

Capital City Wellness Pilot Project

**Increasing Physical Activity and Fruit
and Vegetable Consumption Among
Capital City Employees**

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Website- 6,100 hits since April 2008



Weekly Fitness & Nutrition Tip

To control your intake of the higher-fat, higher-calorie parts of a meal, take seconds of vegetables and salads instead of meats and desserts.

The Capital City Wellness project is designed to increase daily physical activity among employees in Downtown Topeka and to promote the Capitol Midweek Farmers' Market as both a walking destination and a resource for increasing access to fresh, local produce. [More...](#)

Upcoming Fitness Events

Find out what's going on in Downtown Topeka during your workday and download the flyer and info!

Save the Date! June 5th - "Jazzercise" 12:15-1:00pm, Eisenhower Office Building (KDOT)

First Friday Fitness Events Calendar

Mark your calendars for these upcoming Friday Fitness events.

Bike Rack Sculpture Competition



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Walking Routes Map

Over 3,000 distributed to date



Capital City Wellness

Walking Safety Tips

- Walk with a buddy
- Vary your route
- Be aware of your surroundings: Watch for ice, water, bike riders, cracks in the pavement, or any other hazards in your path.

Benefits of Walking Regularly

- Manage weight
- Reduce stress
- Maintain a healthy heart
- Improve sleep
- Protect against hip fracture
- Prevent depression, colon cancer, constipation, osteoporosis, and impotence
- Lengthen lifespan
- Relieve arthritis and back pain
- Strengthen muscles, bones, and joints
- Reduce risk of breast cancer and type 2 diabetes
- Elevate overall mood and sense of well-being

Tips for success

- Start with keeping a comfortable pair of walking shoes and socks at your desk.
- Any amount of walking will be beneficial to your health. For best results, set a brisk pace and walk for 30 minutes at least 5 times a week.
- You do not have to get all 30 minutes in at once. Walk during your work breaks for 15 minutes, twice a day, and you have met the minimum recommendations. (It takes approximately 15 minutes to walk one mile). How far is that work meeting? Can you walk there?
- Walk briskly using the Talk Test to measure your intensity. You should be able to barely maintain a conversation while walking.
- Swinging your arms is a great way to increase the intensity of your walk and provide an upper body workout.
- Stair climbing is an excellent activity for your heart and perfect for inclement weather. Try walking up and down the stairs in your building. (You can burn approximately 10 calories per minute of stair climbing!)

To determine your fitness level: time how long it takes you to walk one-mile and count your heart rate when you are finished. Go to: www.healthykansas.org to plug in your results and to find out more about the one-mile test.



For more information visit our website at:
www.kdheks.gov/capitalcitywellness



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First Friday Fitness Events

Peak attendance was 250 people

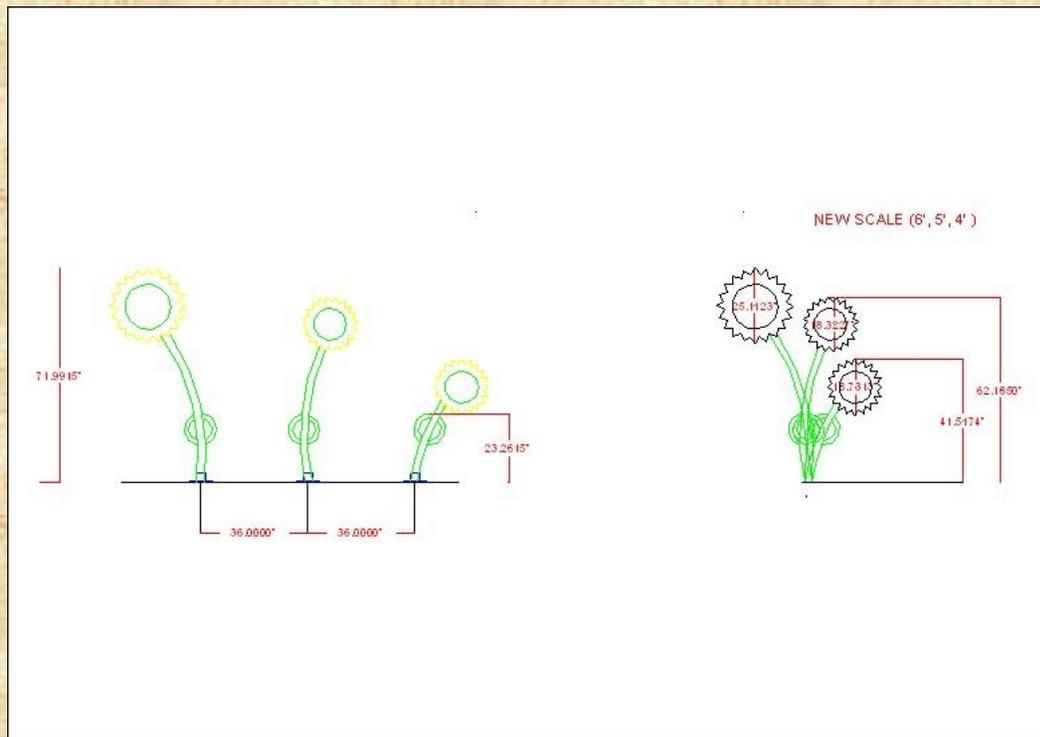


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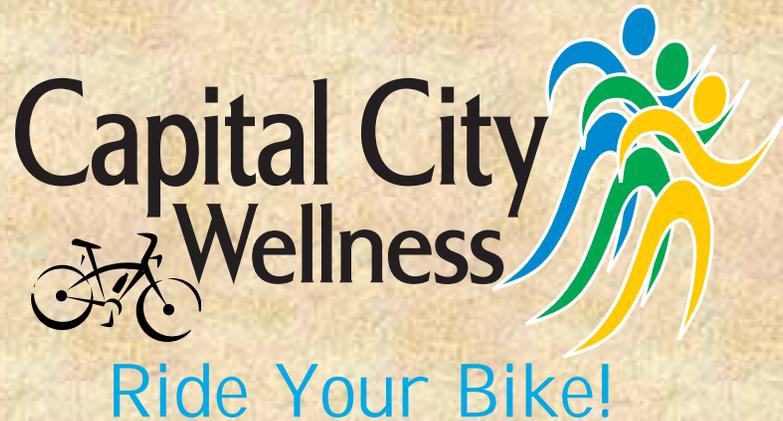
Bike Rack Sculpture Design Competition

To be installed in Spring 2010 in front of
Cumulus Broadcasting



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Bike For Discounts



**24 Businesses
currently
enrolled.**

Participating Businesses

Submarina - California Subs

1414 SW 16th, Suite A (16th & Lane)
Topeka, KS 66604

785-235-2800 www.submarina.com

Facebook: submarinacaliforniasubs-collegehill

Twitter: submarinatopeka

Discount offered:

Free chips and small drink with the purchase of a 6", 9", or 12" Sub

Warehouse 414

414 SE 2nd St
Topeka, KS 66607

785-232-8008

Discount: 10% off

YWCA of Topeka

225 SW 12th St. Topeka, KS 66612

(785) 233-1750

www.ywcatopeka.org

Discount(s) offered:

*Buy a drink & get a piece of fresh fruit for free

*Receive 50% off Fitness/Aquatic initiation fee

*1/2 off day pass normally \$10 with discount = \$5

YMCA of Topeka- Downtown

421 Van Buren
Topeka, KS 66603

(785)354-8591

www.ymcatopeka.org

Discount offered:

*free two week membership

Jersey Mike's Subs

718 S. Kansas Ave. Topeka, KS 66606
785-357-7827

www.jerseymikes.com

Discount offered:

Free combo with any sub purchase

WrapCity Grill

735 S. Kansas Ave. Topeka, KS 66606
785-234-9727

www.wrapcitygrill.com

Discount offered:

10% off entire purchase

Marion Lane Candles

728 S. Kansas Ave. Topeka, KS 66606
785-357-4500

www.marionlanecandles.com

Discount offered:

15% off entire purchase on Mondays

Avenue Hair Salon

807 S. Kansas Ave. Topeka, KS 66606
785-233-5225

Discount offered:

\$2 off service

Lupita's Mexican Restaurant

732 S. Kansas Ave.
Topeka, KS 66603

785-234-6340

Discount offered: Free drink with any

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Walking Routes Signage

Kansas & Jackson Avenue Lampost Flags

48 unique designs and phrases:

- FRUIT! It's for Dessert.
- If the shoe fits, take a walk!
- Vote with your fork! Eat Local!
- Eat Real Food
- Move Now or Pay Later
- Free Parking! Ride Your Bike!

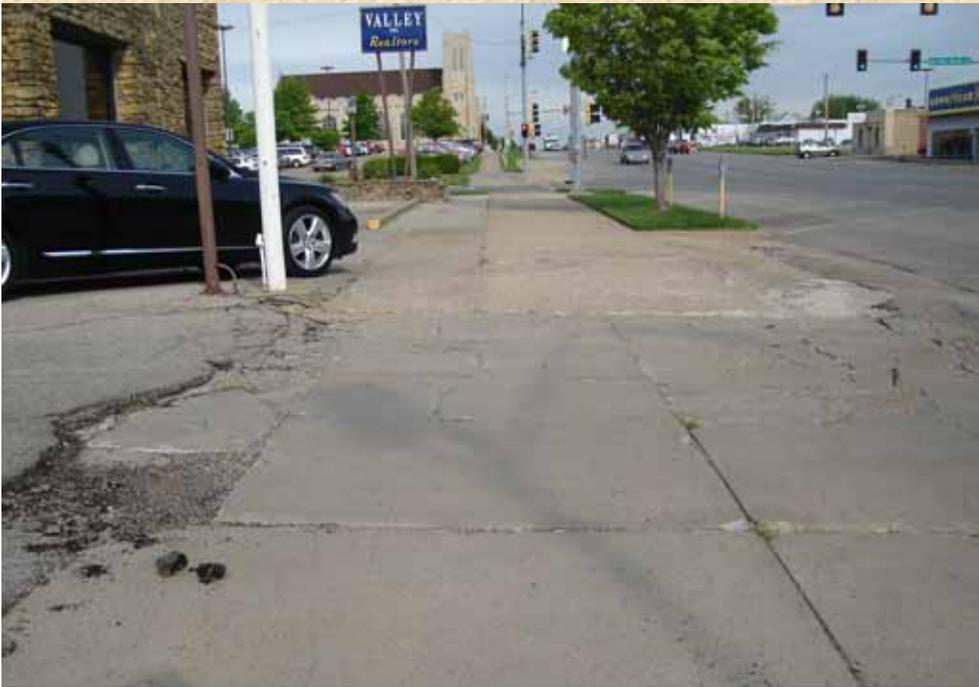
Will be hung in
Spring 2010



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ADA Improvements

A walk audit was conducted on several of the walking routes. Problems were noted and submitted to the City.



Before



After

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ADA Improvements



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Monday Market @ Your Library

- Started July 6, 2009. Will be held every Monday morning May through October.



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Capitol Midweek Market



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Average Weekly Attendance



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Capitol Midweek Market - Good for the Economy!

- A conservative estimate of market sales conducted by the Kansas Rural Center using the Rapid Market Assessment Tool was \$9,935/market
- That equates to \$188,765 of income for our Kansas Farmers for the season and over \$14,000 in sales tax revenue for Topeka

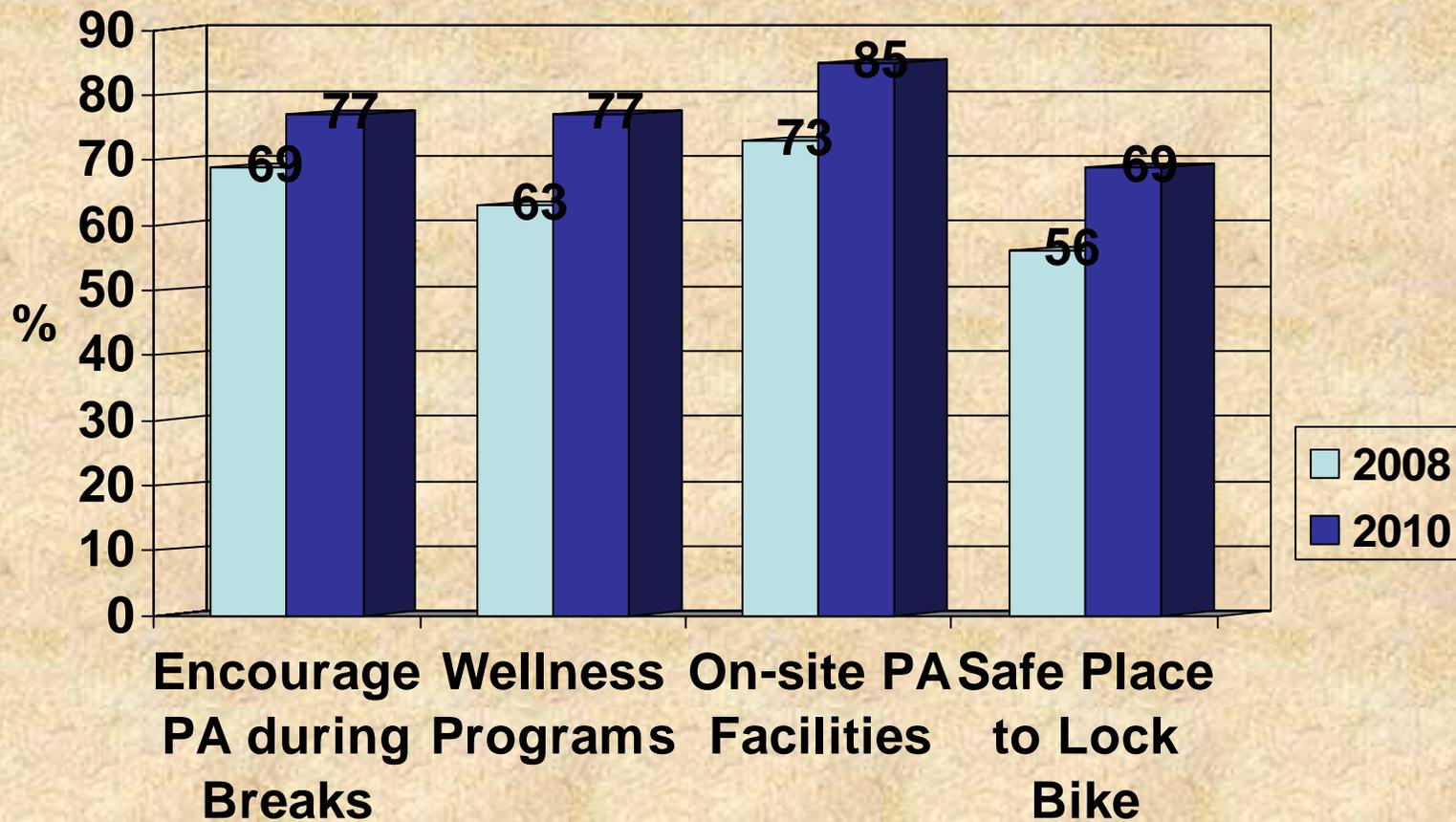
Surveys

- Pre and Post Surveys administered to employers and employees in January 2008 and January 2010.
 - Over 12 agencies and 1,512 employees completed the Employee pre-survey
 - 16 large employers (>50 employees) completed the Employer pre-survey.
 - Over 21 Agencies and 1,410 employees completed the Employee post-survey
 - 13 large employers (>50 employees) completed the Employer post-survey.

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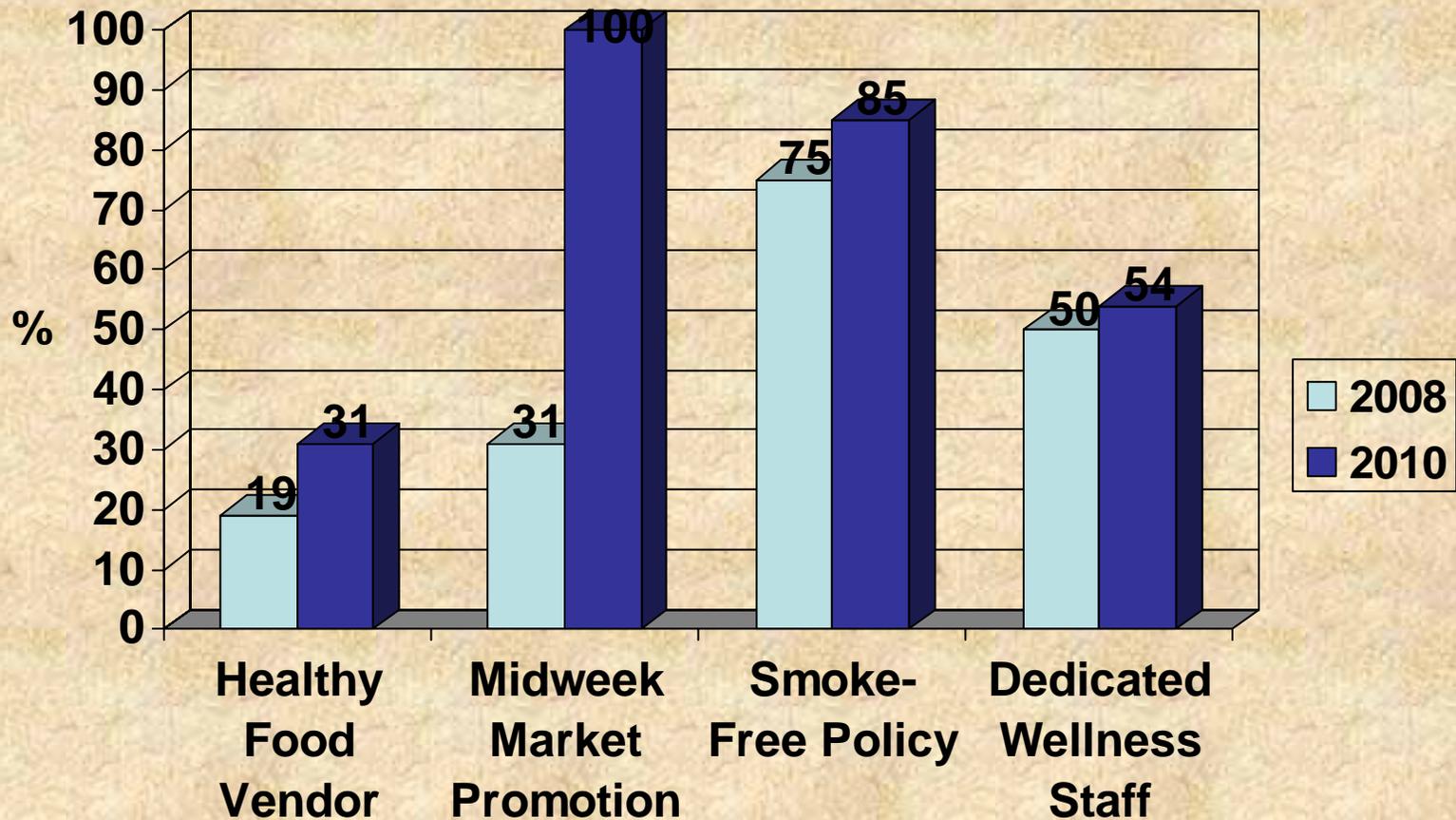


Employer Surveys Observations



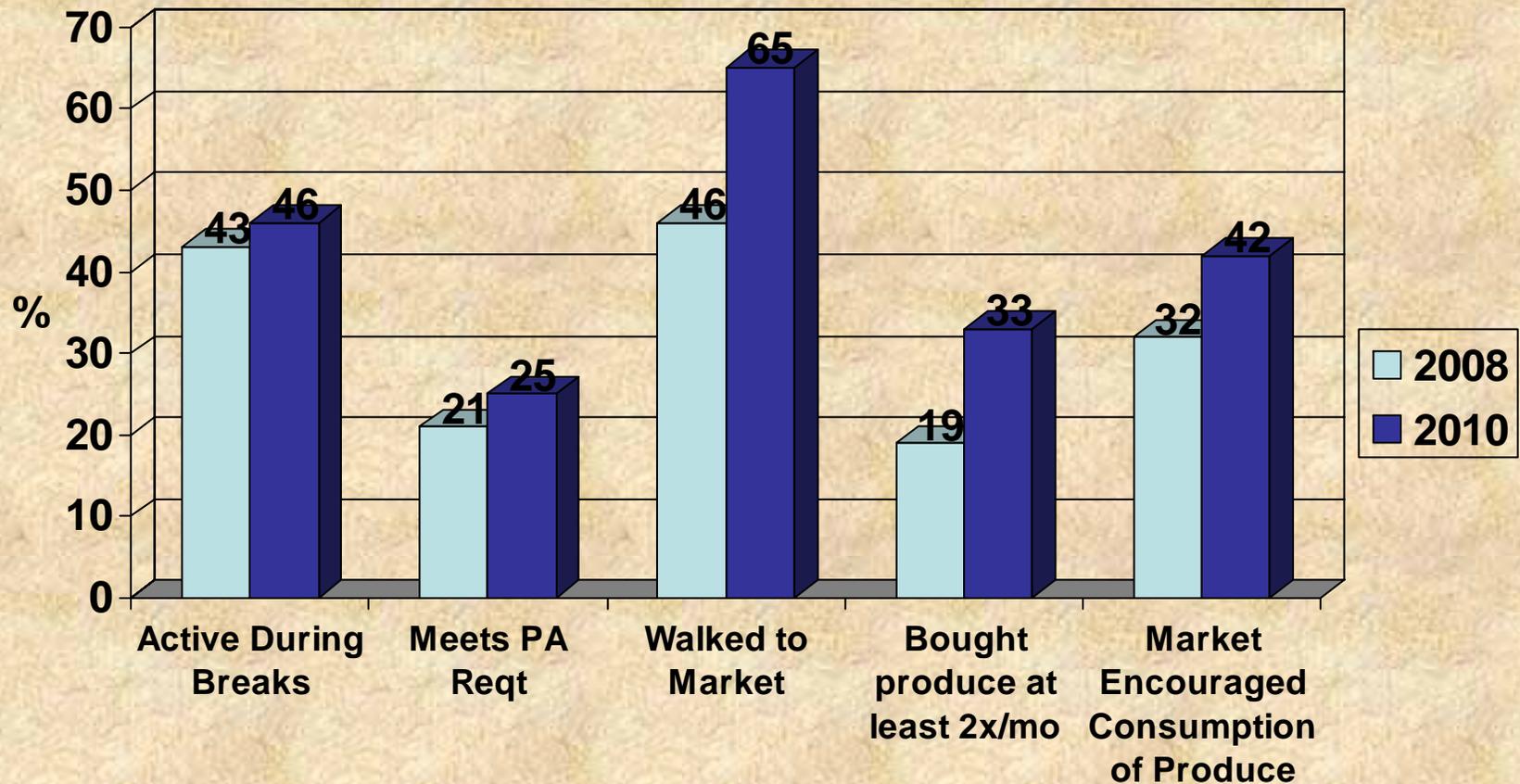
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Employer Surveys Observations



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Employee Surveys Observations



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Observations on Motivation Related to Midweek Market

- Why did you attend the Capitol Midweek Market and how did it help you to consume more fruits and vegetables?
 - Accessible/convenient
 - Fresh
 - Like to buy local
 - Price was right
 - Great walking destination

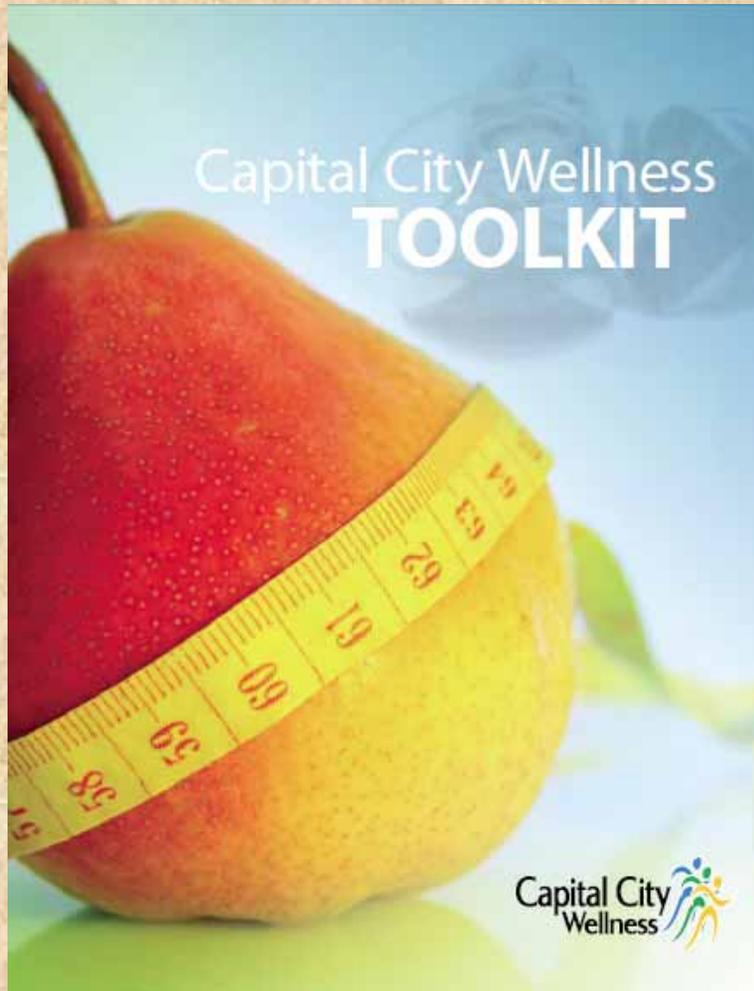
Plans for Sustainability

- Westar, Inc. will facilitate Capital City Wellness meetings and events.
- Capital City Wellness Committee will continue regular meetings.
- Heartland Healthy Neighborhood will take lead on future policy change initiatives.
- KDHE will continue to coordinate the Capitol Midweek Farmers' Market.

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Toolkit and Training



- Toolkit to be shared across the state.
- Capital City Wellness to serve as a statewide model.

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**Congratulations on your
success!!**

Thank You!

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