

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 life. I'm Katie Johnson, and my guest today is Natalie Knutson. She's the director of wellness here at Lake Region Healthcare and a regular guest, I would say, on Apple a Day. Good morning, Natalie.

Natalie Knutson: Good morning, Katie.

Katie Johnson: Well, it's January, and many of our listeners know that's the time we usually kick off our Community Health Challenge, and we're happy to say that we're going to be doing that again this year. Natalie's here to fill us in on the details. We're doing something a little bit different this year, though. Tell us a little bit about what we've done in the past and what we've decided to do differently this year.

Natalie Knutson: Yeah, Katie. I think there's definitely some anticipation from our community on what's coming, and people are looking for it. They're ready to make some changes and set some new goals for the new year. I think this is going to be a great opportunity to push them a little bit further than we have in the past. Not only are we looking at the physical side of things this year, just the tracking your steps or tracking your miles, but we are asking people to look at their whole selves and all the different things that might encompass a healthy lifestyle.

Our challenge this year is based off the seven components of wellness. From the research, we know that when all of those pieces of the wheel in sync, that we are sitting pretty good. Very rarely does that happen, so we will educate you as we go on how that could, you could fall off the wheel a little bit, but our goal is to really get you thinking about more than just the physical wellness.

Katie Johnson: You mentioned the wheel. Oftentimes, the seven components of wellness are depicted in a wheel, and that is kind of what prompted us to choose our theme for this year too. We are calling it the Wheel of Wellness. Might hear it sound something like the Wheel of Fortune. The Wheel of Wellness. We've got seven components that can fill in each pie, a piece of pie that go around and form a wheel. Like you said, the idea is to have a balanced wheel. Let's talk about what each one of those components are. What are the seven components or dimensions?

Natalie Knutson: Sure. The seven components are the social wellness, intellectual wellness, spiritual wellness, emotional, physical, environmental, nutritional, and occupational. If you're listening and you're going, "What the heck?" we will guide you.

Katie Johnson: Right, right, because it is kind of a lot to take in when you think about that, but it also is, doesn't take very long to maybe just ponder those different things that you said, and well, yeah, it is important that all of those areas have some attention and some focus in our life if we are going to be balanced and well in

every dimension. The intention is to focus on one of those dimensions or components each week in a way that we really try to do a, maybe a deep dive in educating the public.

Natalie Knutson: Right, yup. Each week, we'll send out education on each component, what it means, what it encompasses, and then we'll send out an opportunity for you to practice those different types of wellness. Kicking off our first piece of those seven components is our environmental wellness. We are partnering with the recycling center in a program that they're going to be starting, the Zero Waste challenge. Katie will be connecting with Shannon Terry. We will challenge you with that, but we'll also give you some other ideas on how you can be more environmentally-friendly, such as maybe taking a shorter shower, turning off the water, using your recycling bins, maybe recycling items that you haven't in the past. We're going to get you to think out of the box.

Katie Johnson: That's right, and for every one of those opportunities to practice or ideas that we give you will be ways that you can earn points. It's a points system this year, and our whole goal is to rack up enough points that, again, we get to give away a grand prize, which, of course, has been one of the exciting components of our Community Health Challenge in the past.

One of the things we've heard though too is that the grand prize is great and I love having a chance to maybe win that grand prize, but it would be nice to have more opportunities to win too. That's another component that we've built in.

Natalie Knutson: Right, yup. Each week, we're going to be doing a weekly spin on Monday mornings called Wake Up Healthy, and that will be live on Facebook with our guest Tom Rufer who's going to be floating around chatting with people and doing the spin. There are some awesome giveaways. We have gift cards, \$50 gift cards to a few different locations, one-month membership to the YMCA, one-month membership to Phatty Nattie's and crossfit, a YETI tumbler plus a gift certificate, so some really great things just for being in the mix and participating.

Katie Johnson: Exactly. Everyone who's registered and participating will be automatically entered in those weekly spin-the-wheel-for-prize drawings, and then we have our culmination event, again, planned for the end of the challenge, which will be a communication health expo that, again, has shaken things up and doing things different and will be where we draw for our grand prize and additional prizes.

Natalie Knutson: Yup. Thursday, March 15th, we are going to be hosting the health expo again back at M State. We'll have some healthy food for you to come and indulge in. This year, we are going to try to shake it up a little bit and create more of a hands-on experience so you can actually practice some of these things versus coming and sitting and listening. You're actually going to be taking part so that you can take home some tools to implement into your life.

Katie Johnson: You definitely want to put March 15th on your calendar now. That'll be the day of the community expo that, certainly open to everyone, but particularly for

those of you that participate in the Community Health Challenge between now and then, this will be a great culmination of some take-home practice kind of things to carry you into the weeks beyond the challenge and, of course, to find out whether or not you win the grand prize travel voucher, the bike, some cash prizes, a lot more prizes involved this year as well. Let's tell people how they can get registered.

Natalie Knutson: Yup. You can go to just our general website lrhc.org, or you can go right to the challenge website, lrhc.org/wow, Wheel of Wellness, wow. Two easy ways. The first week, all we're asking you is to fill out the questionnaire. There's going to be some questions in there that we're going to get some baselines from you on, and then you'll be ready to go.

Katie Johnson: That's right. Just some basic registration information. The questionnaire, I think, will also help you understand a little bit about what it is that we're trying to measure and give you a baseline of what your level of understanding is of all of the components of wellness, and then it'll be really interesting at the end of the 10 weeks to take a questionnaire, again, as a follow-up and see how you've progressed individually. While this is a community health challenge, it really is about growing and improving your individual health.

Natalie Knutson: Definitely, yup. That's what we really promote here at Lake Region Healthcare is it's all about lifestyle and carrying these tools with us each and every day. We all need something different so the challenge is going to look different for each person that participates, but together, our points are going to add up to get to that grand prize.

Katie Johnson: Absolutely. What I think is really exciting about this is if you're a person who's really loved having that challenge to exercise more, that's great. You're going to get points every week for your exercising but if you're a person who maybe, that doesn't really get you excited or, "Yeah, I do my exercise, but I really need some work on another area of my life, on my emotional wellness or my social wellness," this is going to give people some additional opportunities to really shine and stand out and earn points in different ways.

Natalie Knutson: Yes, definitely. I mean, points for just trying out a book club or going to the library for a class or maybe you're going to attend a Kiwanis or maybe you'll call up a couple of friends that you haven't seen in a while and schedule a coffee date with them. Just making you think and reconnecting with some things that might be missing right now.

Katie Johnson: Of course, Rotary counts too as a Rotarian.

Natalie Knutson: Oh, yes, sorry.

Katie Johnson: I just have to mention. No, that's all fabulous. Again, it's the 2018 Community Health Challenge. All new and different, the Wheel of Wellness focusing on the seven dimensions or components of wellness, and it is kicked off today, now, live

and ready for you to register. We invite you to go to lrhc.org/wow. Join the Wheel of Wellness. Watch Facebook on Monday mornings for our live broadcast that then will be posted there for you to watch any time during the day. We'll make sure that we get a way for you to see that on our website too if you don't happen to be a Facebook user. Again, for people who don't use computers, we will have some paper copies for you to complete the questionnaire and to check in with us and drop off at our front desk at Lake Region Healthcare's hospital lobby and clinic lobby and hub lobby as well. We want to make it all-inclusive, but it will certainly be easier to participate online at lrhc.org/wow.

Natalie, anything else you want our listeners to know?

Natalie Knutson: I think that's great, Katie. I think we're ready to do this.

Katie Johnson: We are, and we're so excited to have you join us on the journey. Spin the Wheel of Wellness with us this winter. Apple a Day each week will feature different guests who help us learn more about each component, so we look forward to talking with Shannon Terry next week about environmental wellness as we get full swing into our challenge next week. Natalie Knutson, my guest today on Apple a Day, inviting you to join us on the Wheel of Wellness 2018 Community Health Challenge. Natalie and Katie both reminding you there's so much to do here. Stay healthy for it. Have a great day.