

HealthQuest Wellness Champion Network Monthly Webinar Thursday, October 10 at 11:30am

Toll-free call in number: 1-800-391-9177
Conference Code: 399 756 1793#
Please sign in with full name of all attendees
Please press *6 to mute/unmute your line



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Agenda

- Welcome **16** new champions!
- HealthQuest Biometric Screening Update
- Maintain Don't Gain Challenge – Coming Soon!
- Wellness Champion Network Motto
- Walktober and Move Across Kansas
- Healthy Strategies for Fall Fun
- Open Discussion

Welcome New Champions!



If this is your first WCN webinar, please type your name in the chat box on the Webex. I will call on each of you to introduce yourself!

- Your Name
- Agency/Group and Job
- Fun Fact / Favorite Physical Activity

HealthQuest Biometric Screenings

October 2013 - June, 2014

- 222 events at worksites across the state!
- Make an appointment
 - www.KansasHealthQuest.com
 - 1-888-275-1205, option 5
- If none at your location, find one nearby
 - <http://www.kdheks.gov/hcf/healthquest/screening.html>
- Download promotional poster
 - <http://www.kdheks.gov/hcf/healthquest/documents.htm>

Maintain Don't Gain



November 4 - December 16
 Last Day to Enter Activity: December 23
 Challenge Goal = 150 points
 Earn 5 credits!



Participants will earn 1 point per activity per day by completing the following activities (6 max points per day):

- Weighing yourself
- Eating a healthy breakfast
- Eating a healthy lunch
- Exercising 30 minutes or more
- Limiting sweets to 1 serving or less
- Limiting alcoholic or sugary beverages to 1 or less

Track your activity on www.KansasHealthQuest.com or on the Mya Mobile Challenge App. You can also track your activity on a paper tracking form and enter it to the wellness portal by 12/23/13.

Wellness Champion Network Motto

mot·to

noun

A short sentence, phrase or brief statement chosen to encapsulate the beliefs or ideals guiding an individual, family, institution or group.

The Results are In!

- You all submitted 20 total options for a Wellness Champion Motto.
- The top three voted choices are:
 - Aspire Today. Inspire Tomorrow.*
 - Your Health – Your Choice*
 - Wellness – From Attitude to Action*

Walktober!

Consider promoting your own "Walktober" event at your worksite!

WALKTOBER 2013
 Tuesday, October 1 through Thursday, October 31
 Community Challenge

Make the most of fall
 by spending the month of **WALKTOBER** moving!
 By participating, you are starting a regular, healthy habit. Daily walking helps:

- Maintain a healthy body weight
- Reduce the risk of stroke and diabetes
- Improve your mood

Ready to sign up?
 Go to [hwcwichita.org](http://www.hwcwichita.org) to register and download your challenge card.

<http://www.hwcwichita.org/Walktober.html>

Move Across Kansas! Final Route: October

Earn 2 credits for each completed route!

Progress Map Activity Weight (Optional) Fitness Level (Optional) Resting Heart Rate (Optional) Monthly Route C

Exercise Minutes

This Week: 120
 This Month: 370

This Year: 3040
 % to Finish: 50%

You are 50% to the finish. You have 50% left to go.

Credits: Points of interest along the 'Discovering Dinosaurs and Sea Monsters Yellow Brick Road Trip' route were compiled by Kansas Department of Wildlife and are used with their permission. Please contact the agency for more information.

www.moveacrosskansas.ks.gov

Fall Fun with a Healthy Twist

Enjoy yourself but have a game plan!

Pumpkin Veggie Tray



Banana Yogurt Ghosts



[Recipe](#)

[15 Healthy Halloween Party Snacks](#)

[Halloween Snack Alternatives](#)

[Spiced Roasted Pumpkin Seeds](#)

Apple "Bites"



[Recipe](#)

Peanut Butter Pumpkins



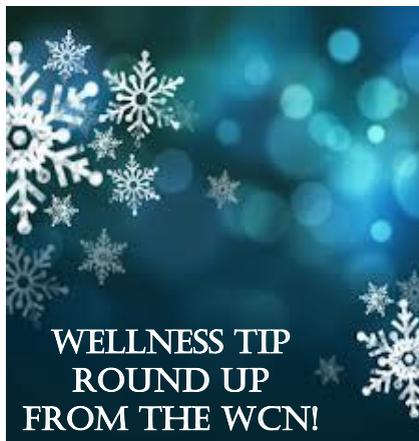
[Recipe](#)

[A Healthy Take on Your Tailgate](#)

[More Tips for a Healthy Tailgate](#)

WCN Healthy Tip Round-Up

In preparation for *Maintain Don't Gain!*



- Submit (email Marissa) a healthy tip for staying on the wellness track during the holiday season.
- Your healthy tip can be related to any wellbeing topic – stress, finances, nutrition, exercise, happiness... etc!
- Your tips may be featured in one of the Maintain Don't Gain Challenge weekly resource emails!
- Please cite the source of your tip/information/recipe.

Thank You for Attending Today!

- Next Meeting is Thursday, November 14
- Secret Question – send Marissa your final vote for the motto
 - Aspire Today. Inspire Tomorrow.*
 - Your Health – Your Choice*
 - Wellness – From Attitude to Action*
- Open Questions / Comments