

Katie Johnson: Good morning and welcome Apple a Day, Lake Region Healthcare's Health and Wellness segment, where we feature news and information you can use to live a healthier lifestyle. This is Katie Johnson and my guest today is Karoline Gustafson, she's one of our Trainers at the Health and Wellness Hub, here at Lake Region Healthcare. Here to talk Community Health Challenge and Corporate Cup. Good morning, Karoline.

Karoline G.: Good morning.

Katie Johnson: So if our listeners haven't heard, we had a big kick-off this past week to launch into our 2017 Community Health Challenge. Last year, we went Around the World in 80 Days. This year, we're taking a giant leap in Shooting for the Moon. Let's give our listeners a sense of what this challenge is about, what the history is, and what the real goal of the Community Health Challenge is.

Karoline G.: Lake Region Healthcare got a grant from the foundation to support this Community Health Challenge with the ultimate goal of getting people out and getting them moving at the new year and just setting yourself some goals, and keeping track of it.

Katie Johnson: This is the longest challenge that we've had. It's been anywhere from six to 12 weeks. This one's almost 14 weeks and specifically positioned in this time of the year when it's kind of hard to keep moving.

Karoline G.: It is hard to keep moving and the weather lately hasn't been very helpful for that, but we got some good weather coming up here, so and there's some really good things coming up that is a part of the challenge.

Katie Johnson: That's right. We'll talk more about that, but first, I want to ask, why Fergus Falls? What makes this a great place to have a Community Health Challenge? What makes it work? Obviously, we wouldn't be on our fourth annual challenge if this wasn't working.

Karoline G.: Participation has been very good. Obviously, the grand prize is an exciting thing to do, but the word of this challenge has gotten out through word of mouth. Getting friends, getting family, getting everyone involved, and making it kind of a group project and it's fun, because we've gone to Waikiki, and we've done a bunch of Around the World. It's just so much fun and everyone's shooting towards a common goal and it gets everyone on track and onboard.

Katie Johnson: It does and we've had some fantastic partners and this year, in particular, I feel like there's just a lot of momentum in the community around this overall theme of wellness.

Karoline G.: Yeah, there's Pedal Fergus Falls, who's doing a great job of getting us a bike-friendly business city and it's coming around. People are starting to see that walking and

biking in Fergus is getting better, and it's getting a lot easier. There's maps coming out this spring of different walking routes to do in town. We have Lake House right in the center of town, which is just awesome to walk around and they don't call it beautiful Fergus Falls for a reason.

Katie Johnson: Yeah, exactly. It is a great place and of course, this extends beyond Fergus Falls into our other communities, where we have some beautiful trails. We have Glendalough State Park. We have cross-country skiing. We have snowshoeing, and when you really stop and think about it, the opportunities are certainly out there. Both indoors and outdoors to keep moving in this part of the world. We talked about the challenge length being 14 weeks. That's a long time to keep motivated towards a goal, 238,900 miles is a long ways to go, so we need that much time, right? How do people stay motivated? Do you have some tips for kind of sparking that motivation and then keeping it going?

Karoline G.: Yeah, so when you first sign-up for the Community Health Challenge, we ask you what your goal is, of how many miles you want to log, so that's a first thing to do, is set yourself a goal. It can be something small that you try to reach that week. It can be a goal that you set for the whole challenge and you work towards it each week of the challenge. Then some other things you can do is get other people on board. Get some friends, get some co-workers, get some family, and you guys can all bounce ideas off each other, meet each other to go for a walk, or a run, or go to the gym. It's whatever you want to do. Go out snowshoeing, go out and ski, walk out to that Fish House instead of drive out there.

There's a lot of different things that you can do, and right now, you can shovel. Shovel, shovel, shovel. Then the other thing, the biggest thing, is probably to make a schedule. Create some time, carve it out of your day and it's just as important as another meeting that you have during the day.

Katie Johnson: Those are great tips and even if, I've found, even if I can't get together with that workout partner, if I at least am accountable to report to them. "What did you do today and what didn't?" Ask that in return. That accountability of having someone on board with you, really helps. We have the mileage logged every, you can actually do it every day if you want. We ask people to do it at least once a week. Why is that piece of tracking important to our overall goals?

Karoline G.: You can see progress. You can go back and look at the first week and see how many miles you did. If you did five miles in this week, you're on seven or eight miles, you're making progress, and that is so much fun to see. That helps keep you motivated to keep you on track towards your goals.

Katie Johnson: Absolutely, and for me, shoveling this past week, when I was thinking about those being converted into miles, that made a difference. Putting that number behind it and really any activity, including shoveling, does count.

Karoline G.: Yeah and it's really fun, so you can just keep it interesting. Fergus Falls and the area

in the winter, not always that exciting with the temperatures that we've been at lately, but there are so many things you can do. You can go for the Center For the Arts, and walk on their Walk to Broadway theme. You can go to the mall, do some walking out there. The YMCA has some neat stuff going on. Katie mentioned Glendalough, and the Central Lakes Trail, and there's a ton of things to do. Get outside if you can. It's really nice outside. Take the music out of your ears and look around, and see how pretty it is out there.

Katie Johnson: Absolutely and especially with the warmer temps that we're coming into. That's going to be so nice to be out getting some fresh air. What about who can participate? Do you have to be a current patient at Lake Region Healthcare? What qualifies as a participant?

Karoline G.: If you're listening to this radio station, you can participate.

Katie Johnson: Exactly.

Karoline G.: So it's not just Fergus Falls, it's the surrounding areas, and anyone can participate. You go online to lrhc.org and you just click on the links. That'll prompt you to the next one and get signed-up. If you don't have the computer, you don't have internet, or you don't have it on your phone, you can come right into the main clinic or the hospital front desk, or the Mehl Center and you can register via paper form. We can log your miles via paper, as well. Technology shouldn't be an issue. Just get in, get signed-up, or if you know someone who can login for you, that works just as fine, too.

Katie Johnson: Absolutely. There are no excuses. You mentioned the grand prize. Talk a little bit about the prizes involved in this year's challenge.

Karoline G.: Obviously, the biggest and most exciting one is the travel voucher. A \$3,500 travel voucher that you can use to go anywhere in the world, so it's up to you. Hopefully, you can bring someone with you and make a vacation out of it. All this hard work is definitely worth it. There's a Trek Bike that will be raffled off for the ... Or drawn for the kids that participate. Anyone under 18 is available to win that. Then we've started a little challenge for the schools, as well. The highest participating average in the schools, they have a chance to win \$500 towards their gym classes, so that's a pretty exciting thing, and hopefully we can get some kids on board to win that.

Then everyone this year gets a T-shirt, so as soon as you sign-up, they ask you for your T-shirt size. Everyone gets a T-shirt, everyone gets to rep the challenge that they're participating in it, and then all the kids get a pretty nifty little bracelet.

Katie Johnson: That's awesome. You mentioned how to sign-up. Let's mention that one more time and then let us know what the deadline is, and the timeline for the drawing, too.

Karoline G.: So to register, you go to [www.lrhc.org](http://www.lrhc.org). There's a page that has Shoot For the Moon on it. Click on that and that will get you all registered. Like I said, if you don't have a

computer, you don't have access to the internet, you can stop in at the main clinic, or the hospital, or the Mel Center, and you can register via paper form. The deadline to register is Friday, February 10th.

Katie Johnson: That's right, which happens to be Corporate Cup Day. As long as you're here, we should mention what the Corporate Cup is and put a shout-out for teams to sign-up for that, too.

Karoline G.: The Corporate Cup is, we're in our third year of the Corporate Cup. It was started to create comradery and a little bit of challenge between the different companies and organizations in Fergus Falls, so get teams signed-up from your business. If you have a business less than 50 people, you can partner up with some other businesses. Bosses are invited to participate in the CEO challenge. Come out on Friday, February 10th, and we have some physical games. We have a cooking challenge this year. We have some mental games and it's all packed into one fun-filled evening.

Katie Johnson: It really is fun and a great team-builder for any organization, so that information can also be found on [lrhc.org](http://lrhc.org) under the Wellness tab. Anything else that you want to encourage our listeners about this morning, either the challenge or the Corporate Cup?

Karoline G.: You can do it.

Katie Johnson: Yeah.

Karoline G.: Even if you don't think you can do it, you can do it. Every step counts. Everything that you do can count. Go out and shovel, you're vacuuming your house, count that. Get out there and move. It's going to ... The more you move, the better you move, the better you feel, and it's just an awesome opportunity to get rewarded for it, as well.

Katie Johnson: We need every mile we can get. Every mile counts towards that 238,900 miles that we need to reach by April 14th, so we hope that you will join us as we Shoot For the Moon in the 2017 Community Health Challenge. Karoline, thanks for joining us this morning.

Karoline G.: Thank you.

Katie Johnson: Karoline Gustafson and Katie Johnson on Apple a Day, reminding you there is so much to do here. Stay healthy for it. Have a great day.