

How One Get Moving Team Stays Upbeat and Competitive

When you think of office parks, what comes to mind? Images of endless cubes, drab lighting and monotone color schemes? Think again. One of Children's Get Moving teams is staying motivated and upbeat with inspirational displays that line the halls.

Before setting foot inside Building 1584 at The Park, you're greeted with door posters asking, "Do you have your Actiped on? Don't go without it!" This is the first indication that there's a diehard Get Moving team inside.

The north side of the building is home to the Champions in Motion team, which [ranked No. 11](#) (with 1,410,398 total steps) at the end of the first month of Strong4Life's Get Moving Challenge.



Champions in Motion is comprised of 82 percent of staff located on the north side of Building 1584. Specifically, 28 of the 34 associates in seven departments (Medical Staff Services, Credentialing, Physician Data Services, TCHN, Physician Relations, Managed Care and Medicaid Reimbursement) are participating.

"Our team is mostly female, ages 40 to 65, all of whom are wanting to trim down," says Carole Cahill, team captain, who recently graduated from Children's You4Life program. "The others in the group, whom I would consider already fit, joined for the camaraderie and motivation to maintain their fitness with greater consistency or to increase their activity."

Most Champions in Motion team members walk outside at The Park, at public parks or in their local neighborhoods. "Good shoes are the only 'equipment' needed," chimes Cahill. Her team's workout regime is proof that anyone can participate in the Get Moving Challenge. A group of four or five team members walk in the morning before they start work. Several members break for 15 minutes at different intervals throughout the day to walk around The Park. A few run/jog. A few play tennis. Some use treadmills. One team member goes dancing with her husband. A few are working moms and dads with small children who log a lot of steps just keeping up with their kids.

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Attend What's4Lunch Sessions on the Food Connection, May 19-

Next week, Strong4Life will offer new What's4Lunch sessions entitled "Food Connection."

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Tim Schrader, M.D., Orthopaedic Hip Pro

Children's is pleased to announce the appointment of Tim Schrader, M.D., as Director of the Children's Orthopaedic Hip program.

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Congratulations DAI Award Winners

Hilary Leilluex, Lina Sp Latham and Carie Wat have been recognized for their commitment to nursing excellence.

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CDC Confirms H1N1 at Children's ED

This past weekend, Children's received confirmation from the CDC that a patient seen in the ED, Monday, May 4, has tested positive for H1N1 influenza.

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Vote on the [2009 Children's Holiday Cards](#) and enter to win a \$25 gift certificate to Amazon.com.

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A can-do attitude, creative preparation, strong su