

Katie Johnson: Good morning and welcome to Apple a Day, Lake Region Health Care's health and wellness segment where we feature news and information that you can use to live a healthier life. This is Katie Johnson, your host, and my guest today is Angela Nord. She was the 2016 winner of our community health challenge and she is here to talk about both her experience in that challenge and help us give a little sneak preview to the 2017 challenge. Good morning Angela!

Angela Nord: Good morning Katie.

Katie Johnson: Thank you so much for joining me. I want to start out by giving our listeners a little bit of history if they haven't heard about Lake Region Health Care's community health challenge before.

2016 was actually our third challenge. You were the winner of the Around The World in 80 Days drawing, but we had two more before that. We started out with a Walk to Waikiki where we encouraged the community to collectively walk the distance to Waikiki, Hawaii. People just blew that out of the water. We made it all the way around the world that year instead of just to Hawaii.

Then the second year we challenged the community to collectively exercise the number of minutes that we chose to be a million so it was Move it to Maui. That was our second year.

Last year we decided to try and make it around the world again in the Around The World in 80 Days challenge. As I mentioned, you were one of hundreds of participants. I think it was almost 800 people who participated in 2016. Let's start by talking about what prompted you to get involved in the community health challenge.

Angela Nord: Well I went to the Move it to Maui grand finale. I don't know what you even call that, is that like the health expo?

Katie Johnson: Yup, we call it a community health expo.

Angela Nord: Okay, so I went to that. I think I put in a measly like 25 miles and I felt like I could have done so much better and I saw all the great prizes you were giving out and I had some of the screenings done that were great. Found out that my levels in a couple of the screenings weren't great and I could have done so much better.

When I heard that Around The World in 80 Days was coming I was like, I got this. I'm going to do this! That's just kind of what motivated me. Just the 2015 challenge and then just wanting to do better in 2016.

Katie Johnson: Yeah, I think it's interesting that you had those health screenings, saw that your numbers weren't maybe where you wanted them to be and then when the health challenge came up in 2016 decided to kind of take charge. What were your hopes and

your goals as you signed up for the Around The World in 80 Days challenge?

Angela Nord: Well 2015 was a tough year. I had several recurring strained ankles and I found out I had spondylolisthesis which is a slipped vertebrae in my back. That kind of threw me for a loop. I was a little depressed about that and I was in a lot of pain and I wasn't moving because of my ankle and my back and I was gaining weight and like, where can I get help? I was kind of crying out to God and I had an MRI done and they sent me to physical therapy right here at Lake Region and Kelly and Sherry were wonderful to work with here. You have just a wonderful physical therapy department.

I was starting to work with them towards the end of 2015 and they just kept cheering me on. I started taking a restorative yoga class with Lois [Reff 00:02:32] at the cancer center that she offers. Both of those things combined, it just helped me to ... I just felt like God was answering a prayer like, I've had your back. Literally, I got your back. Just keep moving, you know?

Katie Johnson: Awesome.

Angela Nord: I had all these cheerleaders from the community cheering me on and that physical therapy even took me to the Y to show me some exercises and machines I could do over there when physical therapy when done. I felt like I was coming into the challenge for the Around The World in 80 Days. Much stronger than I had left the 2015 Move it to Maui challenge.

My goal was just to keep moving. Really just to keep moving and be motivated to do it. Log in my my miles and just watching what I was eating. I was hoping to lose some weight, I was hoping to be healthier and feel stronger.

Katie Johnson: Tell us, you mentioned yoga, you mentioned the physical therapy, the Y. What other kinds of things did you do throughout the challenge? It was about 80 days, 12 weeks or so. Was it hard to keep moving and keep the inspiration for those 80 days or how did you mix it up and keep it interesting?

Angela Nord: Well it's hard to move when it's the middle of winter sometimes. That was challenging but there was a dance class offered and my husband and I took that dance class. We didn't go every week but I love to dance so that was fun to do. Then my girls would walk the track at the Y with me and then when it got nicer we'd walk around Lake Alice and we did some bike riding together. Just getting other people involved in the journey helped a lot.

Katie Johnson: I think that's fantastic to hear that you participated as a family. You mentioned that your goal was to see some change by the end of the challenge in your overall health and fitness. Did you realize that goal?

Angela Nord: I did. The screenings that I had done the year before, a couple of them were above normal range, elevated, and at the Around The World in 80 Days screening they were back to the normal range which was amazing.

Katie Fantastic.

Johnson:

Angela Nord: I'd lost about 25 pounds throughout the challenge and I just felt really good.

Katie That is exactly what we hoped to hear from people who participated. Of course in April
Johnson: when it came time to wrap up the challenge and draw for the grand prize winner of a \$3,500 travel voucher to anywhere the winner wanted to go in the world, we drew your name! Tell us what that moment felt like!

Angela Nord: Well, is it Larry Schultz that drew ... I don't know Larry and he picked the name out of that big barrel and he looked around the room like he knew who won. Like he had that ... I'm like okay, I didn't win because he doesn't know me. I don't really know him so I'm like okay, didn't win that.

He, by process of elimination, several rounds went by and I was still standing the last couple rounds and my daughter was standing next to me and she's like "mom you're going to win, you're going to win!" I'm like "no, there's no way I'm going to win."

And here they called my name and I think I was in shock, really.

My daughter was pulling my arm, "you won, you won, you got to go up there!" I'm like "what, I won?" It just was a surreal moment.

Katie I'm sure. I bet it actually took a while to sink in.

Johnson:

Angela Nord: Yeah.

Katie And your husband wasn't with you. How did you tell him?

Johnson:

Angela Nord: No, he was watching a game at his buddy's house so I went over there and asked his buddy if he had a video camera and I had him videotape me telling him that we won the trip and yeah, he was floored.

Katie Oh, that's so cool. After the challenge was over, you're kind of on your own. The hope is
Johnson: that the 80 days was long enough to start some new habits. How did it go once the challenge was over?

Angela Nord: It started out really good. I kept going to the Y and then life kind of got busy. I had a son graduate at the beginning of June and so May was spent planning that and then we have a fireworks business and after graduation we went right into that and we're kind of stuck there for several hours a day.

It didn't go great, as much as I wanted. I think the reason is I just didn't schedule exercising like I had previously.

Katie Right. I think that that's really important for listeners to hear. That life does happen and

Johnson: it does get difficult but that doesn't mean that you can't get back on track.

Angela Nord: Right. My family had bought me a mother's day gift actually. A fit bit that I didn't get it hooked up. I didn't have the right technology. I think I have some dinosaur technology.

Anyway, I got some updated technology and was able to start using it a few weeks ago and this has just been amazing cause I've already lost about 10 pounds and it's keeping me on track as far as getting my steps in and logging my exercise and it's motivating me again to just keep moving.

Katie Johnson: Great. What were some of the lessons and strategies that you learned from the 2016 challenge?

Angela Nord: Some of the lessons I learned were just to, even when you fall, to get back up. To keep going and go after it again and not feel like a failure. Just to keep, like I said, just to keep moving. There's a lot of [inaudible 00:09:08] in that. I've had kind of weight issues all of my life and I've felt down on myself and talking to the fitness instructor for restorative yoga Lois just really encouraged me not to compare myself to other people exercising. Just to keep trying to get better each week and not look at the other people doing the exercises but knowing that I'm improving in my own way and that I can do it.

Katie Johnson: The next community health challenge begins in January. Our listeners are going to be among the first to hear that in 2017 we are going to Shoot For The Moon! We're really excited about that new challenge. It's going to be twice as challenging as last year in the sense that we're going to shoot for 238,900 miles. I'm wondering if you're going to join us on trying to accomplish that mission.

Angela Nord: You better believe I am!

Katie Johnson: All right!

Angela Nord: I actually looked up Shoot The Moon and it says to ask for the best or the most you could hope for.

And that's what I'm shooting for. I'm asking for the best and hoping for the most I could hope for and that's just to be healthy and doing this challenge last year, I just felt like I would have been a winner whether I would have won anything or not because I felt like I won my health back.

I just so appreciate living in a community that cares about people's health and I thank you for doing this challenge and for motivating us to keep moving. Cause I do feel like I really won my health back.

Katie Johnson: Your trip is a question I'm sure you get asked about a lot. Where did you decide to redeem your travel voucher for your trip?

Angela Nord: Well we wanted to go somewhere in the middle of winter and we wanted to go

somewhere tropical and so through a process of elimination we decided on Jamaica. We're giddy with excitement.

Katie Johnson: Oh!

Johnson:

Angela Nord: This will be a second honeymoon for Lance and I. We'll have been married 23 years in June and just have been looking forward to getting away for a while and God supplied it.

Katie Johnson: Isn't that fantastic? For our listeners' sake, the winner has one full year to use their travel voucher so you'll be able to enjoy some warm sunshine in the middle of this 2017 winter in Jamaica. We'll be drawing for another \$3,500 travel voucher if we reach our goal of shooting for the moon in 2017. Anything else you'd like to add this morning?

Angela Nord: I just want to thank you. You know, thank you for providing this for the community and just getting behind us and rooting for us, cheering us on. I just felt everywhere I go, to the Y or when I had physical therapy with Kelly and Sherry or to Lois or with my family. I just felt cheered on and I just appreciate that about Fergus Falls and Lake Region Hospital.

Katie Johnson: Well we certainly appreciate you sharing your story with us and that you are going to join us on our 2017 Shoot For The Moon community health challenge that will be kicking off here in January. We wish you a warm, wonderful trip to Jamaica as well. Thank you so much.

Angela Nord: We just encourage all of our friend and family to do it. Why not? Get moving and what better thing to win than the trip?

Katie Johnson: Exactly! It could be you. Great advice from Angela Nord, the 2016 winner of the Around The World in 80 Days challenge. With that challenge to all of you to join us in 2017 as we Shoot For The Moon. Check out eh LRHC.org website starting January 9th for all of the sign up details. We'll also have them in the lobby of our locations and at the YMCA if you would like to find out more information about that. Or of course you can call us at 736-8000 any time.

Mark your calendars too for April 20th. That will be this year's community health expo and the date that we will draw for the 2017 winner of our grand prize travel voucher.

This is Katie Johnson and Apple a Day along with Angela Nord reminding you that there is so much to do here. Stay healthy for it. Have a great day!