

A publication of FHN

# Insight

Volume 6, Issue 3

**A Real  
Lifesaver:  
Complete Care  
Close to Home**

**New Physicians  
at FHN**

**Your FHN  
Healthcare Team**



*We're here, for you.*

**FHN**



## Summer is Here... We're Ready to Help You Enjoy It!

In this issue you'll read about **an evening of fun that will help kick off Cruise Night** here in Freeport. You can also check our website for our **Summer Family**

**Movies Series at the Lindo Theatre** in Freeport, our summer Speaker Series events, and lots more.

There's lots going at FHN's offices too, including **an update to our ob/gyn department**. In women's care, we introduce you to **our new ob/gyn provider Dr. Ruhee Sidhu** and have a story about **a family outside of Freeport who chose Courtney DanPullo, MD** – another of our ob/gyn providers – to serve as their obstetrician, even though it meant driving a bit further. They believed that the care and attention they received was worth it, and we're happy they did!

**Finding the right primary care provider** is an important choice for any person or family, and we have some tips on how to help with this important decision, including looking at the whole team behind that provider. On that front, we're proud to **showcase all of our providers who have been named to the prestigious Castle Connolly America's Top Doctors list**, including two Family Practice Physicians.

We are delighted to **welcome another new provider, Dr. Michael Vaewhongs**, to internal medicine at our Burchard Hills facility, and share **a story about Pat Willging of Freeport and the care she received from Dr. Robert Geller**, our infectious disease specialist, to help her get back in the swim of things.

**Happy reading, and enjoy your summer!**

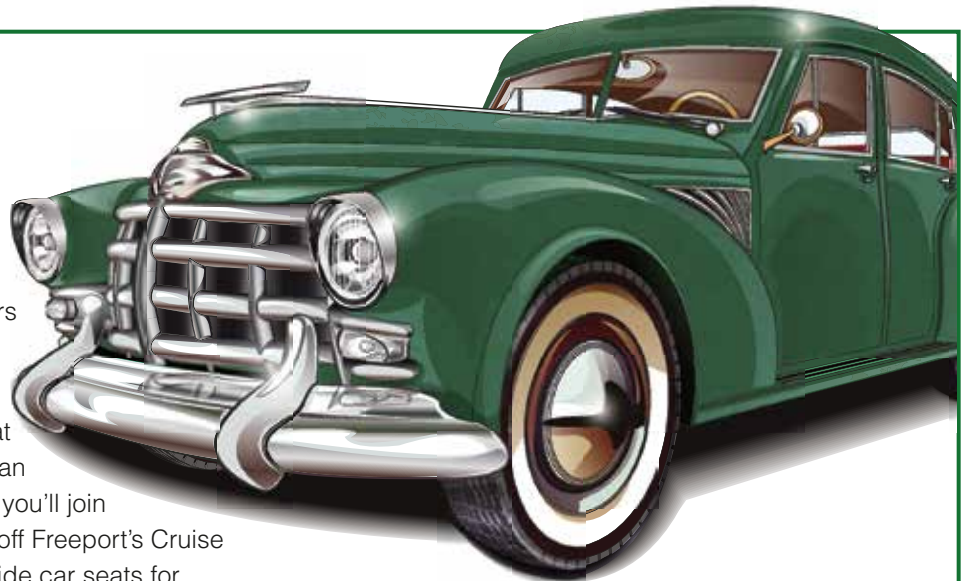
## Cruise for Car Seats

Did you know that a car seat that's the wrong size or not correctly installed offers a child little to no protection in a crash? Or that car seats expire?

An up-to-date, properly installed car seat is one of the most important things we can do to protect our children, and we hope you'll join FHN for an evening of family fun to kick off Freeport's Cruise Night in style while raising funds to provide car seats for families in our community who are in need.

The fun begins in Krape Park at 7:00 with a free car seat safety check, bike safety demos, healthy summer exercise and eating tips, and other activities. At dusk, head to the Koenig Theatre band shell for a FREE showing of BACK TO THE FUTURE, with Marty McFly (Michael J. Fox) zooming from the 1950's into the future in his nuclear-powered DeLorean. There will also be snacks, glow-in-the-dark promos, and a number of vintage cars to admire.

**Cruise on down for an evening of family fun to support a great cause – see you then!**



### Friday, July 31

Family fun at Krape Park – 7:00 p.m.  
BACK TO THE FUTURE on a huge inflatable screen  
at the band shell – dusk

### Saturday, August 1

Freeport Cruise Night 2015  
1,000 classic cars and 10,000 visitors  
in downtown Freeport

*Cruise Night*





# FHN Revitalizes Women's Healthcare Facilities, Welcomes New Ob/Gyn

The FHN Women's Healthcare team celebrated the completion of their newly remodeled home with a June 24 Ob/Gyn open house at FHN Specialty Care – Harlem Avenue in Freeport. The revitalized space includes additional exam rooms, an improved waiting area, and expanded in-office procedure capabilities.

"It really is all about making a better experience for the patient," says Ob/Gyn Team Leader Michelle Allen, RNC, BSN. "Before the remodeling, our department was separated into two different areas, and we couldn't draw blood in office. With the addition of our phlebotomy capabilities and expanded space, we are able to improve our efficiency and patient care."

The open house also served as an official welcome for new Ob/Gyn specialist Ruhee Sidhu, MD (see story below). The FHN Women's Healthcare team now includes Dr. Sidhu and Courtney DanPullo, MD; Nicolai Hinds, MD, FACOG; M.Farouk Isawi, MD, FACOG; Danielle Siedschlag, BC-NPWH; and the region's only certified nurse midwife, Kim Vittorio, BC-CNM.

To make an appointment with one of the members of the FHN Women's Healthcare team, call the office at 815-599-7750.



Friends and family turned out for the June 24 Ob/Gyn open house in Freeport. The members of the FHN Women's Healthcare team (photos above) were proud to show off additional exam rooms, an improved waiting area and expanded in-office procedure capabilities.

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## Welcome, Dr. Sidhu!



We are pleased to welcome board-certified obstetrician and gynecologist Ruhee Sidhu, MD to FHN. She sees patients at FHN Specialty Care – Harlem Avenue in Freeport. Dr. Sidhu earned her medical degree from Ross University School of Medicine and served her Ob/Gyn residency at St. John Providence Hospital in Southfield, Michigan. Prior to

joining FHN, Dr. Sidhu was in private practice in Bingham Farms, Mich.

She provides care for women of all ages, ranging from routine gynecologic and pregnancy care to routine screenings, treatment of disorders of the reproductive system, menopause and minimally invasive gynecologic surgeries.

Dr. Sidhu is passionate about women's health issues, and takes time to help her patients better understand their health and make informed decisions.

During her education and residency, Dr. Sidhu gained experience in gynecological and related issues ranging from urodynamics and pelvic organ prolapse to vaginal and Cesarean delivery and minimally invasive laparoscopic and robotic surgery.

She is a Junior Fellow of the American Congress of Obstetricians and Gynecologists and a member of the American Medical Association. She is a native English speaker who is also fluent in Punjabi, Hindi, and Urdu.

To make an appointment with Dr. Sidhu, call her office at 815-599-7750.

## FHN Was Her Lifesaver

# After a Scare, Complete Care Close to Home

She usually has a lot of energy. But three years ago around Labor Day, Pat Willging, a retired school counselor, was exhausted.

“Just beat,” she said, “and out of it after putting in my volunteer shift at CONTACT. I sat for hours. When I got

up, I collapsed in a heap. It was the start of quite an ordeal.”

Her concerned husband, Tom, called 911 and soon Pat arrived at FHN’s Emergency Department with a fever of 105 degrees. Sensing a serious, perhaps infectious illness, ER staff

called in FHN Infectious Disease Specialist Robert Geller, MD, MS, FACP, FIDSA, who immediately ordered an antibiotic ‘cocktail’ because he suspected sepsis.

After an array of specialized tests confirmed Dr. Geller’s diagnosis, Pat spent nearly two weeks in the ICU. She and her son, Pete, briefly discussed if she should be transferred to Madison, but Pat decided to stay put. “They are already here, on the camera,” she assured Pete, pointing to the eICU transmission equipment that essentially puts UW physicians in patient rooms for observation and collaboration with FHN medical staff. “We are in the right place.”

Turns out, Pat knew best. After healing in the eICU and then in a ‘regular room,’ she received rehabilitation care at a local facility and continued her recovery at home with visiting nurses. It took months to feel better, but Pat eventually got back to normal due in part to her overall excellent health habits.

“I stay active and involved, which Dr. Geller thinks helped me recuperate,” affirms Pat. “Why I got sepsis is still a mystery, but it was diagnosed quickly and I responded well to the treatment. I still take penicillin as a precaution – that is really my only long-term consequence. If I wasn’t as healthy as I was, it might have been a more precarious prognosis. Twenty years of water aerobics likely made a difference.”

Pat is grateful to get into the pool every day. “I am so thankful for the wonderful care I received at FHN. I could not have asked for anything better. My son says Dr. Geller saved my life. I guess he truly is my real lifesaver!”



Pat is a vigorous septuagenarian and gets to the pool most every day for a workout. “It helps keep me healthy,” she says. “I like to get my exercise done first thing in the morning, and then I have the rest of the day in front of me.”





A former school counselor, Pat Willging is a dedicated volunteer at CONTACT, normally working a couple shifts each week. She missed her volunteer work when she was out of commission recovering from sepsis.

## What is Sepsis?

### (Nothing to Mess Around With ...)

Sepsis is an extreme response to an infection. The body sends a flood of chemicals into the bloodstream to fight the threat. This causes widespread inflammation which, over time, can slow blood flow and damage organs.

Sometimes sepsis can be life-threatening, especially if it moves to its later stages – severe sepsis or septic shock. Severe sepsis affects more than a million Americans each year. It's important to check with your physician ASAP if you think you may have it, or any other sudden serious illness.

## It's a Great Year to Get Fit

### Everybody Wins in the Get FiTeam Challenge

This year's FHN Get FiTeam Challenge helped 224 participants take a proactive approach to their health. Over 12 weeks, participants logged their workouts, healthy eating habits, and hydration, and competed in a variety of events – all with the main goal of getting fit!

56 teams of four competed in two categories: Team total points and team total percent weight loss.

Team Total Points winners received gift certificates to Shopko. The winning teams were **We're Losing It!** with 1,495 points;

**Flab-U-Less** with 1,441 points; and **Wellness Warriors** with 1,432 points.

Team Total Percent Weight Loss winners received gift certificates to Hibbett Sports. Winners were: **The 4 Strongest Men at FHN** with a 12.1 percent weight loss; **The Fat Pharm** with a 7.24 percent weight loss; and **BEASTY BOYS**, with a 7.22 percent weight loss.

Congratulations to all the Get FiTeam Challenge participants for taking steps to improve their health!

## Be Like Pat ... Exercise!

For older adults and seniors who want to stay healthy and independent, the general consensus is in: Stay active! Exercise can vastly improve your overall well-being. It helps reduce pain and stiffness, increase strength, and improve energy. Plus, like Pat, regular exercise can help you recover more quickly if you do get ill.

### For best results, get a mix of four types of exercise:

- **Strength exercises** – to build muscles, maintain/increase your metabolism, and keep your weight and blood sugar in line.
- **Balance exercises** – to build and strengthen leg muscles and help prevent falls.
- **Stretching exercises** – to provide continued freedom of movement.
- **Endurance exercises** – to increase your heart rate and breathing, allowing you to stay active and involved.

Your routine can be simple. You do not need expensive equipment. Just walk, swim, rake, garden, golf, and stand on one leg and switch to the other for balance. Keep at it ... you will be glad you did!



# 11

## FHN PHYSICIANS

### NAMED TO AMERICA'S TOP DOCTORS® LIST

FHN is proud to have eleven of our skilled, dedicated physicians listed on the Castle Connolly America's Top Doctors® list.

Castle Connolly is considered America's trusted source for identifying Top Doctors and has been recognized by several national media sources including *The New York Times*, *USA Today*, *Good Housekeeping*, *Redbook*, *Town & Country*, *Ladies Home Journal*, *Good Morning America*, *the Today Show*, *20/20* and more than 100 other television and radio stations.

Physicians do not (in fact, cannot) pay to be included in the Castle Connolly list. The physicians included in America's Top Doctors® were nominated by their peers in an extensive survey process of thousands of American doctors each year. Each doctor's medical education, training, hospital appointments and more are screened by the Castle Connolly physician-led research team. The doctors who are among the very best in their specialties and in their communities are selected for inclusion.

We're proud of all of our providers, as well as this extra recognition for the 11 providers featured here. Congratulations to our Top Doctors®!



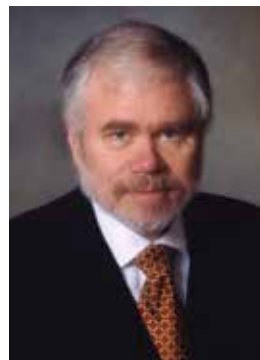
**Surgeon Barry Barnes  
MD, FACS**

Dr. Barnes earned his medical degree from Hahnemann University (now Drexel University) in Philadelphia and served his residency at Good Samaritan Hospital in Cincinnati. He has been with FHN since 2001.



**Surgeon Rafael Castro  
MD, FACS, WCC**

Dr. Castro holds a medical degree from University of Santo Tomas in Manila, Philippines and served his residencies at Philippine General Hospital in Manila and at the University of Illinois Metropolitan Group Hospitals Residency Program at the Illinois Masonic Medical Center in Chicago. He has been with FHN since 2007.



**Infectious Disease  
Specialist Robert Geller  
MD, MS, FACP, FIDSA**

Dr. Geller has a medical degree from Cornell University Medical College in New York City, NY and served his residency at North Shore University Hospital in Manhasset, NY. He has been with FHN since 1977.



**Ob/Gyn Specialist  
Nicolai Hinds MD, FACOG**

Dr. Hinds holds a medical degree from Emory University School of Medicine in Atlanta, Ga. He served his residency at Henry Ford Hospital in Detroit, and has been with FHN since 2009.



**Allergy, Asthma and Immunology Specialist**  
**Timothy Jessen MD**

Dr. Jessen earned his medical degree from the University of Illinois in Urbana-Champaign and served his residency at Boldgett Memorial Medical Center in Grand Rapids, Mich. He has been with FHN since 1995.



**Gastroenterologist**  
**Vivek Mehta MD**

Dr. Mehta holds a medical degree from Government Medical College in Amristar, India. He served his residency and a gastroenterology fellowship at Wright State University School of Medicine in Dayton, Ohio. He has been with FHN since 1994.



**Cardiologist Prasad Kilaru MD, FSCAI, FACC**

Dr. Kilaru has a medical degree from Rangaraya Medical College of Andhra University in Kakinada, AP, India. He served his residency and a fellowship in cardiology and endocrinology at Cook County Hospital in Chicago and a fellowship in interventional cardiology at Tufts University – Baystate Medical Center in Springfield, Mass. He has been with FHN since 2007.



**Cardiologist Bhadresh Patel MD, FACC, FACP**

Dr. Patel has a medical degree from Maharaja Sayajirao University in Baroda, India and served his residency at St. Francis Hospital of Loyola University in Evanston, Ill. He served a fellowship in invasive, non-invasive and clinical cardiology at Albert Einstein Medical Center at Temple University in Philadelphia. He has been with FHN since 1978.



**Otolaryngologist**  
**Toni Levine MD, FACS**

Dr. Levine earned her medical degree from the University of Illinois College of Medicine in Chicago. She served her residency at Northwestern University in Chicago, and has been with FHN since 2007.



**Family Practice Physician**  
**Jeffrey Schleich MD**

Freeport native Dr. Schleich earned his medical degree from Creighton University in Omaha, Neb and served his residency at the University of Illinois College of Medicine at Rockford – SwedishAmerican Hospital. He has been with FHN since 2003.



**Family Practice Physician**  
**Michael McFadden MD**

Dr. McFadden holds a degree from Rush Medical College in Chicago. He served his residency at the University of Illinois College of Medicine in Rockford. He has been with FHN since 2002.

**Mother's Day Contest Winners**  
**To Mom, With Love**



FHN celebrated Mother's Day with a special contest inviting community members to share a message about why their mother is so special to them. The top five inspirational messages won \$25 gift certificates to local businesses. You can read what the winners

had to say at [www.fhn.org/mothers-day-winners-2015.asp](http://www.fhn.org/mothers-day-winners-2015.asp).



# FHN and Lily ... Well Worth the Travel Time

Elizabeth to Freeport: 31 Miles and 45 Minutes



**I**t's not exactly the Oregon Trail, but it can be a long ride when you are expecting. Yet Jessica Engle and her husband, Brian, didn't hesitate to make the trek to Freeport when they found out they were having a third child. Even though they had multiple options, they chose FHN and Courtney DanPullo, MD... and are happy they did.

Residents of Elizabeth, Jessica and Brian knew a drive would be a part of their birth plan. After reviewing choices, they decided on FHN. "We could have easily gone to closer locations," says Jessica, "but **I just felt more comfortable with Dr. DanPullo and FHN.** I had what was considered a high-risk pregnancy, battling high blood pressure and placenta previa with my second child. My prenatal visits put me at ease that FHN was the best spot for us...that everything would be handled

by professionals who knew the latest treatments and would provide the ultimate care."

## **FHN Felt Like Family**

Throughout her term, physicians and staff treated Jessica "like family," she declares. "No one ever hurried me. They were so good about taking calls, knowing I was miles away and couldn't always make it into Freeport. Everyone was knowledgeable and friendly, focusing on our needs while

helping us get ready for the big day... especially Dr. DanPullo. She prepared us for different scenarios, and when my water broke we knew exactly what to do – quickly! When we arrived at the hospital, the nurses were ready for my unique conditions and provided all the support and reassurance we needed. **Lily was greeted with superior care** and all the staff helped celebrate the joy and wonder of the moment. It was perfect. Even though Lily is two now, we remember it like it was yesterday."

“  
**As an FHN  
physician focused  
on women's  
health, I find  
it particularly  
important to  
listen to patients  
and their  
problems.**

– Courtney DanPullo, MD

”





## Lily's Care Continues at FHN

Just as they did for their Ob/Gyn needs, the Engles also picked FHN for primary care. Brian sees Family Practice physician Shokry Tawfik, MD, Jessica relies on Family Practice physician Michael McFadden, MD, and Lily and her sib-



lings count on Family Practice nurse practitioner LuAnn Jordan, BC-FNP, to help keep them primed for their busy pace.

After battling pneumonia last winter, Lily is now raring to go. She spends lots of time on the bleachers rooting on her brother and sister at baseball and softball games. According to Brian, "Lily was pretty sick a few months ago and almost became a regular at the Stockton office. She even had to spend some time at FHN Memorial Hospital. But everybody was so kind and professional, and luckily Lily got better in just a few short days. She received excellent care."

With three children and a busy schedule, the Engles are happy they have a tried-and-true healthcare team working to keep their family ready for upcoming adventures. Jessica sums it up in a few short words: "We would choose FHN again in a heartbeat."

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The Engle family counts on their FHN healthcare team, which includes Ob/Gyn specialist Courtney DanPullo, MD (left) and family practice nurse practitioner LuAnn Jordan, BC-FNP (above), as well as physicians Shokry Tawfik, MD and Michael McFadden, MD.





# Your FHN Healthcare Team Coaching You Toward Your Best Health

From playing in a recreational softball league to coaching your child's soccer team, we all know the importance of a good coach.

A good coach can help his or her players with just about anything, from pre-game jitters to tending to a sprained ankle. A good coach works with players to help them get better, and can help a player who needs extra coaching find the right person to help.

Your FHN primary healthcare provider is your health coach. He or she works with you to help you get and stay healthy, and you can see him or her for everything from checkups to strep

throat or a sore back. FHN's 30 primary care providers care for patients at 13 locations across northwest Illinois, from Pecatonica to Savanna, and from Orangeville to Forresteron.

Like a good coach, your primary care provider knows when to call in some extra help. If your sore throat turns out to be tonsillitis, your primary care provider may send you to another person on your healthcare team – a surgeon – to take care of the problem.

When you need more specialized care, your provider can "call up" one of FHN's 30+ specialists in fields ranging from nephrology (kidney specialists)

to orthopaedics (bone and joint specialists) and cancer care specialists. FHN's specialists work with you and your primary care provider to fix what's wrong and return you to your best health.

## Choosing a Primary Care Provider

FHN's primary care providers include 24 physicians and nurse practitioners specializing in Family Practice who can care for every member of your family, from infants to seniors.

Six FHN Internal Medicine physicians specialize in general medicine for adults and children, and three Pediatric physicians specialize in caring for children from infancy through adolescence.

No matter who you choose as your primary care provider, you will work with him or her to achieve and maintain your best possible health. Here's how that works:

When you first establish yourself as a patient with your primary care provider, you'll talk about your own medical history and the medical history of your family. The topics you'll cover range from your own past surgeries or illnesses to your parents' and siblings' health.

Your provider isn't just making small talk when he or she asks questions about



## Welcome, Dr. Vaewhongs!

We are pleased to welcome board-certified internal medicine physician Michael Vaewhongs, MD to FHN. He sees patients at FHN Family Healthcare Center – Burchard Hills in Freeport.

Dr. Vaewhongs (pronounced "Vay-wongs") graduated Magna Cum Laude from Loyola University Chicago Stritch School of Medicine in Chicago. He served his internal medicine residency at Northshore University Health System – Evanston Hospital in Evanston, Ill.

Dr. Vaewhongs is a native of Chicago, and comes to Freeport from Rockford, where he has cared for patients at the Veterans Administration Rockford Clinic.

To make an appointment with Dr. Vaewhongs, call his office at 815-599-7740.



your family's health; many diseases, including high blood pressure, diabetes and some types of cancer, tend to "run in the family." If your father had diabetes, for example, your provider may want to keep a close eye on your blood sugar levels.

Armed with knowledge about your personal health history and the health history of your immediate family, your provider will work with you to get and keep you healthy. This may involve talking about your diet and exercise habits, prescribing medications to control a chronic health problem, or just a regular checkup if you're already in good health.

## Appointments with Your Primary Care Provider

Many adults see their primary care provider only for regular checkups and if they get injured or sick. If you have a chronic health issue, like high blood pressure, you'll probably see your provider more often.

If you have small children, you're likely to be quite familiar with your child's primary care provider. Well-child visits are more than a checkup; they're a chance for parents to ask questions about their child's health and development.

FHN's pediatricians and family healthcare providers also are available to help you and your child through the bumps and bruises, and coughs and colds of childhood. Your child's healthcare provider will talk to you about what to do if you have after-hours concerns or questions.

## Who's Right for You?

You can find information on all of FHN's primary care providers online at [www.fhn.org](http://www.fhn.org). If you'd like help finding the right provider for you, or are ready to make an appointment, call FHN's physician referral service toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 975.

## ALPHABET SOUP

One of the first things you'll probably notice as you look for a primary care provider is his or her credentials, indicated by the letters after their name. What do all those letters mean?

The provider we all know as "doctor" will likely have an **MD** or **DO** after his or her name. MD stands for Medical Doctor, and DO stands for Doctor of Osteopathy. Both MDs and DOs complete an undergraduate degree and a four-year degree from a medical school, and then must pass licensing exams after rigorous internships and residency training.

**PA** stands for Physician Assistant, a provider who has completed an undergraduate degree and a master's degree in a medical program lasting two to three years. PAs can conduct physical exams, treat patients' illnesses and injuries, develop and carry out treatment plans, provide preventive healthcare counseling, suture wounds, assist in surgery, order and interpret lab tests and write prescriptions. PAs at FHN use the credential PA-C, which indicates that they are certified to practice with a physician's supervision.

**Nurse Practitioners** are registered nurses who have continued their education and clinical training and earned a master's degree in advanced practice nursing. A nurse practitioner can diagnose and treat routine or minor ailments, manage acute illnesses and injuries and work with patients to manage chronic conditions like diabetes and high blood pressure. Nurse Practitioners at FHN, in collaboration with other members of the FHN healthcare team, can order tests and prescribe medications.

A Nurse Practitioner's credentials indicate his or her area of practice and certification. At FHN, you'll find:

- Family Nurse Practitioner (BC-FNP)
- Adult Nurse Practitioner (BC-ANP)
- Geriatric Nurse Practitioner (BC-GNP)
- Nurse Practitioner for Women's Health (BC-NPWH)
- Certified Nurse Midwife (BC-CNM)

Nurse Practitioners can also earn a doctorate degree, earning the added credential of DNP.

## All of Your Healthcare Information in One Secure Place: At Your Fingertips.

MyFHN is an online tool that lets you get lab results, discharge instructions, and check your appointment history, in addition to seeing upcoming appointments. **Enroll online at [www.fhn.org](http://www.fhn.org)** – just click on MyFHN Patient Portal on the right side of the page at [www.fhn.org](http://www.fhn.org). Call the MyFHN Portal Coordinator at 1-815-599-6907 or toll-free 1-877-6000-FHN (1-877-600-0346), ext. 907 for further assistance.



# Feel Better, Do Good

## Have You Signed Up for Miles And Minutes?

What can you do in 30 minutes?

- You can watch a TV sitcom or game show.
- You can catch up with friends on social media.
- You can read a magazine.
- You can make a dent in your laundry pile or other chores.

The truth is, 30 minutes can go by pretty fast, especially if you're doing something fun.

Did you know that, according to the American Heart Association, just 30 minutes of moderate exercise 5 days a week can improve your health? That recommendation is at the heart of one of FHN's most popular programs, Miles And Minutes.

"One of the best things you can do for your health is to be active for at least 30 minutes most days of the week," says FHN President and CEO Michael Perry, MD. "We wanted to encourage people to get out and enjoy that exercise, and we wanted to support our communities' schools, so we decided to create a fun competition."

Over the past two summers, Miles And Minutes participants have logged their activity to win prize money for the school district of their choice, putting in more than 100,000 hours of physical activity and paying off for seven area school districts.

Participating in Miles And Minutes is free and easy to do – participants report online how many minutes they've spent on various activities, and those minutes are converted into "miles."

### Keeping it Fair and Fun

The online program normalizes miles based on the number of students in each school system to help ensure that all area school systems have an equal chance to win, no matter their

size or how many participants they enlist. (You can see the complete normalization index online at [www.fhn.org/walk\\_rules.asp](http://www.fhn.org/walk_rules.asp).)

First (\$2,000), second (\$1,000), and third (\$500) prizes in two categories will be awarded:

- school system with the most average "miles" logged per participant
- school system with the most "miles" total

The competition began May 31 and will run through Saturday, August 30. If you haven't registered, there's still time – you can sign up and participate through August 30, but all activity must be logged within two weeks after it has been completed.

There is no charge to participate, and anyone age 12 and older can join, including student athletes!

### Keeping Yourself and Your Family Healthy

Spending 30 minutes on physical activity at least every other day is likely to make you feel better every day. You might even find yourself spending a little extra time on your bike ride, walk, or in the pool. That's great!

"We wanted to show people how easy and fun it can be to fit exercise into their lives," Dr. Perry says. "Miles And Minutes is doubly rewarding, because people are getting the benefit of exercise while they're helping their school. We hope that when the contest



is over, people will continue to exercise because it helps them feel good and stay healthy."

You can follow the Miles And Minutes competition on Facebook ([www.facebook.com/FhnMilesAndMinutes](http://www.facebook.com/FhnMilesAndMinutes)) and Twitter @MilesAndMinutes.

## Insight

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