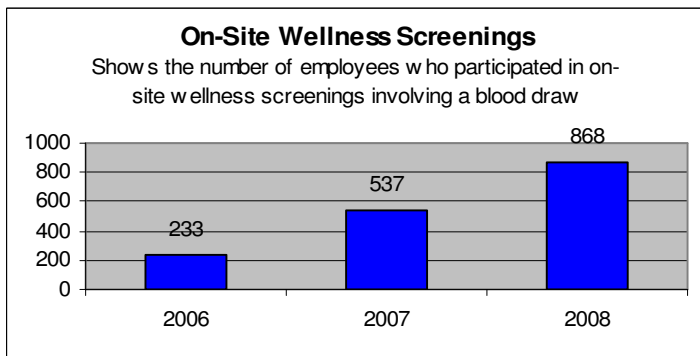


Wellness Quarterly

January 2009

TeamHealth Wellness 2008

The charts below depict wellness participation for the 2008 calendar year, as compared to previous years. Going forward, the *Wellness Quarterly* will report participation updates from the previous quarter.



Success Stories

Office Management Assistant, **Sabrina Brewer**, recently set a personal best in the 5K with a time of 28:33. Sabrina has only been running a little over a year. Her new 5K time is almost 7 minutes faster than her original 5K time. It also placed her in the top 100 Women in Knoxville's New Year's Day 5K. Sabrina says, "There is nothing better than finishing a run and the feeling you get afterwards. Your time doesn't matter. The accomplishment is finishing the race." Sabrina is pursuing the half marathon and is thinking about taking a stab at the triathlon.



TeamHealth Midsouth and ECC Physician Fee Specialist, **Katrina Ricker**, has lost 120 pounds since August 30, 2007! Katrina joined the Centerpoint Weight Watchers group and participates in water aerobics at the YMCA. Katrina says, "My coworkers and family have been extremely supportive recognizing and rewarding me for my weight loss. I don't deprive myself of foods that I want, but I do make smarter choices, either with alternate selections or smaller portions. Being able to move better and faster motivates me to continue striving for better health!" Losing 120 pounds is no small feat. Katrina encourages others not to beat themselves up when they don't lose weight. She recommends taking it one day at a time and never giving up.

D&Y Sales Training Coordinator, **MJ Stevens**, successfully quit smoking. MJ was scheduled to have her wisdom teeth removed, so she knew she wouldn't be able to smoke for quite some time. Her fear of complicating the procedure outweighed her desire to continue smoking. MJ says, "I'm disappointed I didn't quit long ago. I had become very accustomed to smoking and socializing during my breaks. For me, it was the way I relieved stress. Once I made the decision to stop smoking, I decided my time would be better spent walking for 15 minutes."

TeamHealth West Executive Assistant, **Christine Yaskovitch**, has lost 39 pounds and is just 2 pounds away from meeting her personal goal. She cut junk food and fast food from her diet, and began eating smaller portions throughout the day. She decided to lose weight when she stepped on a scale for the first time in a while, and was unpleasantly surprised by how much she weighed. Christine describes, "I wanted to lose weight, but more than that, I wanted to feel healthy. I was working out during the day, but not eating properly. I have made many lifestyle changes, and I don't think I will ever go back to the old me."



Congratulations to all!

Do you have a success story you would like to share? Email wellness@teamhealth.com.

