A 2009 study showed individuals achieving >/= 5,000 steps had substantially lower prevalence of adverse cardiometabolic health indicators.

CDC recommends 150 min/week of at least moderate intensity activity (100 steps per minute) which translates to 15,000 steps per week in moderate-intensity activity (or 3000 steps/day for 30 minutes for 5 days).

**Steps Challenge**

Get out your fit bits, pedometers, and iphones! Track your steps daily and record on the poster on the board over on the APP side.

**Winner this month will receive a 1-hour massage from Hand and Stone Spa**

Congrats to Sarah Bradford for winning the June stair challenge and the $25 gift card to VJC! Kudos to Carolyn Moench and Richard Vestal for coming in a close 2nd and 3rd place.

**Hospital Medicine Dash Event**

**Wednesday, August 8th @ 7:00 PM**

- Private, covered party deck area
- Ballpark fare and drink – hot dogs, chicken sandwiches, coleslaw, chips, baked beans, dessert, and non-alcoholic beverages
- FREE Dash caps
- In-game recognition – our group name will be on the scoreboard

Family (including kids) and one guest welcome!

Let Bri or Kristin know if you will attend and how many tickets you need via email or in person.
**Pure Barre “pop-up” class**

When: Saturday July 21 @ 11 am

Where: Hubbard Learning Center, Sticht Center

What to wear: socks, leggings, (or scrubs are fine!)

Please sign up on form on APP board!

**Latin Dance Class**

When: every 2nd Thursday of each month, 6:30-9:30 pm

Where: Jade Room at Footnote (634 W 4th street)

What: Salsa, bachata, and merengue lessons

**Friday, July 20th**

**Drop off after 7 pm**

**Pick up by 12 pm**

Free babysitting from Ann Donald, Sarah Bradford, Nico Haller, and Bri Pearson

Casa de Bri

1757 Huntington Woods Court

Winston Salem, NC 27103
Mindfulness and Meditation

Friday afternoons 10 minute mindfulness and meditation session with your gurus, TK and Pankaj

Myths about Mindfulness

<table>
<thead>
<tr>
<th>Myth</th>
<th>Explanation</th>
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<tbody>
<tr>
<td>It’s about stopping thoughts</td>
<td>“It is simply taking the time to become familiar with how your thought process actually works.. so that they might not control you quite so much”</td>
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<tr>
<td>It’s only for laid-back people</td>
<td>“Everyone, no matter what their lifestyle is, needs time to recharge, regroup, and reflect”</td>
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<td>It’s an escape from reality</td>
<td>“Mindfulness takes you right into the heart of reality, where you get to see how your thoughts shape your perceptions of what you experience, how the activities in your mind cause yourself and others pain and suffering, and what motivates you to do what you do”</td>
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<td>You lose your edge</td>
<td>“It’s about zoning in. You train yourself to pay closer attention than you might normally be used to, and this kind of focus rubs off on the rest of your life.”</td>
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<td>It’s selfish</td>
<td>“The relaxation and focus that comes with mindfulness practice can help you listen better, pay more attention to the needs of others, and be present with your loved ones with less distraction”</td>
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Action Health Events

July’s theme: brain health

- Farmer’s Market
  - New Hawthorne Parking Deck; Thursdays 2-5:30 PM
- Cutting edge Alzheimer’s Research
  - CCC 2A/2B; Monday, July 9, 12-1 pm
- Agility Course/Circuit
  - Comp Rehab; Tuesday, July 17th, 9-10 am
- Exercise your Emotions with Expressive Arts
  - Sticht Center; Thursday, July 12, 12-12:45 pm
- **Advance Care Planning**
  - CCC 2A/2B; Wednesday, July 11th, 4-5 pm
- How to Communicate with People Living with Anxiety/Depression
  - CCC 2A/2B; Tuesday, July 17th 12-1 pm
- Aerobics of the Mind
  - CCC 2A/2B; Wednesday July 18th, 12-1 PM
- Nutrition for Stroke and Dementia
  - Sticht center; Thursday, July 19th 12-12:45 PM
- Nutrition for Brain Health
  - Sticht Center; Thursday July 26th, 12-12:45pm
- Healthy Hike
  - Mill Creek Lopp @ Bethabara Park; Sunday, July 15th @ 9 am
Burnout Update

June 2018 MD survey  35% said they were burning out or burnt out – more analysis to come

May APP survey

16 PARTICIPANTS

31% BURNING OUT OR BURNT OUT

35% of MDs in Hospital Medicine burning out or burnt out