

# HealthQuest Wellness Champion Network Monthly Webinar

Thursday, February 13 at 11:00-11:45am

**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

- Welcome New Champions!
- Chill Out Challenge Update
- National Wear Red Day (February 7) Recap
- March – National Nutrition Month
- Wellness Champion Video Story
  - [Vanessa Newton, KU Career Center](#)
- Connecting with Other Champions
- 10 Vital Behaviors of a Self Leader #2
  - [Jack Bastable, CBIZ](#)



Happy Valentine's Day!

## 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

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- January 15 – February 12, 2014
- Last day to enter points is **February 19!**
- Participation Stats as of 2/10/14:
  - **3,201** total participants
  - **1,469** earned the challenge goal (**46%**)!

Do you have any success stories to share from this challenge - either for yourself or co-workers that you heard from? Share now on the phone/webinar chat or after the meeting to [Marissa.Kalkman@alere.com](mailto:Marissa.Kalkman@alere.com)

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# National Wear Red Day®

Moment to Share Initiatives from February 7, 2014



Kansas Department of Health and Environment

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# National Nutrition Month® 2014

**eat right.** Academy of Nutrition and Dietetics



## Here's a tip...

Download our free Eat Right Nutrition handouts now available at

[www.eatright.org/nnm](http://www.eatright.org/nnm).

Direct Link to the Toolkit:

[http://www.eatright.org/nnm/toolkit/#.Uvw\\_zGldUxi](http://www.eatright.org/nnm/toolkit/#.Uvw_zGldUxi)

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## Promote HealthQuest Health Coaching for Nutrition Guidance

Does your **afternoon** ever feel 12 hours long?

There are hundreds of snacks at 100 calories or less. Try these for starters:

- 3 cups plain air-popped popcorn
- 8 shrimp cocktail
- Half a cantaloupe
- 1/3 cup oatmeal topped with 1/4 cup berries

*Sometimes the stretch between lunch and dinner seems like forever. Often, a snack can get you through the afternoon. Healthy snacking in moderation, at the right time of day, can keep you from wanting the wrong snacks throughout the day. Your personal coach can recommend countless ways to snack smarter. Best of all, the program is free as part of your benefits plans.*

**Enroll with a HealthQuest Health Coach. 1-888-275-1205, Option 4**

[www.KansasHealthQuest.com](http://www.KansasHealthQuest.com)

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\*Sample flyer. Marissa will provide additional materials with the meeting recap.

## Wellness Champion Video Story

Thank you, Vanessa!

Vanessa | HealthQuest Wellness Champion  
University of Kansas

Vanessa | HealthQuest Wellness Champion

kansashealthquest · 36 videos

Subscribe 28

1 view

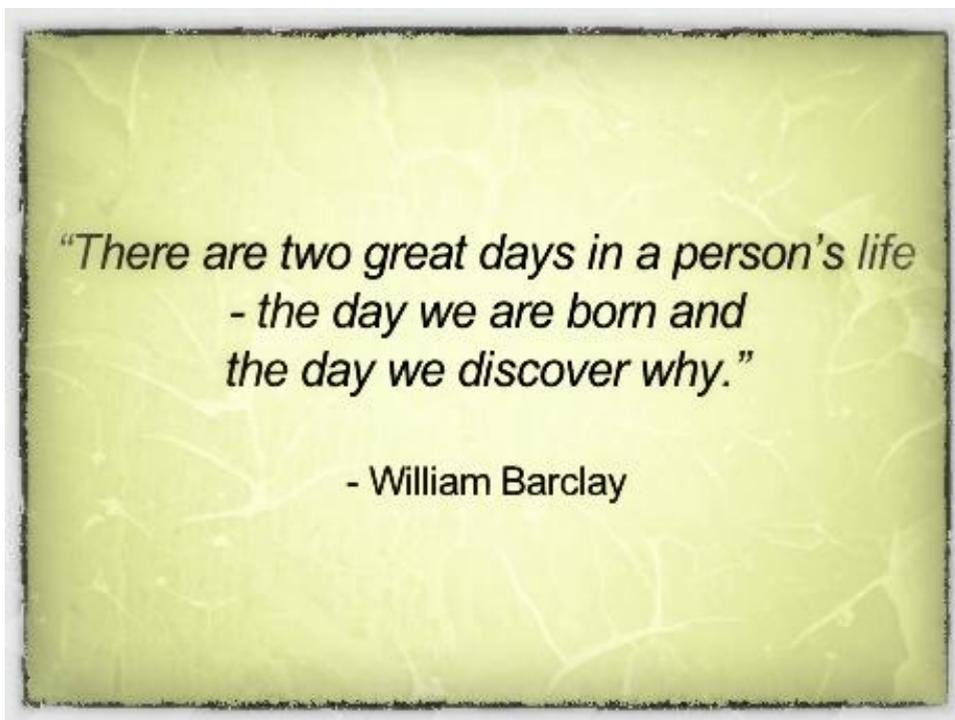
YouTube Link: <http://youtu.be/GpEYVq9F7TE>

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**#1 Self-Leaders take responsibility for their personal happiness and wellbeing.**



*"There are two great days in a person's life  
- the day we are born and  
the day we discover why."*

- William Barclay



**#2 Self-Leaders have a written purpose or mission statement, based on their set of defined personal values, along with a life-career development plan.**

## **#2 Self-Leaders have a written purpose or mission statement, based on their set of defined personal values, along with a life-career development plan**

- They view the “ladder of success” realistically and more of as a “climbing wall”
- They understand opportunities are not always clear, often they must be found or created and the path may not be straight OR without risk—but passivity isn’t an option
- They recognize networking as one of their most important professional development habits

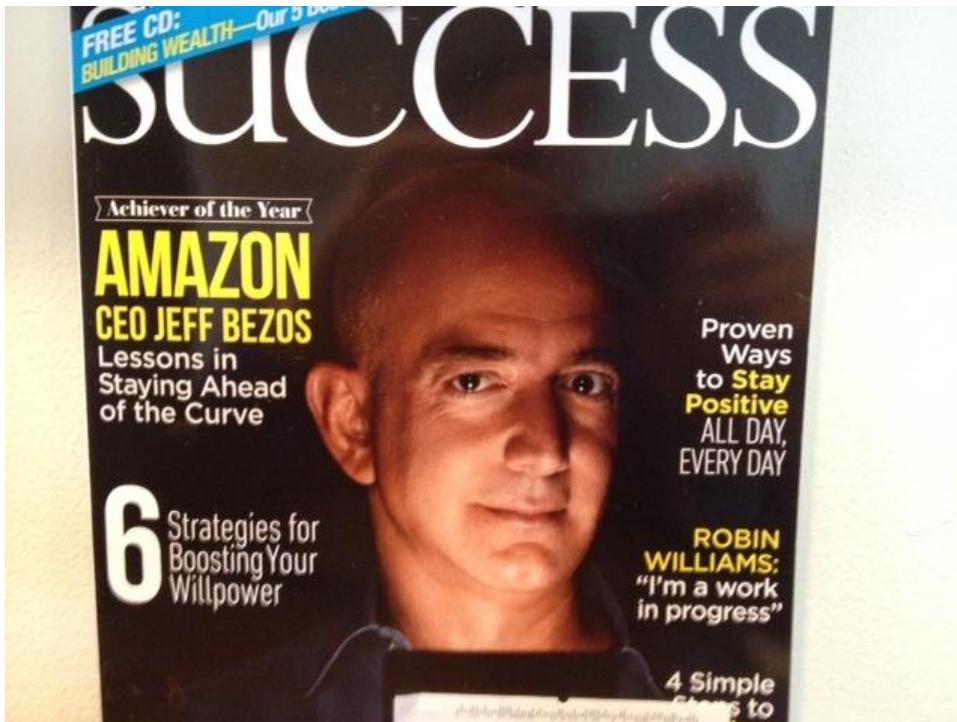
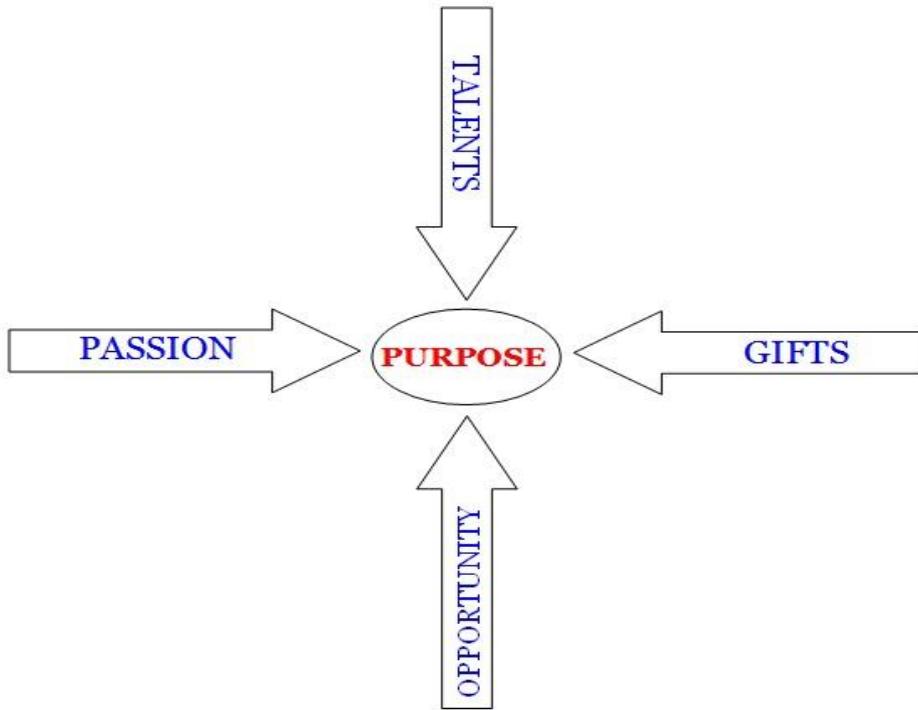


Kiersten Essenpreis

### **Resources:**

[www.franklincovey.com/msb](http://www.franklincovey.com/msb)

<http://thinksimplenow.com/happiness/life-on-purpose-15-questions-to-discover-your-personal-mission/>



## **Thank You for Attending Today!**

- Next Meeting is Thursday, March 13 at 11-11:45am
- Secret Question
- Open Questions / Comments

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