Food & Fitness: Small Steps to Great Health

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HealthQuest

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“You, the individual, can do more for your health and well being than any doctor, any hospital, any drug, and any exotic medical care device.”

-Joseph Califano-
Guidelines for Healthful Eating: Making the Transition to Healthy Eating

1. Buy food in its natural form (avoid highly processed, prepackaged food).

2. Eat a high percentage of plant-based foods: fruits, vegetables, grains, legumes, nuts and seeds (simply prepared).

3. Shop the outer aisles at the grocery store.

4. Eat high-fat, sugary foods only on special occasions, if at all.

5. Educate yourself about good-tasting, healthful recipes.
Guidelines for Healthful Eating: Making the Transition to Healthy Eating


7. Make one or two changes at a time. (e.g., eat 1 more fruit/vegetable a day, limit fast food eating to three times a week--if you’re eating it every day, etc.)

8. Know what you’re going for (your goals): improved health, reduced fat, salt, sugar; weight loss/maintenance; feeling better; increased energy; control of cholesterol/diabetes, etc.

9. Recognize that it’s simple, but not necessarily easy. Your current behaviors are based on a lifetime of habits. Changing habits takes time. Stick with it. Take small, gradual, steady steps.

Turn to your neighbor. . . . . Share one dietary change you will make this week and make it small.
Elements of Fitness

Cardiovascular endurance

Muscular fitness

Flexibility
At last! An exercise pill that really works!
Inertia

MY FEET ARE RESTLESS

I THINK THEY WANT TO GO JOGGING...

FORTUNATELY, THE LEGS ARE IN CHARGE OF THE FEET!

4-23
Who needs a Stair Master when you’ve got a Chair Master
Reasons Not to Exercise

...your friend hurt himself doing it
Reasons Not to Exercise

...you’re on vacation
Reasons Not to Exercise

You have no other bad habits
## Reasons Not to Exercise

<table>
<thead>
<tr>
<th>1</th>
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It's before, during, and after an illness.
Reasons Not to Exercise

...it's too cold
## The Effects of Aging (with and without Exercise)

<table>
<thead>
<tr>
<th>Factors</th>
<th>Effects of Aging without exercise</th>
<th>Effects of Aging (with Exercise)</th>
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<tbody>
<tr>
<td>% Body Fat</td>
<td>Increases</td>
<td>Decreases</td>
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<tr>
<td>% Lean Tissue</td>
<td>Decreases</td>
<td>Increases</td>
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<tr>
<td>Blood Pressure</td>
<td>Increases</td>
<td>Decreases</td>
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<td>Heart Rate</td>
<td>Increases</td>
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<td>Serum Cholesterol</td>
<td>Increases</td>
<td>Decreases</td>
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<tr>
<td>Range of Motion</td>
<td>Decreases</td>
<td>Increases</td>
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<tr>
<td>Muscle Strength</td>
<td>Decreases</td>
<td>Increases</td>
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<tr>
<td>Lung Function</td>
<td>Decreases</td>
<td>Increases</td>
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<tr>
<td>Bone Mass</td>
<td>Decreases</td>
<td>Increases</td>
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<tr>
<td>Aerobic Capacity</td>
<td>Decreases</td>
<td>Increases</td>
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</table>
Benefits of Exercise

- Increased Energy
- Improved Digestion and Elimination
- Improved Intellectual Capacity and Productivity
- Better Sleep
- Weight Loss
- Strong Bones
- Control of Depression
- Decreased Stress
- Added Protection from Heart Disease
- Increased Endorphins (pain killers)
- Maximum Benefits for Minimum Output of Time

Turn to your neighbor. . . . . Share one physical activity you’ll add to your wellness lifestyle this week.
Submerged ballerinas rehearse for their annual show at Leisure World in Laguna Hills, California. Activities like line dancing, lawn bowling, and computer classes make retirement communities increasingly popular among people with decades of free time to fill. “Anyone who’s bored here is a stick in the mud,” says 65-year-old Barbara Hack, at left.
Even girls who a soft spot for on that can accept a perpetually aper produce a wet di (Sort of.)

So a Germany cited to raise the Horn, a real-life, "seven like like a poop, as well as a marketed in girls but an idealgreens"
At about $99 at\ and Wal-Mart, like real baby's" softies — including "lemon, and a will help in family style" get only

www.denverpost.com/scene
HealthQuest Programs

• 113 Screening Events Offered in 44 Cities

• Fasting required to get results for:
  • Total cholesterol, HDL, LDL & total cholesterol to HDL ratio
  • Triglycerides
  • Glucose
  • Systolic & diastolic blood pressure
  • Height, weight & body mass index (BMI)
  • Waist circumference

www.khpa.ks.gov/healthquest
Health Assessment

Offered February – September

Register an account at wellness portal www.KansasHealthQuest.com

- Biometrics from screening are uploaded
- Receive personal health status report
- $50 gift card for completing

www.khpa.ks.gov/healthquest
Nurse 24

- Nurse line available 24/7
- 1-888-275-1205 (option 2)
- Confidential

www.khpa.ks.gov/healthquest
Lifestyle Health Coaching

- Lose Weight
- Be More Active
- Ease Stress
- Eat Healthier Foods
- Gain Energy
- Be More Confident

www.khpa.ks.gov/healthquest
Condition Management

- Diabetes*
- Asthma
- Chronic Obstructive Pulmonary Disease*
- Coronary Artery Disease
- Heart Failure* (monitor & scale)

*FREE in-home monitoring device available

www.khpa.ks.gov/healthquest
Available to qualified participants, the in-home biometric monitoring device transmits your health data over a secure phone line to the Alere clinical team.

Specialized nurses review your information and provide guidance or even alert your personal doctor if you require immediate attention.

www.khpa.ks.gov/healthquest
Tobacco Cessation

- Quit For Life – nation’s leading program
- Telephonic coaching
- WebCoach – optional online component
- 8 weeks free nicotine replacement therapy (patch or gum)
- Premium discount offered at Open Enrollment ($40/month)

www.khpa.ks.gov/healthquest
Employees who use tobacco and who elect during the open enrollment period to participate in the 2011 non-tobacco use discount program must enroll and complete 5 **tobacco cessation telephone discussions** with a Quit Coach by **May 1, 2011**, in order to be eligible for and retain the non-tobacco use premium discount of $40 per month for plan year 2011.

Enrollment and coaching discussions may begin as early as October 1, 2010.

Who is Eligible?

- Benefits eligible State and Non State employees who are enrolled in the State Employee Health Plan or who have waived coverage in the plan

- Retirees, spouses and dependents 18 years or older who are enrolled in the State Employee Health Plan

www.khpa.ks.gov/healthquest
24/7 confidential support - 1-888-275-1205 (option 7)

EAP counselors provide short-term counseling (up to four sessions per issue) and/or referral. A few of the most common examples include the following:

- Marriage and relationship concerns
- Family and parenting questions
- Domestic violence
- Emotional and stress related issues
- Alcohol and drug problems
- Grief and loss
- Work related concerns

www.khpa.ks.gov/healthquest
Employee Assistance Program (EAP)

- Legal Advice & Discounts
- Personal Money Management Assistance
- Elder care Information & Referrals
- Childcare Information & Referrals
- Grab-A-Cab

www.khpa.ks.gov/healthquest
Employee Assistance Program (EAP)

Life Coaching (4-6 telephonic sessions)

1. Building sound relationships
2. Improving job performance and strengthening your career
3. Managing stress and building resilience
4. Major life transitions

www.khpa.ks.gov/healthquest
Who Is Eligible to use the EAP?

- All active, benefits-eligible employees of the State of Kansas, their family members living in the same household or dependent children

- All active, benefits-eligible employees of our Non State Employer Groups, their family members living in the same household or dependent children

(Retirees and COBRA participants are not eligible to participate.)

www.khpa.ks.gov/healthquest
Wellness Champion Network

- Provide wellness at agency level

- Currently recruiting a representative (or team) at each agency to help promote HealthQuest programs and wellness in general

- Meets once a month for 45 minutes via web & audio conference

www.khpa.ks.gov/healthquest
Other Offerings

HealthQuest Website  www.khpa.ks.gov/HealthQuest
Member Portal  www.KansasHealthQuest.com
Wellness Blog  www.HealthQuestKansas.com
HealthQuest Events:
   www.khpa.ks.gov/healthquest/happenings.html
Youtube:  www.youtube.com/KansasHealthQuest
Twitter:  www.twitter.com/KsHealthQuest
Facebook:  www.facebook.com/pages/Kansas-HealthQuest/162087057146685

New Employee Orientation Packets
Wellness Presentations

www.khpa.ks.gov/healthquest