HealthQuest Wellness Champion Network Meeting

Thursday, May 12th at 11:30am

Toll-free call in number: 1-888-391-9177

Conference Code: 5017657935#

Please sign in with full name of all attendees

Please press *6 to mute/unmute your line

HealthQuest
State Employee Health Plan

Welcome

- Announcements
- Icebreaker

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Agenda

- Welcome & Icebreaker – Cheryl
- Discuss "Secret Question" For Attendance – Paul
- Update on Champions/Agencies – Paul
- Champion Spotlight – Paul
- Virtual Race Across Kansas – Paul
- Credits System - Paul
- Healthy Interactions – Cheryl
- Social Media Update - Julie
- Wellness Tip – Paul
- Questions, Comments & Open Dialogue – Cheryl

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Champions & Agency Representation

- 80 Total Champions
- 58 Different Agencies Represented
- 1 New Champion in May
  - Linda Prothe – Osawatomie State Hospital
    - Osawatomie, KS

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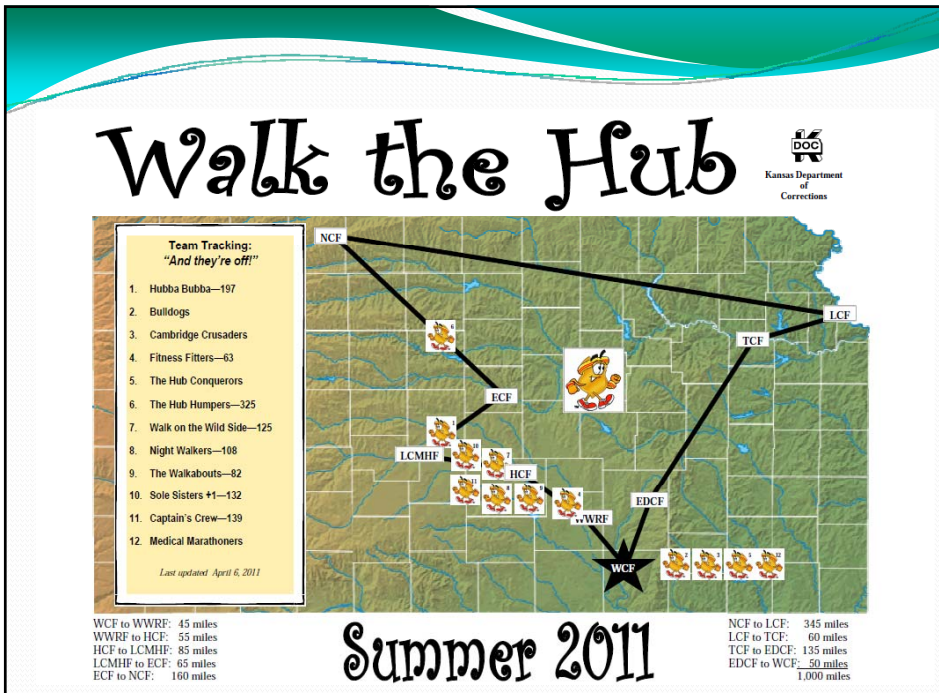
May Champion Spotlight

- **Jill Carmody – Kansas Department of Corrections**
  - *Walk the Hub*
    - Team challenge
    - 16week walking program
    - March 28th - July 15, 2011
    - The goal of *Walk the Hub* is for each team of six to eight members to walk a combined 1,000 miles—the approximate distance around the KDOC "hub" of correctional facilities

5



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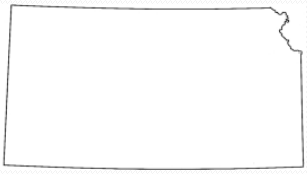
What is Virtual Race Across Kansas? (VRAK)

- A physical activity and nutrition challenge
  - Efforts translated into travel miles across Kansas
  - Goal = 1,000 miles in 8 weeks or less
  - 30 minutes of physical activity in 1 day = 30 miles
  - 2 cups of fruits and/or veggies in 1 day = 30 miles
  - Max and Min = 30 miles for each category daily
  - June 1 – July 31, 2011



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Prizes

- Wellness Prize Package
  - $100 value
  - Drawing for 3 winners
  - Everyone loves the Hydracoach!

8

Portal Marketing for VRAK – Left Navigation

KHPA HealthQuest

Search

Healthy Lifestyle | Diseases & Conditions | Personal & Family Health | Tools & Media

You've Earned

0 Credits

Earn 30 Credits to receive HealthQuest Certificate and entry for prize drawings!

- How do I earn credits?

Program Info

- Program Overview
- Track Credits
- Onsite Screenings
- Health Assessment
- Past Health Assessment Results
- $50 Gift Card
- Health Coaching
- Employee Assistance Program
- Success Stories
- Wellness Champions
- Self-Report Activity Forms
- Know Your Numbers
- Virtual Race Across Kansas

Welcome, Test87259! Ready to live healthier? Let's make it happen!

Recommendations

Take your Health Assessment with Biometrics — 10 Credits

Answer questions, earn credits! Complete this assessment to earn credits and get a personal action plan for better health.

Learn more — Get Started

Healthy Aging Program — 5 Credits

Want to take steps to live healthier and feel younger? This program can provide the tools you need to make smart choices that can reduce your disease risk. Try it today!
Or view all programs available to you.

Learn more — Start Program

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Portal Marketing for VRAK – Center Module

KHPA News

- HealthQuest Wellness Newsletter

Virtual Race Across Kansas — 5 Credits

Stay active and eat well! You will receive 5 credits once you reach 1000 miles.

Last Date to Enter Miles: August 7, 2011

Learn more — Enter/Save

Participants track their physical activity and consumption of fruits/vegetable that translate into travel miles across Kansas.

- The goal is to complete 1,000 total miles in 8 weeks
- Earn 30 miles per day for performing at least 30 minutes of moderate physical activity
- Earn 30 miles per day for eating at least 2 cups of fruits and/or vegetables
- The minimum & maximum earned miles for physical activity in 1 day = 30 miles
- The minimum & maximum earned miles for nutrition in 1 day = 30 miles

http://www.khpa.ks.gov/healthquest/virtualrace.html

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Portal Tracking for VRAK

KHPA News

- HealthQuest Wellness Newsletter

Virtual Race Across Kansas

1050 points completed
5
Credits Earned (max)

Stay active and eat well! You will receive 5 credits once you reach 1000 miles.

Last Date to Enter Miles: August 7, 2011

Week of Jun 5, 2011 – Jun 11, 2011 Previous week Next week

	Sun	Mon	Tu	Wed	Th	Fri	Sat
Participate in nutrition challenge	☑	☑	☐	☑	☐	☐	☐
Participate in physical activity challenge	☐	☑	☑	☐	☐	☐	☐
Daily Points	0	0	0	0	0	0	0

Learn more ▲ Enter/Save

Participants track their physical activity and consumption of fruits/vegetable that translate into travel miles across Kansas.

- The goal is to complete 1,000 total miles in 8 weeks

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Portal Tracking for VRAK

KHPA News

- HealthQuest Wellness Newsletter

Virtual Race Across Kansas

1200 points completed
5
Credits Earned (max)

Stay active and eat well! You will receive 5 credits once you reach 1000 miles.

Last Date to Enter Miles: August 7, 2011

Week of Jun 5, 2011 – Jun 11, 2011 Previous week Next week

	Sun	Mon	Tu	Wed	Th	Fri	Sat
Participate in nutrition challenge	☑	☑	☐	☑	☐	☐	☐
Participate in physical activity challenge	☐	☑	☑	☐	☐	☐	☐
Daily Points	30	60	30	30	0	0	0

Your entry has been saved.
You earned 150 points this week.

Learn more ▼ Enter/Save

Trackers

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Track Credits – Top Left Corner of Participant Homepage (Purple)

Hello, Test90728. Home | Account | Feedback | Logout Help

KHPA HealthQuest

Search

Healthy Lifestyle | Diseases & Conditions | Personal & Family Health | Tools & Media

You've Earned

5 Credits

Earn 30 Credits to receive HealthQuest Certificate and entry for prize drawings!

How do I earn credits?

Welcome, Test90728! Ready to live healthier? Let's make it happen!

Recommendations

Take your Health Assessment with Biometrics

10 Credits

Answer questions, earn credits! Complete this assessment to earn credits and get a personal action plan for better health.

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Track Credits Landing Page

Success Stories
Wellness Champions
Self-Report Activity Forms
Know Your Numbers

Health Resources
Tobacco Cessation
Condition Care
Benefits Info

How close am I to earning 30 Credits?

So far, you've earned 5 Credits!

Start earning by checking out the activities below!

You've earned 5 out of 30 Credits. Stay with it!

0 You 30

Activities you are currently engaged in:

Virtual Race Across Kansas

5 Credits

Stay active and eat well! You will receive 5 credits once you reach 1000 miles.

Last Date to Enter Miles: August 7, 2011

Learn more

Enter/Save

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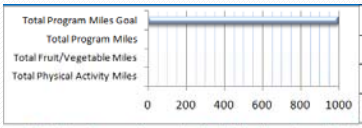
Tracking Form – Excel (Portal preferred but this will act as back up)

Virtual Race Across Kansas (June 1 - July 31, 2011)

30 minutes of physical activity = 30 miles (total throughout day)
30 miles is maximum that can be earned for physical activity per day
2 or more cups of fruits/veggies = 30 miles (total throughout day)
30 miles is maximum that can be earned for fruits/vegetables per day

KHPA HealthQuest

Name:			Phone Number:				Emp ID:		
Week 1				1-Jun	2-Jun	3-Jun	4-Jun	Sub Total	Week 1 Total
Physical Activity								0	0
Fruits/Vegetables								0	
Week 2	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	10-Jun	11-Jun	Sub Total	Week 2 Total
Physical Activity								0	0
Fruits/Vegetables								0	
Week 3	12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	17-Jun	18-Jun	Sub Total	Week 3 Total
Physical Activity								0	0
Fruits/Vegetables								0	



Total Physical Activity Miles	0
Total Fruit/Vegetable Miles	0
Total Program Miles	0
Total Program Miles Goal	1000

* Tracking forms must be received by Paul Sandburg August 1st - August 7th (via email (preferred), fax, or mail)

Email
paul.sandburg@alere.com

Fax
785-291-0524

Mail
Paul Sandburg
Landon State Office Building
900 SW Jackson Street Suite 900
Topeka, KS 66612

http://www.khpa.ks.gov/healthquest/virtualrace.html

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Workout Videos on YouTube

http://www.youtube.com/kansashealthquest

- In-home Full Body Workout (FWO 1-6)
  - No equipment required
  - Many exercise modifications so applies to most individuals
- Cardio/Strength Intervals (CSI Topeka 1-3)
- Train Like the Pros (1-5)

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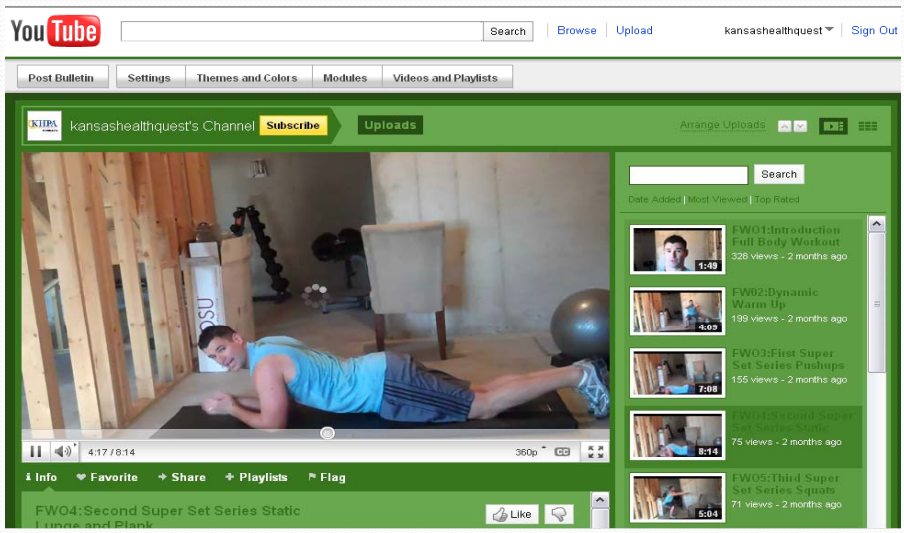
Kansas HealthQuest YouTube Page



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Workout Log

Name:	Date		Date		Date		Date		Date		Date		
Muscle Group: Floor Workout													
Exercise	lbs.	reps	lbs.	reps	lbs.	reps	lbs.	reps	lbs.	reps	lbs.	reps	Notes
Push Ups (3 sets to failure)													chest
Superman		15											lower back
(lay face down, raise arms/legs, relax neck)		15											
		15											
Static Lunge		15											hams,quads,glutes
		15											
		15											
Plank (3 sets for 1 minute)													abs, lower back
Dips (chair or bed)		15											triceps
		15											
		15											
Free Squat		15											hams, quads, glutes
		15											
		15											
Bicycles		15											abs
		15											
		15											
Single Leg Deadlift		10											hams, balance
		10											
		10											
Dynamic Warm Up:													***Post Workout Stretche***
Alternating Quad Pullbacks x 10													Quad Pullback
Toe Touches x 10													Toe Touch
Alternating Leg Cradle x 10													90 Degree Arm On Wall
Alternating Side Squat with Tree Hug x 10													Lying Leg Cross Over
Jumping Jacks													Lying Leg Cross Over
Mountain Climbers													Cobra

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VRAK Link On HealthQuest Webpage

KHPA
KANSAS HEALTH POLICY AUTHORITY

KHPA Home | About Us | Medicaid and HealthWave | State Employee Health Plan | Health Policy

- KHPA Home
- About Us
- KHPA Board
- Consumer Health Information
- News and Reports
- Medicaid and HealthWave
- State Employee Health Plan
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- KHPA Program Improvement
- Data Consortium
- Data Reports and Requests
- Meetings and Events
- Office of Inspector General
- Policies and Procedures
- Site Map
- Contact Us

KHPA Home - HealthQuest

HealthQuest - State of Kansas Health & Wellness Program

Read more about this award winning program here!

HealthQuest Philosophy: *"You, the individual, can do more for your health and well-being than any doctor, any hospital, any drug, and any exotic medical device."* *Joseph Califano*

Mission: To partner with employees to improve their health and well-being and to better manage health care costs.

The toll-free telephone number for HealthQuest programs is 1-800-275-1205.
Click here for a list of phone options and hours of operation.

HEALTHY INTERACTIONS	VIRTUAL RACE ACROSS KANSAS	JOIN THE WELLNESS CHAMPION NETWORK!	HEALTHQUEST HAPPENINGS
A new HealthQuest Offering Coming Soon!	A Physical Activity & Nutrition Challenge June 1 - July 31 MORE INFO & SIGN UP	MORE INFO	Click here for info on webinars, teleclasses, brown bag lunches, etc.

Health & Wellness Services

- 24/7 Nurse Line
- Lifestyle Health Coaching
- Condition Management Programs

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Auto Responder Sign Up On HQ VRAK Page

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KANSAS HEALTH POLICY AUTHORITY

KHPA Home | About Us | Medicaid and HealthWave | State Employee Health Plan | Health Policy

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KHPA Home - HealthQuest - Virtual Race Across Kansas

Virtual Race Across Kansas

A Statewide Physical Activity & Nutrition Challenge
June 1 - July 31, 2011

Sign Up Here To Participate and Receive Weekly Inspirational & Educational Messages

Name
Email
Submit

After clicking submit, you will be returned to this same page. If you do not receive a confirmation email in a few minutes, please check your spam folder.

What Is It?

- The Virtual Race Across Kansas is a statewide physical activity and nutrition challenge

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Auto-Responder Weekly Emails

- New resource sent out each week to participants

You received this email because you signed up at http://www.khpa.ks.gov/healthquest/virtualrace.html

HealthQuest

Virtual Race Across Kansas - Week Seven

Hi Paul,

We are now in Week 7 of the Virtual Race Across Kansas Challenge. As a reminder, tracking forms are due on November 17, 2010 and will be accpeted until November 22, 2010 to be entered into the pirze drawing. Please keep on tracking until the end of the challenge, even if you have already logged 1,000 or more miles.

Here's your tip of the week:

Mobile Health Interventions offers a powerful behavior change tool through your mobile phone called Health Txts. Studies show that guided text messaging is a simple but powerful way to help you meet your health and wellness goals because it keeps you on track at your weakest moments.

Health Txts is a free service that helps you change unhealthy behaviors by sending you customized text messages that you write yourself and/or from an expert library to help you meet your physical and mental health goals at the times and in the places you need it most. Health Txts offers three different program options to meet your needs.

It's easy to get started. Simply sign up for services online at http://www.healthtxts.com/pages/health-txts.php, choose your program, enter your messages and messaging periods, and complete the optional one minute assessment. You can choose to enter as many or as few messages as you wish. To stop your messages either sign-in to your account and deactivate your profile or reply STOP to any message. To start again sign-in and reactivate your account or reply GO to any message. You may edit or change your message s at any time.

Health Txts is free. No gimmicks, no advertisements, no selling your data to marketers. Standard

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Wellness Champions: KNI Side Competition

Virtual Race--- Who's winning?

Kathy Fox [Kathy.Fox@kni.ks.gov]

You replied on 10/15/2010 9:15 AM.

Sent: Thu 10/14/2010 5:10 PM
To: ALLKNI

would not be correct for the purpose of reaping the benefits mentioned above (and more) or getting entered for prizes. Everyone who makes the 1,000 miles is eligible to be entered in the drawings for prizes!

And perhaps those buildings who are nearly across Kansas should turn around and see if they can head back and make it 2,000 miles?

(Oh....and Healthquest would like to pass on this information as you continue the race....
Every good fitness program includes stretching. MyDailyYoga.com has made it free and simple to accomplish this important fitness component. Check it out!)

Virtual Race Across Kansas---Building Tracking Form					
	Week 1	Week 2	Week 3	Total Average Miles	Total Participants
	9/21 - 9/25	9/26 - 10/2	10/3 - 10/9		
Flinthills	210 (9)	220 (9)	254 (14)	684	14
Cottonwood	136 (7)	150 (6)	195 (10)	481	10
Honeybee	274 (5)	326 (5)	372 (6)	972	6
Sunflower	217.5 (4)	312 (5)		530	5
Meadowlark	195 (4)	255 (4)		450	4
Wheatland	250 (6)	335 (6)	318 (12)	903	12
Engineering					
Pleasantvw			410 (1)	410	1

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Wellness Champions: KDOT Tracker

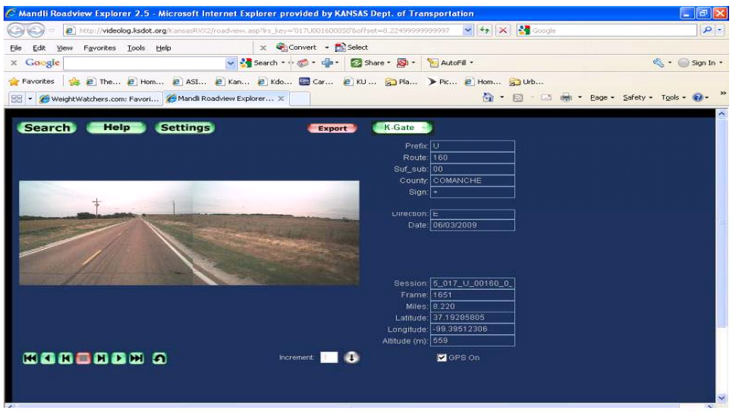
RE: KDOT tracker.....

Allison Smith [allisons@ksdot.org]

You replied on 9/30/2010 9:11 AM.

Sent: Thu 9/30/2010 9:10 AM
To: Sandburg, Paul
Cc: cheryl.miller@khpa.ks.gov

Here is a snapshot of what you get when you plug in your total mileage.....Pretty neat stuff!



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Wellness Champions: WSU Facebook Promotion

Wichita State Fitness & Wellness I feel GREAT this morning! Dynamic warm-up, 3 super sets of exercises and stretching in under 10 minutes in my living room! Check out the video's by Paul from Healthquest.

http://www.youtube.com/user/kansashealthquest
www.youtube.com

September 9 at 11:12am · Share

Judy Frees likes this.

Wichita State Fitness & Wellness Educational Topic for September: AOM month: In September, America On the Move will host STEPtember 2010, the fifth annual, month-long
celebration highlighting how easy it is to be active and eat healthier.

America On the Move
aom3.americaonthemove.org
America On the Move challenges you, your family, and your community to take small steps and make small changes to a healthier way of life. Get involved!

September 7 at 4:16pm · Share

Wichita State Fitness & Wellness More about the Jump Rope Class: Jumping rope burns up to 1000 calories per hour, tones muscles in the entire body, optimizes cardiovascular capabilities AND maximizes athletic skills by combining agility, coordination, timing, & endurance. NEW LOCATION: HC rm. 141

September 2 at 1:56pm

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2011 VRAK Poster

Download at HealthQuest website

Virtual Race Across Kansas

A Physical Activity & Nutrition Challenge
June 1 – July 31, 2011

How To Participate:

- Physical activity and nutrition efforts are translated into travel miles across Kansas - the goal is to complete 1,000 total miles in 8 weeks
  - Earn 30 miles/day for performing at least 30 minutes of moderate physical activity
  - Earn 30 miles/day for eating at least 2 cups of fruits and/or vegetables
  - The minimum and maximum miles earned daily is 30 in each category
- Complete the challenge to be entered into a prize drawing to win one of three fantastic fitness equipment packages. Each package is valued at $100 and includes:
  - Hydracoach water bottle
  - Valeo Workout Mat
  - Omron Digital Pedometer
  - TKO 65cm Fitness Ball
  - Valeo Jump Rope
- Track your progress online at the member portal www.KansasHealthQuest.com (click on Virtual Race from the left menu - this link is available beginning June 1)
  - Alternatively you can download an excel file to track on your own computer or print a copy to track manually
  - Tracking forms must be submitted Aug. 1 – Aug. 7 for the drawing
- For more information, visit www.khpa.ks.gov/healthquest/virtualrace.html

Who is Eligible to Participate:

- Benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan

2010 VRAK Results

- **978** participants signed up online
- **616** total tracking forms turned in!
  - 506 via email
  - 110 via snail mail/fax
- 62% completed and only 38% attrition

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Winners – On KHPA Website

Search

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health

KHPA Home - HealthQuest - Virtual Race Across Kansas

Virtual Race Across Kansas

A Statewide Physical Activity & Nutrition Challenge
September 21 - November 16, 2010

Download Flyer (PDF)

Three winners were selected on November 29, 2010 from a random drawing of everyone who completed the challenge and submitted entries.
Congratulations to the following individuals who each received a $100 prize package:

Trisha Wenrich, Wichita State University, Wichita
Wendy Alkire, Kansas Real Estate Commission, Topeka
Dan Flemming, Kansas Department of Transportation, Salina

What Is It?

- The Virtual Race Across Kansas is a statewide physical activity and nutrition challenge
- Participants track their physical activity and consumption of fruits/vegetable that translate into travel miles across Kansas
- Participants who complete the challenge by earning 1,000 (or more) miles will be entered into a prize drawing - see details below

How To Participate

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Success Stories From VRAK

- THIS WAS A SUPER PROGRAM!!! KEEP UP THE GOOD WORK----
- I loved it … because:
  - You sent me a weekly email so I received positive reinforcement to continue…
  - It lets me see that I am doing a great job of eating correctly, but need to improve on physical activity…
  - I lost weight during this time period!
  - It will help me to continue using a grid like this in the future to establish a higher goal/work to meet it… YIPEEEEEEE!!!!!!!!!

Lori J. Hanson
Riley County Nox Weed Department/Household
Hazardous Waste

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Success Stories From VRAK

- I really enjoyed participating in the virtual race across Kansas. The program helped motivate me to be more active and to eat better. Although I work out regularly, participating in the race held me accountable daily and pushed me to do even more. I also enjoy the added fruit that has now become part of my regular diet.

Wendy Alkire, Investigator
Kansas Real Estate Commission
Topeka

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2011 Credits Program on Portal

Program Info

- Program Overview
- Track Credits
- Onsite Screenings
- Health Assessment
- Past Health Assessment Results
- $50 Gift Card
- Health Coaching
- Employee Assistance Program
- Success Stories
- Wellness Champions
- Self-Report Activity Forms
- Know Your Numbers

Program Overview

January 1 – September 30, 2011

HealthQuest

HealthQuest is the wellness program for State of Kansas employees and members of the State Employee Health Plan. We offer a wide variety of wellness programs to help you and your family improve your health and enhance your quality of life. As part of your benefits plan, these services are provided to you at no additional cost.

The following program activities are opportunities for you to gain credits toward rewards for healthy behaviors:

Program Activities	Tracking Credit	Max Credits
Health Assessment with biometric screening (required)	10	10
Healthy Living Programs	5	10
Preventative Exams	3	6
HealthQuest Approved Event	3	6
Online Monthly Seminars	1	3
Know Your Numbers Campaign (February-September)	5	5
Virtual Race Across Kansas (June 1-July 31)	5	5
Chug A Jug Challenge (August 1-August 31)	5	5
Chill Out Stress Challenge (September 1-23)	5	5
Online Satisfaction Survey	2	2
Health Coaching (8 interactions)	5	5
Quit For Life/Tobacco Free	6	6
Condition Management	5	5

Program Goal: 30 credits

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Healthy Interactions Pilot Program

- Alere partnership with Healthy Interactions
  - Focused on driving enrollment and engagement in **HealthQuest** programs
  - Brings **high touch**, low tech experiences right to the employee at their worksite
  - Proof of Concept initiative at no charge to State of Kansas (only being offered to select Alere clients)
- The *Conversation Map*® is an interactive experience that engages participants in discovering how to improve their health
  - Face-to-face, on-site small group sessions
  - Delivered by the Healthy Interactions network of facilitators that are licensed healthcare professionals
  - Using customizable tools to deliver HealthQuest messaging that supports a "Culture of Health"

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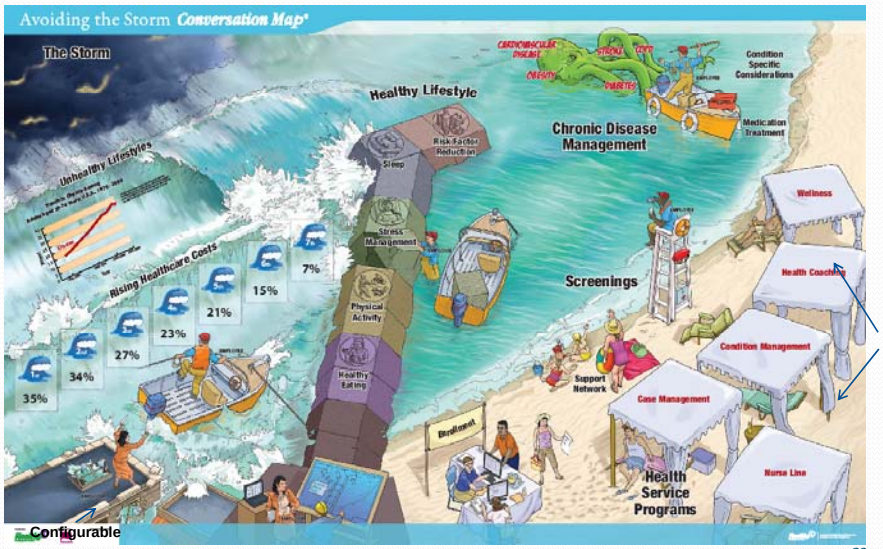
Demo: The Participant Experience



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Healthy Eating Activity: Mark's Current Diet

Breakfast

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Healthy Eating Activity: Mark's Current Diet

Breakfast

690

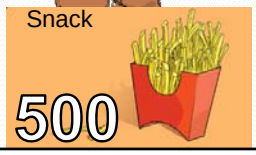
Lunch

550

2,900

Total Calories

Snack



500

Dinner

756

Late Night

450

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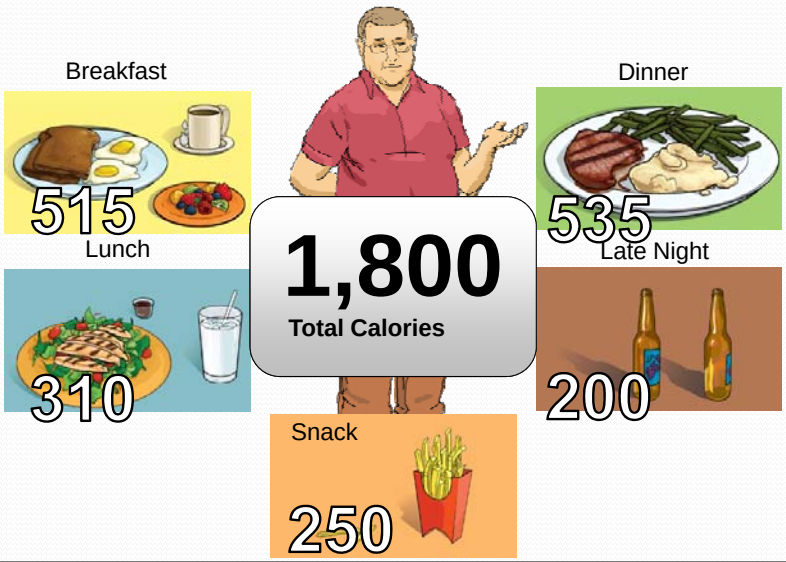
Healthy Eating Activity: Mark's New Diet



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Healthy Eating Activity: Impact of Small Changes

New Diet		Old Diet
1,800 Calories	Mark's Thursday	2,900 Calories
93,600 Calories	Yearly	150,800 Calories

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Healthy Interactions Next Steps

- Pilot sites in Topeka:
  - Landon State Office Building
  - Docking State Office Building
  - Curtis State Office Building
  - Eisenhower State Office Building
- Registration begins May 9
  - Online
  - Telephonic
- Sessions take place June 1 - 30

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Healthy Interactions Program Promotions

- Emails
- Posters/Flyers
- Table Tents
- Floor Mats

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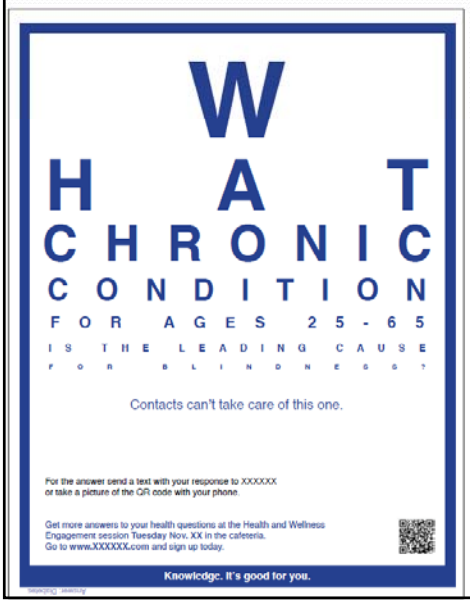

Social Media Update

- **Like us on Facebook – 129 fans**
  http://www.facebook.com/KansasHealthQuest
- **Follow us on Twitter – 3 followers**
  http://twitter.com/kshealthquest
- **Visit us on YouTube – 21 videos/1,484 views**
  http://www.youtube.com/user/kansashealthquest

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Wellness Tip

- **Do Metabolic Conditioning**
  - What is it?
    - Muscular training combined with intense cardio training intended to increase the storage and delivery of energy
  - Why should I do this?
    - High caloric burn
    - Way to get cardio AND strength into a quick workout
    - Something new and interesting – If you are tired of your same old workout you probably aren't getting much out of it
  - Check out "CSI: Topeka" (Videos 1-3) on HealthQuest YouTube Page
    - http://www.youtube.com/kansashealthquest

"Your thighs are so thin! What's your secret? Yoga? Pilates? Cardio? Liposuction?"

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Thank You for Attending Today!

- Questions
- Comments
- Open Dialogue – What topics would you like to see covered in future webinars?

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