

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Healthcare's weekly wellness program. This is Katie Johnson, and my guest today is Natalie Knutson, the Director of Wellness and Phatty Natties at Lake Region Healthcare. Good morning, Natalie.

Natalie Knutson: Good morning, Katie.

Katie Johnson: I'm hopeful that all of our listeners have heard of the community health challenge, Around the World in 80 Days. That's what we're here to talk about. Just in case they haven't, can you tell us what this Around the World Challenge is all about?

Natalie Knutson: Yeah. I think there is a lot of buzz out in the community, Katie, but if you haven't heard of it, it's a 10 week challenge, 80 Days Around the World, just tracking your mileage. If you're not a walker or runner, you can convert all of your exercise modalities into mileage. Super easy to report, just log on to the LRHC website and log your miles. Each mile gets you closer to winning additional prizes at the Health Expo and gets us closer to our goal to get around the world together.

Katie Johnson: Right. We're adding up all these miles that people are submitting that they're exercising and adding them together to try and get around the world, which around the equator, the shortest route, so to speak, around the world, I think, is just under 25,000 miles. How are we doing?

Natalie Knutson: We're doing well. I think we underestimated the excitement of the community for this challenge again. We have more participants than we've ever had. It's been just exciting to hear how people are adding up those miles. We're all together. We've been taking some long routes to make our way around.

Katie Johnson: We're taking the scenic route, and maybe now our goal is how many times can we get around the world in 80 days, right?

Natalie Knutson: Yeah, exactly.

Katie Johnson: You mentioned more participants than ever. How many people are participating, and can people still join?

Natalie Knutson: This year, we have 760 participants so far. You can join the challenge still up until April 1st. Simply log on to the LRHC website. There's 5 different questions, and you're in. It's really simple and easy to do. We'd love for you to join us.

Katie Johnson: Absolutely. Just a few more days if you want to get in on this. You mentioned grand prize drawing. If we reach the goal, the Lake Region Healthcare Foundation has been so great to support us and allow us to give away this big incentive prize. Let's talk about what that prize is.

Natalie Knutson: In the past, we've given away a set vacation, but this year it's just a travel voucher, \$3,500. You can use it any you want and go anywhere around the world.

Katie Johnson: That is really exciting. That's partly what I find myself thinking about. Even though I'm not eligible to win it, when I'm exercising I think, "Where in the world would I go?" It's just fun to have that wide open option for our participants. We talked about the grand prize drawing. Something else we've heard from our participants in the past is, it's great to have that huge prize out there, but it would be fun if there were some chances to win some other stuff. You've added some prizes this year, too.

Natalie Knutson: I think we've found the value in being able to get away and treat yourself. A couple additional prizes are some weekend getaways, one of them to Grand View Lodge in Brainerd for a spa getaway. Another one is Lake of the Woods fishing getaway, so something to appeal to everyone.

Katie Johnson: Right, and some other prizes that are for all ages, too. I think we've got kids who are 13, 14, all the way up to participants in their 70s and 80s, I know, so some prizes that are for everyone, too.

Natalie Knutson: Yep. We have a really nice bicycle that's going to be given away, an Apple watch, maybe some Fitbits like last year. It's just going to be really exciting.

Katie Johnson: It is, for sure. One of my favorite things is hearing stories from people who are participating about maybe how it's changed their lifestyle, or the activities that they're participating in, or how it's helping them to reach a goal. Can you share some of those pieces of feedback that we're hearing from the community.

Natalie Knutson: Yeah. I think that's a really exciting part, because it's not something that's mandatory. You don't have to share. I think it's proof that people are starting to feel better, and they're feeling the benefit of getting out and moving each day and being mindful of their physical activity. People heading on vacation and thinking about, "Okay, how am I going to get my miles and steps in," heading over to the Y and shooting basketball with your kids, to getting out to the Prairie Wetland and walking the trails ... The nice spring has certainly helped to let us all get out and get active.

Katie Johnson: It really has. We have promoted this as a way to stay active in the winter when it's brutally cold out and to not use that as an excuse. We haven't even had to use that as an excuse this year. We've had such fantastic weather. We talked about the prizes, and those will be drawn for at the Community Health Expo, which is on April 28th. Can you tell us about some of the other things that'll be happening at the expo as well?

Natalie Knutson: Yep. The expo this year is out at the Big Wood Event Center, and we have our vendor booths still, anything from Partnership for Health, the Pedal Fergus Falls Group, a booth to simply ask the doctors if you're wondering about any specific issues. The Health and Wellness Hub will be there, all sorts of different things like that. We'll be doing all kinds of different screenings, free screenings, so it's an

opportunity to come out and be tested for a variety of different things. Something new this year is we're hoping to have a panel of different speakers talking on a variety of different things before the headline, anything from food prep to talking about actual wellness journeys from start to end, and some successful, inspiring stories. We will also have a little bit of yoga, and maybe some Zumba, and some things where you can actually get involved in and be active for 20 to 30 minutes.

Katie Johnson: I think that interactive is one of the key words to the expo. It's not just a place to walk around and look at things, but you'll get to do a lot of hands-on things and hear a lot of really firsthand, inspiration, whether that's for preparing the food, or for setting some goals, or incorporating different things into your life. We've used the, "80 days is just the beginning," and that's really the goal, to make it about lifestyle changes.

Natalie Knutson: That's what it's all about is the lifestyle change, and how can we provide you with the tools to continue on. I think with the screenings, it's important to know where you're at and where you need to go from here. That's what we want to help you with. It's all about preventative and all about taking care of the things that are going on so you have good quality of life.

Katie Johnson: We have to mention, you do need to be present to win that grand prize, right? Let's talk about the timing with that. The Health Expo starts at 3:30 with the screenings and the demonstrations. You mentioned a keynote speaker, Dr. Eva Barrow, our new pulmonologist, will be speaking on sleep, another really important component to good health. The prize drawing is after that. Is that right?

Natalie Knutson: Yep, that's correct.

Katie Johnson: We want to invite everyone to join the challenge. If you haven't yet, you've got until Friday, April 1st, to do that. Make sure that you mark April 28th on your calendar to join us at the Health Expo. Anything else? Any tips for staying motivated from you this morning, Natalie?

Natalie Knutson: I think the whole thing is just keep going. The hardest part is just doing it. Put your sneakers on, and lace them up, and head out and just go for it.

Katie Johnson: Absolutely. Join us. Around the World in 80 Days going on right now. Natalie Knutson, the Director of Wellness at Lake Region Healthcare, my guest today on Apple a Day, to give us the latest on the challenge and the upcoming Health Expo on April 28th. Thanks for joining us for Apple a Day today. Natalie Knutson and Katie Johnson reminding you there is so much to do here. Stay healthy for it. Have a great day.