



Covenant Health *Wise*

Missy Kane: Healthcare Hero

You won't see her wearing a cape or leaping tall buildings, but Covenant Health fitness promotion coordinator Missy Kane is a hero, nonetheless. She is the latest recipient of the Knoxville Business Journal's "Healthcare Heroes" award for community outreach, in recognition of her years of hard work to make East Tennessee a place that's truly "fit" to live in.

A former Olympic runner and ex-collegiate track and field coach, Kane has spent most of her life being active and

athletic. Several years ago, she turned her focus to helping others learn the benefits of a healthy lifestyle when she joined Covenant Health.

One of her first projects was an exercise show, "Fit and Fun with Missy Kane," which still airs weekday mornings on East Tennessee Public Television. Kane also coaches the Covenant Health Marathon Team, a group of individuals from all walks of life who inspire their communities to get off the couch and get active.

When she's not coaching her marathon team during the winter, Kane teaches a 10-week power-walking class at West Town Mall. She leads hikes in the Smoky Mountains in the fall and spring and heads up hikes on local trails in the summer. As if that weren't enough, she can often be seen sporting a bike helmet and rolling down the road with a group of enthusiastic two-wheelers.

"Life is more fun when you're fit," Kane sums up.

If you'd like to keep up with Coach Kane, here are a few of her upcoming fitness events. For more information and to learn about new and ongoing programs, call Covenant Health at (865) 541-4500 or visit the official Missy Kane website at covenanthealth.com/missykane.

Get on Trails with Missy and Friends

Great Smoky Mtns. National Park
Wednesdays in October
Guided hikes to benefit Friends of the Smokies
www.friendsofthesmokies.org

Tour de Tellico

Tellico Lake, TN
Sept. 24, 2011
Biking event to benefit charities in Monroe/Loudon Counties
www.tourdetellico.com

Turning Leaf Tour

Townsend, TN
Oct. 23, 2011
Biking event to benefit Casting for Recovery
www.turningleaftour.com

BUDDY'S Race Against Cancer

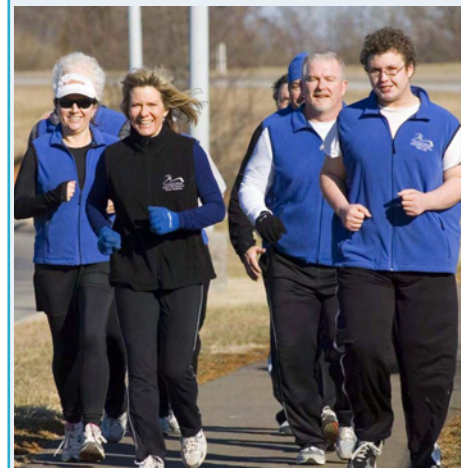
World's Fair Park, Knoxville, TN
Nov. 13, 2011
5k race/walk to benefit Thompson Cancer Survival Center Outreach
www.buddysrace.org

Get Out on Local Trails with Missy

Knoxville and Knox County Parks
Ongoing monthly
Hikes/Nature walks benefiting Legacy Parks Foundation
www.legacyarks.org

And catch Missy at the Food City Cooking Show, Friday, Sept. 23 at the Knoxville Convention Center!

Team Up with Coach Kane



Members of the 2011 team get in a brisk run at Fort Sanders Health and Fitness Center.

If you need to lose some weight and you don't mind letting the world know it, sign up for Missy Kane's marathon team. The Biggest Winner Weight Loss Challenge is part of the Covenant Health Knoxville Marathon.

Marathon organizers will choose a handful of team members from the stack of applications. The new team will be given the tools to win the battle of the bulge. Not only will team members be coached by Kane, they will also benefit from training at Fort Sanders Health and Fitness Center, a medically supervised diet and exercise program with Covenant Weight Management Center, and shoes from New Balance Knoxville.

For a printable application, visit covenanthealth.com/biggestwinner. The deadline for entries is Sept. 9, 2011.



Covenant Health
Knoxville Marathon 2012



Covenant HEALTH

Fort Loudoun Medical Center
Fort Sanders Regional Medical Center
LeConte Medical Center
Methodist Medical Center
Morristown-Hamblen Healthcare System
Parkwest Medical Center

Roane Medical Center
Covenant Breast Centers
Covenant Sleep Centers
Covenant HomeCare
Covenant Medical Management, Inc.
Covenant Joint Centers

Covenant Spine Centers
Covenant Therapy Centers
Fort Sanders West
Patricia Neal Rehabilitation Center
Peninsula
Thompson Cancer Survival Centers