

HealthQuest

Wellness Champion Network Meeting

Thursday, February 14th 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



2

Happy Valentine's Day

Enjoy some heart-healthy* chocolate today!



Your best choice is **dark chocolate** that is not highly processed. The cocoa in this type of chocolate is high in **flavanols**, which have potential influences on vascular health, such as lowering blood pressure, improving blood flow to the brain and heart, and making blood platelets less sticky and able to clot.

*As cautioned in the source article, be careful about the type of dark chocolate you choose and watch out for those extra ingredients that can add lots of extra sugar and calories.

Agenda

- HealthQuest Updates:
 - New Year New You Stats
 - Introduction to the *Mya*[™] Challenge App
- Health Promotion Spotlight: Healthy Hornets Challenge
 - Mike Wise, Emporia State University

New Year New You Stats

- **3,669** participants started the challenge
- **1,989** completed the challenge (**54%**)!



Mya™ Challenge App

- Beginning with the Reach Your Peak challenge in April, you will have the option to track your challenge activity using the mobile device app called **Mya™**
- Download the free **Mya™** app through the App Store or Google Play
- Login with the same User ID and Password that you use on www.KansasHealthQuest.com
- The app works with iOS devices (iPhone, iTouch, iPad) or Android devices



ESU RECREATION SERVICES MISSION STATEMENT

Our mission is to enable campus community members to enhance and improve their quality of life by providing desired recreation facilities, programs, activities, events, and services.

**Studies have shown that persons that exercise regularly, and eat a healthy diet are more productive, happier and reduce their risks of serious medical issues significantly*

WORK WITH DEPARTMENTS WITH COMMON GOALS

1. Student Wellness
2. Department of Health, Physical Education and Recreation.

GOALS

1. Help the campus community in developing positive lifestyle management skills
 - *Make it fun
 - *Make it educational
 - *Make it so ESU employees have no excuses to not participate
2. Create a well rounded program (Exercise, nutrition and mental wellness)
3. Create a learning experience for the health promotion students
4. Encourage and assist ESU faculty and staff in gaining credits toward their HealthQuest reward of a \$480 insurance premium discount.

GOAL TRACKING/ACHIEVMENT

1. Track weekly lifestyle habits
2. Focus on a different area of wellness each week
3. Assess wellness
4. Assess learning

Learning Outcome

1. Participants will be able to identify the different areas of wellness.
2. Participants will be able to identify and track their lifestyle habits.
3. Participants will be able to identify and communicate through writing, what they were able to learn to improve their personal wellness.

Healthy Hornet Participation

2012		2013	
<u>Men</u>	<u>Women</u>	<u>Men</u>	<u>Women</u>
67	139	47	195
<u>Fac./Staff</u>	<u>Student</u>	<u>Fac./Staff</u>	<u>Student</u>
140	66	134	108
<u>Total</u>		<u>Total</u>	
206 Participants		242 Participants	

What is the Healthy Hornet Challenge?

The Healthy Hornet Challenge is designed to encourage healthier living through physical activity, nutrition, and overall wellness. This six week program is designed with incentives to help develop a commitment to healthy lifestyle choices. This opportunity is FREE for ALL students, faculty and staff. ESU Faculty/staff will also have free access to the student recreation center while participating in the event.

From **January 28, 2013, through March 8, 2013**, your challenge is to gain as many points as possible each week, report your points to your team captain, and get healthy! This year we have added new activities and added more chances to earn points, so there will be plenty of opportunities to win some cool prizes and awards!

This will be a team challenge (4 members per team), however we will be giving out individual prizes as well. We hope you will find this fun and encouraging in developing positive lifestyle changes.

Healthy Hornet Registration Form

Name _____
 Email _____
 ESU ID # _____
 Phone _____

Team Name _____ Captains Name _____

Check One: Individual Participant
 Team

Check One: Student Team
 Faculty/Staff Team

My personal Goal for the challenge time period of January 28 through March 8 is:

Check the box if you would like a free physical fitness assessment
**Highly recommended for HealthQuest participants*

*Testing will include blood pressure, cardiovascular fitness, muscular fitness, flexibility and body composition testing.

I agree with the terms stated below

WAIVER OF LIABILITY AND RELEASE FORM

Individual participants should be duly aware of the risks and hazards involved when participating in recreation and fitness activities. Participation is voluntary and this signed waiver serves to provide as an informed consent, whereby the individual signing the waiver chooses to utilize ESU

HOW TO EARN POINTS

Each week points will be awarded for **participating in healthy habits**. You will use the provided PDF or Excel spreadsheet to track your progress throughout each week. There will also be opportunities for **bonus points each week through special events**.

1. Download the personal tracking sheet and track your weekly progress.
2. Attend special events each week to receive bonus points.
** You can track special events on your Punch card, and turned it in for the drawing at the conclusion of the challenge.*
3. Turn in individual score sheet to team captain.
4. Team captains will submit the score sheets each week to healthyhornet@gmail.com

2013 Healthy Hornet Challenge

Individual Scoresheet

Name _____ Team Name _____ Date _____ Weekly Total _____

Daily Points	Points Awarded	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Activity									
Exercise for at least 30 min/day (use the pool, fitness classes, cardio, etc)	2 points per day								
Strength train/toning at least 30 min/day	2 points per day								
Stretch at least 15 min/day	2 points per day								
Try a new form of exercise	2 points per week								
Nutrition									
Try a new, healthy food or recipe	2 points per week								
Eat 5-9 servings of fruits or vegetables	2 points per day								
Eat a healthy breakfast	2 points per day								
Drink 8 or more 8oz. glasses of water per day	2 points per day								
Consume 1 or less sweet treat per day	2 points per day								
Drink 4 or fewer alcoholic beverages per week	2 points per week								
No tobacco use	2 points per week								
Mental and Social									
Get 7 to 8 hours of sleep per day	2 point per day								
Take at least 30 minutes per day for yourself	2 point per day								
Do something healthy to reduce stress	2 points per week								
Workout with a friend	2 points per week								
Attend an ESU campus event (speaker, athletic event, concert, etc)	2 points per event								
One Time Points (you can pick which week you want to add these points to your weekly total, but they may only be added once)									
Physical exam (or within one year)	10 points								
Get a Flu Shot (or within one year)	10 points								
Create a Food Journal	10 points								
Visit Career or Health Services	10 points								
Join an Intramural Sport or Activity	10 points								
Participate in a local community event	10 points								
Volunteer your time for at least 4 hours	20 points								
Week Total (Don't forget to submit your points! Deadline is Monday at noon each week)									
If you have any questions or need assistance contact: Whitney Runer at 341-5944									

HEALTHY HORNET

WEEK 1

KICKOFF EVENTS: JANUARY 28
 * ATTEND LARGE CARDIO-KICK OFF CLASS AND RECEIVE 10 POINTS

TRI-FIT ASSESSMENTS: JANUARY 28-FEBRUARY 1
 * RECEIVE 10 POINTS FOR GETTING A BASELINE PHYSICAL FITNESS ASSESSMENT BY HEALTH PROMOTION STUDENTS

WEEK 2

FOCUS ON FITNESS: FEBRUARY 4- FEBRUARY 8
 * THE FOCUS FOR THIS WEEK WILL BE ON FITNESS. ATTEND GROUP FITNESS CLASSES EITHER AT THE STUDENT RECREATION CENTER OR AT THE HPER POOL. RECEIVE 5 POINTS FOR EACH CLASS (25 POINT MAX)

WEEK 3

FOCUS ON NUTRITION: FEBRUARY 11- FEBRUARY 15
 * STOP BY THE MEMORIAL UNION MONDAY-THURSDAY BETWEEN 10AM-1PM TO SPEAK WITH HEALTH PROMOTION STUDENTS FOR EDUCATIONAL TIPS AND IDEAS TO IMPROVE YOUR NUTRITION KNOWLEDGE AND HELP REACH YOUR NUTRITION GOAL. EARN 5 POINTS EACH DAY.

WEEK 4

FOCUS ON VARIETY: FEBRUARY 18- FEBRUARY 22
 * DON'T LET YOURSELF GET INTO AN EXERCISE RUT, HIT A RESULT PLATEAU, OR FIND YOURSELF FRUSTRATED. TRY A NEW FITNESS CLASS, INTERVAL TRAINING, OR CIRCUIT TRAINING. RECEIVE UP TO 20 POINTS.

WEEK 5

FOCUS ON YOUR MIND: FEBRUARY 25- MARCH 1
 * COME TO LUNCH AND LEARN CLASSES HOSTED BY THE STUDENT WELLNESS CENTER TO LEARN TECHNIQUES TO HELP REDUCE STRESS. LEARN ABOUT THE POSITIVES OF SLEEP, AND MUCH MORE TO HELP ACHIEVE A BALANCED LIFE. GAIN 10 POINTS FOR EACH CLASS ATTENDED.

WEEK 6

FOCUS ON YOU: MARCH 4- MARCH 8
 * FOCUS ON ALL OF THE HARD WORK YOU HAVE PUT INTO THE CHALLENGE BY PARTICIPATING IN A TIME PREDICTION SK WALK/RUN ON MARCH 6 ON THE ESU CAMPUS AND GET 10 POINTS. FOR 10 MORE POINTS COMPLETE THE EXIT SURVEY TO EVALUATE THE PROGRESS YOU HAVE MADE ON YOUR GOALS.



INCENTIVE POINTS (success metrics)

450 = Sport Bags (**Successful HealthQuest completion**)

750 = Healthy Hornet t-shirt (Faculty-Staff receive free SRC memberships through FY13)

Top student team receives a free team entry for each of team intramural leagues.

Top faculty/staff team receives free SRC memberships through FY13.

Completed Punch Card go into a drawing for a NOOK COLOR!



RESOURCES AVAILABLE

- 1) Healthy Hornet web page:
<http://www.emporia.edu/recsport/events/fitness-challenge.html>
- 2) Healthy Hornet registration form:
<http://www.emporia.edu/recsport/events/healthy-hornet-event-registration.html>
- 3) Personal trainers
- 4) Virtual personal training
<http://www.emporia.edu/recsport/getfit/virtual-training.html>
- 4) My fitness Pal app
- 5) QR codes on all cardio and variable resistance machines.



Agency Wellness Program

- Additional Self-Report Form category on the wellness portal for 5 credits
- For agency wellness programs such as the Healthy Hornets Challenge, you can promote it as an opportunity to earn 5 credits
- A code will be provided to completers to enter into the Self-Report Form (required to submit the form)
- **Please submit your project to HealthQuest ahead of time for approval**

Request for Proposals

Do you have a health promotion initiative planned for your location?

Are you looking for a way to reward your co-workers or encourage them to participate?

HealthQuest can help! For your chance to earn pedometers or portion plates to use for your initiative, please submit a proposal to Marissa.Szukala@alere.com with this information:

1. Description of the initiative you have planned
2. The number of items you need
3. A commitment to share the results of your initiative

Supplies are limited. Proposals will be reviewed and responded to in the order that they are received.

Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue