

# HealthQuest Wellness Champion Network Monthly Webinar Thursday, November 14 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 new champions!
- Maintain Don't Gain Challenge
- Wellness Champion Network Motto
- Health Promotion Spotlight
- Great American Smokeout – November 21!
- HealthQuest Social Media – Facebook and Twitter
- Wellness Tip Round-Up
- 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

## Maintain Don't Gain

*November 4 — December 16*

Join this wellness challenge to practice habits that are supportive of maintaining your weight while celebrating a healthy holiday season!

### How the Challenge Works

Earn 1 point per activity per day by completing the following activities:

- 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

### How to Track Your Activity

- Track all activity on the wellness portal at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com).
- You may print and use the paper tracking form for convenience and enter your points online later.
- The challenge ends on December 16; be sure to record all activity points online by December 23.
- Accumulate 150 daily points by December 16 to successfully complete the challenge.
- 5 credits will be awarded to your HealthQuest account when you complete the challenge!



**What ideas do you have for promoting the challenge at your location?**

**Shari from  
Kansas Department of  
Wildlife, Parks and Tourism**

- Her building is shared by 5 agencies.
- Using 2 magazine organizers (boxes) wrapped in Christmas gift wrap with a bow and a “Maintain Don’t Gain’ label, she displayed 10 of the tracking forms in each box.
- She taped one box to the horizontal handle of a stationary door that all will see upon entering and taped the poster to the window above the box. She put the other box on a counter in the break room.
- So far, 7 out of 20 of the tracking forms were taken!

## Wellness Champion Network Motto

### *Wellness – From Attitude to Action*

*Submitted by Crystal Malchose*

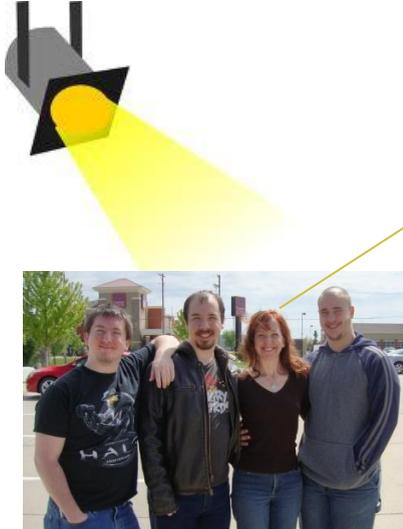
<p style="text-align: center;"><b>Using the Motto:</b></p> <ul style="list-style-type: none"> <li>• In your email signature</li> <li>• On any electronic or printed communication materials you create for your own location</li> <li>• When you describe the Wellness Champion Network to you co-workers and prospective champions</li> </ul>	<p><b>Marissa (Szukala) Kalkman, MS, CHES, ACSM-HFS</b>                  Alere Onsite Health Promotions Manager                  HealthQuest Program  <i>Wellness – From Attitude to Action</i>                  Ask me about the Wellness Champion Network!  <a href="#">Follow HealthQuest on Facebook</a></p> <p>Landon State Office Building                  900 SW Jackson, Suite 900                  Topeka, KS 66612  <a href="mailto:Marissa.Kalkman@alere.com">Marissa.Kalkman@alere.com</a>                  785-296-8198 [Desk]                  913-302-7210 [Mobile]</p>
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*Wellness – From Attitude to Action*  
 Ask me how to become a Wellness Champion!

## Health Promotion Spotlight!



### Crystal Malchose from Pottawatomie County

- Inspiration for the motto she submitted
- Why she decided to become a wellness champion
- What she has enjoyed most about her time with the Wellness Champion Network
- Some of the ways she's promoting wellness and the HealthQuest program (or planning for this year) at Pottawatomie County
- Her go-to resources, websites, mobile apps, etc. that she uses for her own wellness and to share with her co-workers

## Great American Smokeout! Thursday, November 21

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting — even for one day — smokers will be taking an important step towards a healthier life — one that can lead to reducing cancer risk.

### The history of the Great American Smokeout

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/history-of-the-great-american-smokeout>

### Smokeout Printable Tools and Resources

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/toolsandresources/resources>

### Toolkit

- page 12 has some simple promotion ideas
- page 13 has information about the Quit for Life Mobile App
- page 15-23 has communication inserts and the Desktop Helper (countdown application)

<http://www.cancer.org/acs/groups/content/@editorial/documents/document/acspc-035057.pdf>

<http://www.cancer.org/healthy/stayawayfromtobacco/greatamericansmokeout/index>

## HealthQuest Social Media

<https://www.facebook.com/KansasHealthQuest>



Quick Poll:  
Social  
Media  
Usage

<https://twitter.com/kshealthquest>



## WCN Wellness Tip Round-Up

Share your tips for *Maintain Don't Gain!*



- It's not too late... Submit (via email to [Marissa.Kalkman@alere.com](mailto:Marissa.Kalkman@alere.com)) a healthy tip for staying on the wellness track during the holidays. **Please submit by 11/18/13 to be considered for use in a weekly resource email during the challenge.**
- Your healthy tip can be related to any wellbeing topic – stress, finances, nutrition, exercise, happiness... etc!
- Please cite the source of your tip/information/recipe.

## Thank You for Attending Today!

- Next Meeting is Thursday, December 12
- Secret Question –  
Like HealthQuest on Facebook and/or Twitter and confirm via email that you did (if you do not use these sites, just respond that you are not a follower ☺)
- Open Questions / Comments