

# HealthQuest Wellness Champion Network Meeting

Thursday, April 12th at 11:30am

Toll-free call in number: 1-800-391-9177  
Conference Code: 501 765 7935#  
Please sign in with full name of all attendees  
Please press \*6 to mute/unmute your line



2

## Agenda

- Announcements
- Program Updates
- Health Promotion Spotlight – Andy Fry
- Kansas Commuter Stats
- Duathlon Blog
- Social Media Update
- Fitness Tip
- Questions, Comments & Open Dialogue

## Announcements

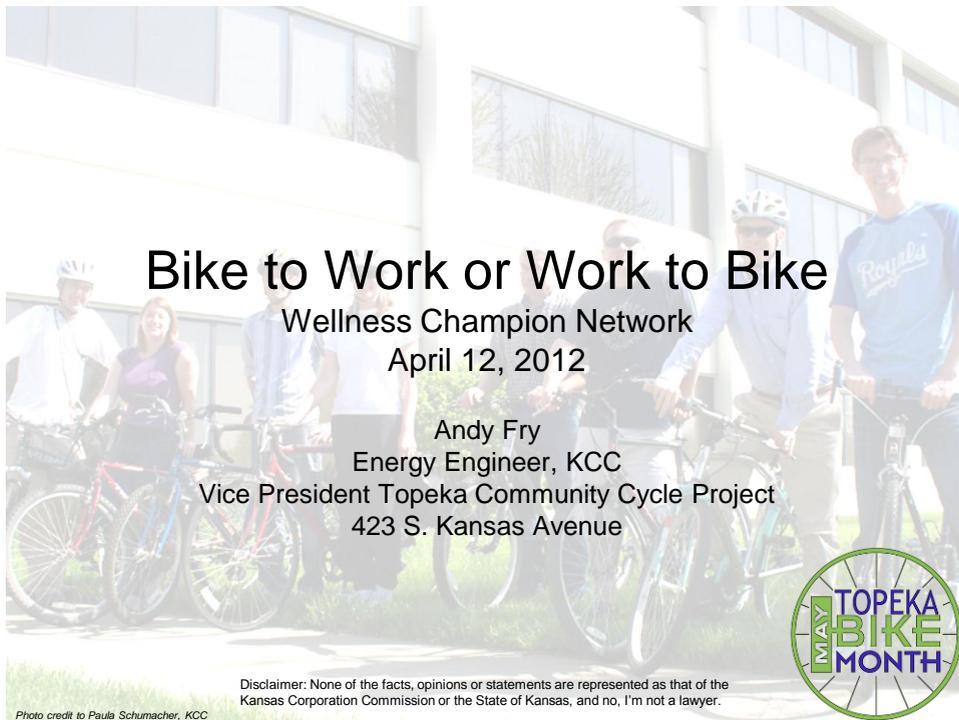
- Save the Date!
  - Wellness Champion Network Summit
  - Friday, May 18<sup>th</sup>
  - 9:00am – 12:00pm
  - Topeka and Shawnee County Public Library
- Watch for RSVP Next Week

## Program Updates

- **12,140** active employees have completed the requirements for the 2013 discount
  - **March Meeting = 8,552**
- **29,075** active employees have registered on the portal
  - **March Meeting = 27,320**
- **14** new hire (3/1/12 or later) employees have completed the health assessment

## Health Promotion Spotlight

- May is National Bike Month
  - [Andy Fry](#)
    - Kansas Corporation Commission
    - Project Topeka Coordinator
    - Vice President of the Topeka Community Cycle Project



# Biking to Work

When you are ready to take to the road, here are some tips:

1. When riding in town, paralleling main thoroughfares, using residential streets
2. Ride like you're part of traffic
3. Utilize the "Dead-Red Law," when appropriate
4. Do not ride on sidewalks in the City of Topeka
5. If you ride after dark, have a headlight and reflectors



Photo credit to Leon Fundenberger, KNI

# Biking to Work

In Topeka and Kansas in general it is an exciting time in the bicycling and bicycle commuting worlds with headlines like:

- "Planning group adopts bikeways plan"  
[www.rdgusa.com/crp/downloads/TopekaBikeways.pdf](http://www.rdgusa.com/crp/downloads/TopekaBikeways.pdf)
- Future development in the implementation of the Bikeways Plan as well as Complete Streets related projects furthers the possibilities to navigate Topeka on a bicycle or as a pedestrian!



Photo credit to Karl Fundenberger

## Biking to Work

- If commuting to work by bicycle isn't your thing, you can still reap the health and recreation benefits of bicycling.
  - Start riding for short distance errands after work and on weekends.
- Take a back-pack or messenger bag to make transporting things easy.
- If you find you enjoy these short jaunts expand your ride territories



## Topeka Biking Organizations

- Topeka Community Cycle Project
  - Nonprofit, all-volunteer community bike shop
  - [www.facebook.com/cycleproject](http://www.facebook.com/cycleproject)
  - [www.cycleproject.org](http://www.cycleproject.org)
- Kaw Valley Bicycle Club
  - Promote cycling through sponsoring rides and bicycle advocacy in local and state government
  - <https://www.facebook.com/kawvalley>
  - [www.kvbc.org](http://www.kvbc.org)

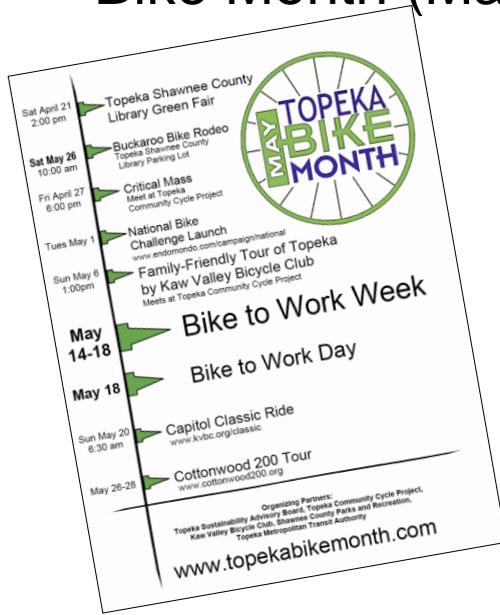


Kaw Valley Bicycle Club  
Topeka, Kansas



Photo credit to Robert Tinoco

# Bike Month (May) in Topeka



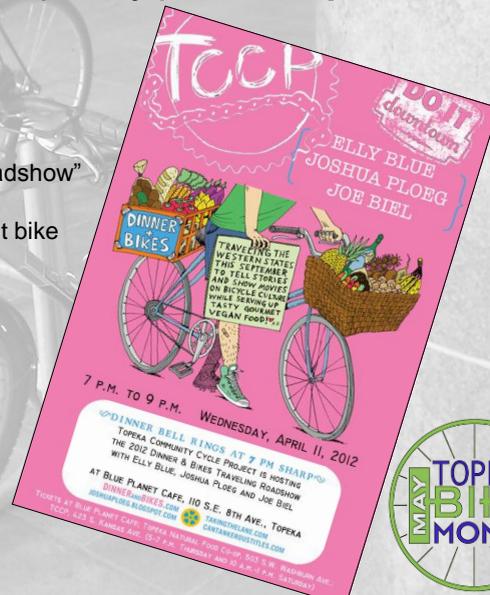
Collaborative effort to create family oriented, entertaining and fun bike-related events between:

- Kaw Valley Bicycle Club
- Topeka Community Cycle Project
- Topeka Sustainability Advisory Board
- Shawnee County Park and Recreation
- Topeka Metropolitan Transit Authority



# Bike Month (May) in Topeka

- First event was held April 11
- Sponsored by TCCP
- “Dinner & Bikes Traveling Roadshow”
- A meal and presentation about bike culture and infrastructure was provided at Blue Planet Café



## Bike Month (May) in Topeka

- Additional Events include:
  - **May 17<sup>th</sup>** – Top City Thursday Downtown downtown ride
  - **May 22<sup>nd</sup>** – Traffic Safety/ Bicycle Laws Informational Presentation
- Specifics and times will be found at [www.topekabikemonth.com](http://www.topekabikemonth.com)
- Further info on Bike Month Nationally can be found at [www.bikeleague.org/programs/bikemonth](http://www.bikeleague.org/programs/bikemonth)



## Bike to Work Week/ Day

- Goal : Encourage and promote cycling to work as a viable alternative in an effort to promote physical as well as financial wellness!
- Nationally Promoted by League of American Bicyclists, [www.bikeleague.org](http://www.bikeleague.org)
- Bike to Work Week: May 14-18
- Bike to Work Day: May 18
- League of American Bicyclists estimates .4% of Topeka residents, 2.2% of Lawrence residents and 0.5% of Wichita residents commute by bicycle to work.



# Get Up & Ride National Bike Challenge

- [www.nationalbikechallenge.org](http://www.nationalbikechallenge.org)
- Free contest, asking participants to log the miles they riding of all sorts (commuting, recreating or transporting etc.)
- Helps track statistic of city as a whole
- Provides opportunity for competition among businesses, different organizations and individual riders
- Offers prize drawings for certain levels of miles ridden within Bike month (May), June, July and August
- HealthQuest developed a tracking form to log your miles during Bike to Work Week - Earn 2 credits as a HealthQuest Approved Activity!



## Bike to Work or Work to Bike

Thank You!

Contact info:

Andy Fry

[farmerfry@gmail.com](mailto:farmerfry@gmail.com)

785-608-1947

**\*\*Sneak Peak: Watch for announcements related to a large bicycling and downtown community event to come in August 2012! Hint, YouTube the Word "Ciclovía"! \*\***



## HealthQuest Bike To Work Week Tracker



### Bike To Work Week

May 14-18, 2012



Total Miles Monday	Total Miles Tuesday	Total Miles Wednesday	Total Miles Thursday	Total Miles Friday	Total Miles For Bike To Work Week

If you participate in Bike to Work week, it would count as a HealthQuest Approved Activity worth **2 credits** for the **HealthQuest Rewards Program!** Employees must report their participation on the wellness portal at [www.KansasHealthQuest.com](http://www.KansasHealthQuest.com) to receive credit. A maximum of 6 credits can be earned for approved activities.

<http://www.bikeleague.org/programs/bikemonth>  
<http://www.kdheks.gov/hcf/healthquest>



## Kansas Bike Commuter Stats-2010 American Community Survey

City	State	Population	Total Workers	Percentage of Bicycle Commuters	Number of Bike Commuters
Lawrence	Kansas	92,718	48,799	2.20%	1,062
Wichita	Kansas	383,142	180,178	0.50%	832
Topeka	Kansas	127,727	57,427	0.40%	213
Overland Park	Kansas	173,909	90,218	0.20%	212
Olathe	Kansas	126,256	67,592	0.20%	134
Kansas City	Kansas	147,798	60,583	0.10%	57

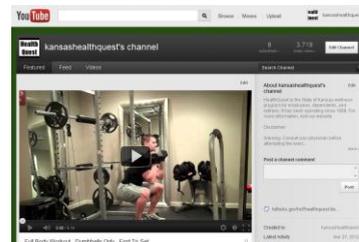
## Duathlon Blog

- Story about “rookie” season in multisport racing
- 4 posts to date
  - Getting Started
  - 99 Training Days
  - Shoe Saga
  - Gear Head



## Social Media Update

- Blog:
  - [www.healthquestkansas.com](http://www.healthquestkansas.com)
  - Average 15 hits per day
- Facebook:
  - <http://www.facebook.com/KansasHealthQuest>
  - 484 “Likes” & increasing member participation
- Twitter:
  - <http://twitter.com/kshealthquest>
  - 38 Followers
- YouTube:
  - <http://www.youtube.com/user/kansashealthquest>
  - 2 new workout videos & 3,808 total video views!



## Fitness Tip

- **Exercise Ball as a Desk Chair?**
  - Individuals who use them speak about relief from back pain, muscle strengthening, and calorie burning as benefits
  - Current research doesn't really support using exercise ball instead of chair
    - Only burn 4 more calories per hour
    - Poor sitting position
    - Bad posture
    - Decreased comfort
    - Increased spinal shrinkage (more load on lower back)
  - More research is needed but for now it looks like disadvantages overshadow advantages
    - <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2793460/>
    - <http://www.ncbi.nlm.nih.gov/pubmed/16696264>
    - <http://www.ncbi.nlm.nih.gov/pubmed/18508028>

## Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue