

HealthQuest Wellness Champion Network Meeting

Thursday, December 13th 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



Agenda

- Introduce Marissa
- Maintain Don't Gain Update
- Governor's Weight Loss Challenge
- Leadership Training
- New Year New You Challenge
- February: Go Red for Women
- Tips to stay active during the holiday

Marissa Szukala, MS, CHES, ACSM-HFS

- Health Education and Health Fitness Specialist
- Passionate for fitness and nutrition education and loves to help people work toward their goals for health improvement
- Experience in health promotion and fitness in settings such as a large university, a hospital system and multiple corporate employers



Maintain Don't Gain Update

- **3,289** participants have started the challenge
- **1,200** have completed the challenge (36%)
- Ends 12/19 - Record all activity online by 12/26



Governor's Weight Loss Challenge

- The Governor has announced a statewide Weight Loss Team Challenge for the 2013 legislative session.
- The challenge will run from January 15 through May 15, 2013. Team registration begins December 17, 2012 and must be complete by Monday, January 14, 2013.
- Visit www.weightloss.ks.gov for more details and to register.
- **Earn 10 Credits** by completing the team challenge and submitting a Self-Report Form on the portal. The form will be available May 15 – July 31, 2013.

Leadership Development Training

- The curriculum is based on feedback from your Wellness Champion Career and Leadership Development Survey
- Training will consist of three 45-minute webinar modules in January, March and May
- Upon completion, Wellness Champions will receive a **Leadership Completion Certificate** to display in your work space
- Module 1 in January:
How to Inspire Your Co-workers to Live a Healthier Life Using the Science of Habits

New Year New You

- **January 16 - February 13, 2013**
- Worth 5 credits for Rewards Program!
- Goal is to earn a total of **50 activity points** by February 13 (must record online by February 20)
- Participants will **earn 1 point per activity per day** by completing the following activities:
 - Getting 7 hours of sleep
 - Eating a whole grain
 - Eating 3 or more servings of fruits and/or vegetables
 - Completing 30 minutes of physical activity

February Is National Heart Month

- **National Wear Red Day** is **Friday, February 1, 2013**
- Raise awareness about Heart Disease and inspire women to take action to reduce their risk
- Since the start of the campaign, there have been significant outcomes:
 - 21% fewer women dying from heart disease
 - 23% more women aware that it's their No. 1 health threat
- More information and (free!) resources to share with your co-workers at <http://www.goredforwomen.org/wearredday/resources/>



Tips for an Active Holiday Season

- Treat your workout like a standing meeting or appointment in your day. You wouldn't want to skip your doctor/dentist appointment, so think of your workout in the same way and try not to skip it even during the busy holiday weeks.
- Try combining your exercise with family activities – go for a group walk, try ice skating, play outside in the fresh air or make a game of including exercises during TV commercial breaks.
- Try fitting in a quick home routine between your holiday plans – early in the morning before you leave for work, mid-day on a day off or before you get ready for your next holiday party.
- For more healthy holiday tips for you and your family, visit <http://www.cdc.gov/family/holiday/>

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue