



# healthLINKS

Your **LINK** to feeling better... every day

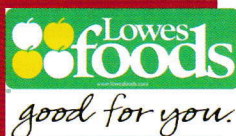
## Follow these Strategies for Healthful Holiday Living

### Take Your Free Heart Health Risk Assessment



An ounce of prevention is worth a pound of cure. So don't wait for something to happen - find out now. Rex Healthcare and Lowes Foods are teaming up to help you take care of your heart with this free online risk assessment.

If you complete the screening and provide your mailing address and Lowes Reward Number we will mail you a free \$5 Lowes Foods coupon\* just for checking.



### Why wonder if you're at risk when you could know?

Unlike some diseases, cardiovascular disease can largely

be predicted and prevented. 79 million Americans have heart disease and many don't know it. The HeartAware online evaluation takes just seven minutes and provides information about your personal risk for heart disease. Answer a few simple questions, and HeartAware will provide you with a report of your risk factors and recommendations for improving and maintaining a healthy lifestyle. If the assessment shows you are at risk, you don't

have to take the next steps alone. Rex Healthcare will offer you a free follow-up screening and consultation and make recommendations for further follow up. Take the HeartAware risk assessment today.

\*While supplies last. Offer valid only for residents of Wake, Durham, Orange, Johnson, Franklin and Vance counties. One coupon per individual. Not valid for individuals who have previous taken the Heartaware screening.

## No More Excuses - The Right Tools For Healthy Living

### Rex Healthcare Sponsors Live Healthy Triangle to Help Organizations and Individuals Achieve Health Goals

The holiday rush is over and Super Bowl Sunday is now a memory so what better time to change your focus and commit to getting in shape. For those of you who've joined a Live Healthy Triangle team at one of our Wellness Centers it will be even easier to get inspired and get moving with the 100 Day Wellness Challenge.



### How Does the 100 Day Challenge Help?

The challenge is a motivating way to connect with co-workers, friends and family to achieve a healthier lifestyle and weight loss. Use the Internet to log and track your progress. Combine this with the spirit of teamwork, a little friendly competition, and prizes and incentives--all designed to keep you motivated--and you have a unique tool to help you succeed.

Rex Healthcare is a sponsor of Live Healthy Triangle for a second year in a row, a local program dedicated to increasing the awareness of obesity and

associated conditions. "Rex is proud to support Live Healthy Triangle. We share the same vision of helping area residents lead healthier lifestyles," said Anneke Daugherty, program coordinator for Rex Wellness Centers. "Through our wellness centers' nutrition and physical fitness activities, we are able to provide members year-round support with their health goals. We hope Live Healthy Triangle can do the same, sparking healthy change in the lives of the people of our area."

Our challenge to our Live Healthy Triangle participants is to keep moving and stay motivated! Your team is depending on you!

For more information, please visit the Live Healthy website at [livehealthytriangle.org](http://livehealthytriangle.org).

