

[Katie Johnson:](#) Good morning, and welcome to Apple a Day, Lake Region Healthcare's Health and Wellness show, where we feature news and information you can use to live a healthier life. I'm Katie Johnson, your host, and my guest today is Natalie Knutson, the Director of Wellness at Lake Region Healthcare, here to talk about our last Living Well series of this year. Good morning, Natalie.

[Natalie Knutson:](#) Good morning, Katie.

[Katie Johnson:](#) Well, it seems like just yesterday it was August and we were getting ready for September's first series, and here we are already, with a full year behind us. But we have a really fun way to wrap up the series coming up next Monday, April 15th. What do you have in the works?

[Natalie Knutson:](#) Yeah, you're right. The weeks, the days, the weeks, the months, they just fly by. We're going to give the community and our employees another chance to take a little time for themselves and we're just calling this our Self-Care Workshop. We did one back in December and this one will be just a little bit different, because we're going to hopefully wish for some nice weather and do a few things outside this time, too.

We're working on securing some massage representation along with possible aroma therapy if they decide to bring that along.

[Katie Johnson:](#) Nice.

[Natalie Knutson:](#) We've partnered with the school district and we're going to be borrowing their bike fleet, and so we're going to be encouraging people to get out on bikes, get out for walks and enjoy the fresh air and the sunshine. And then we're also going to have just a spot for people to sit and hang out and enjoy some healthy snacks and grab some good little reads that we'll have available on some healthy tidbits that they can take with them for the day.

[Katie Johnson:](#) You know what I love about this is that it's a scheduled time, 11:30 to 1:00 on a Monday afternoon, to just stop and take care of yourself. And I think that's exactly what we need to do if we're going to really take some of these components of wellness that we've been really educating on throughout the year, our emotional wellness, our social wellness, all those components. I think you almost have to schedule it and stop and make the time for it.

[Natalie Knutson:](#) Mm-hmm (affirmative). I totally agree, and whether you can designate five minutes to just stop down and see what's happening, or if you want to come for half an hour and just really stop, like you say, and really kind of reflect on what we've been educating you on throughout this whole process, but now hopefully starting to implement some of these pieces into your life.

[Katie Johnson:](#) Right, and making them habits. And April is 30 Days of Biking, as we've been mentioning, or you might have been hearing throughout the community. You have kind of a fun little competition that's going to be happening as part of this, as well, that people might want to stop by and cheer on their favorite biker.

[Natalie Knutson:](#) Mm-hmm (affirmative), yeah. You're right. It's 30 Days of Biking, and Lake Region Healthcare is a silver medalist or silver status through the Bicycle Alliance of America. We try to do things around campus, such as bike racks and bike shelters and just make biking easier and more accessible to promote health and wellbeing throughout our community and our employees, but yes, we are going to feature a little friendly competition, males versus females. We've secured two riders for each team, so we're working on that third rider. And whoever bikes the furthest in the hour and a half timeframe of our workshop is going to be able to challenge the other team to some kind of ... something funny.

[Katie Johnson:](#) Something fun.

[Natalie Knutson:](#) Something fun, something funny, and let's just say I'd want to be on the winning team for the fun.

[Katie Johnson:](#) Knowing the people, I think you're right. I think that's fun, that we'll have the bike fleet here. We'll have those spinning bikes going to promote biking as a healthy easy alternative during the 30 Days of Biking month. We're also going to invite people who were involved in our community health challenge who maybe couldn't make it out to the expo because the weather wasn't cooperating so much to stop by and pick up their swag for participating in the health challenge.

[Natalie Knutson:](#) Yeah, yep. If you participated in at least four weeks of the challenge, you qualified for a tumbler, and they're super cool. You're definitely going to want to stop in and grab one. And then I suppose there's maybe some people that haven't picked up their prizes throughout the challenge, and even at the challenge we had some drawings, and you didn't have to be present to win. All of those things will be there to pick up. It's another opportunity to get over and check us out and pick those things up.

[Katie Johnson:](#) Absolutely. Again, this is Monday, April 15th, 11:30 to 1:00 in the clinic lobby, right at 111 West Vernon Avenue. We should probably mention the Thrive Initiative and what's happening with Three Good Things, too, since we're talking about all things health and wellness. That's happening right now, too.

[Natalie Knutson:](#) Three Good Things. Yep, just kicked off last night and it's not too late to join. It's two weeks of reflecting on the three good things that have happened throughout your day. All you have to do is text in @thriveff to the number 81010, and that automatically gets you linked in, and you'll receive a text each night for the next two weeks, asking you to reflect on your three good things.

And it's a proven strategy to increase your happiness and your wellbeing. I'd encourage you to link up to us.

[Katie Johnson:](#) Yeah, I got my text reminder last night, and it was a great reminder just to stop and reflect. Easy to type it in. And I really also like that they have you pick one word to represent your day. That's a nice little challenge, as well. But again, just send a text to 81010 @thrive-

[Natalie Knutson:](#) @thriveff.

[Katie Johnson:](#) ... ff, to participate in that. Anything else you want to share with our listeners, Natalie, or one last invitation to join us next Monday?

[Natalie Knutson:](#) Yeah, I think I want to say thank you. We had a great series this time around, and it was so fun to be able to tie that health expo into it, and I just really feel like the community is grabbing on and many thanks to all of the people that have participated in our activities.

[Katie Johnson:](#) Absolutely. We hope that you have, like we said earlier, started to make a habit of incorporating some of these wellness components into your daily life, and this Monday will be another chance to really solidify that and get some reminders and some tools, enjoy some healthy snacks, and just stop, reflect, get some fresh air with others at Lake Region Healthcare. 11:30 to 1:00 on Monday, April 15th, at Lake Region Healthcare's main clinic.

Natalie Knutson, thanks for joining me and thanks for everything you've done to make the 2018-19 Living Well series such a success and so meaningful to our community.

[Natalie Knutson:](#) Thanks, Katie.

[Katie Johnson:](#) Natalie Knutson and Katie Johnson on Apple a Day this morning reminding you there is so much to do here. Stay healthy for it. Have a great day.