Minutes in Motion Challenge

Join the La Crosse County Team for the 9th annual “Minutes in Motion” Physical Activity Challenge! This challenge is FREE and starts March 23rd and ends May 3rd, 2015. See below for more information and how to register!

What is Minutes in Motion?
It is a six-week community physical activity challenge. Report your activity daily, weekly or anytime before the end of the challenge. The goal is to obtain at least 30 minutes daily totaling 1,260 minutes by the end of the challenge. When you meet the challenge goal, you will be entered into a drawing for great prizes!

Who can take part in Minutes in Motion?
Anyone, any age, any fitness level can join Minutes in Motion. Simply follow the registration steps to get started, and join the La Crosse County team. Your family members and friends are welcome to participate too!

Why should I join Minutes in Motion?
It’s a fun way to get moving this spring. Improve your health and your attitude by getting 30 minutes of exercise a day or 210 minutes a week.

Who can I contact if I have questions?
Please contact Abbie Loos if you have any questions about this challenge. ALoos@lacrossecounty.org
Direct: (608) 785-5613

How do I join the team for La Crosse County?
1) Go to: www.gundersenhealth.org/mim/register.
2) Click to create an account, and create your personal account for Gundersen’s Wellness Portal. Then Log-in.
3) Once logged in, click “Available Challenges” and then click “Minutes in Motion 2015.”
4) Click “Worksite Team.” Then in the drop down boxes for ‘employer’ and ‘team name’ select LA CROSSE COUNTY.
5) You are now registered for Minutes in Motion 2015!

How can I register a family member or friend?
Follow the same steps as above. Click ‘individual’ instead of ‘worksite team.’ Then click register!
Health Assessment Results
—You asked and we listened.

Since 2010, La Crosse County has offered the Healics Health Assessment to all county employees. As a reminder, your individual results are completely confidential. The only data the county receives is aggregated, so individual results cannot be deduced.

Employees asked “where do we stand as a worksite?” See a summary of the results below.

Positives:
- 777 employees and 55 spouses completed the health assessment.
- 91.2% of employees and spouses were at minimal risk for blood pressure.
- 81.4% of employees and spouses were at minimal risk for tobacco use.

Areas to Improve:
- Weight control—67% of employees and spouses are overweight and 25.7% fall into the extreme risk category defined as being greater than 41 pounds overweight.
- Blood glucose—22% of employees and spouses have a blood sugar over 100 putting them at risk for type II diabetes.
- Only 1 out of every 2 employees and spouses are getting the recommended amount of physical activity.

This chart illustrates how La Crosse County faired in comparison to the All-HEALICS averages (green line).
Website Renovation

The Employee wellness programs section on CountyView is being updated! 
http://countyview/health/Documents/Wellness/Default.htm

Check out the website frequently for information about:

- **Fitness**— local fitness center discounts, La Crosse County fitness classes, treadmills, indoor bike parking & walking routes.
- **County Wellness**— health assessments, flu clinics, wellness fairs, challenges, CSAs and screenings.
- **Community events and more!**

**Fitness Class Schedule— NEW Session!**

**Session Dates:** March 30th-June 19th (12 weeks). *There will be no classes on April 3rd or May 25th.*

**Classes Location:** Classes will be held in Administrative Center room B190.

**Registration:** Register with Tamara Glentz/tglentz@lacrossecounty.org/ 785-9723. Registration begins Monday, March 16th.

**Cost:** 1 class (40-45 minutes) $25; 2 classes (2 times a week) $45; 3 classes (3 times a week) $62; 4 classes $78; 5 classes $92.

*Class sizes may be limited to accommodate comfort and safety.*

**Minimum participation is required to hold the 12 week session.**

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**Basic F.I.I.T.**
Basic F.I.I.T is a low impact boot camp style class that focuses on cardiovascular endurance, muscular strength, and flexibility.

**Group Strength Training**
Group Strength Training uses body weight and resistance equipment for a body strength workout that is safe and effective.

**Hatha Yoga**
An all-encompassing spirit, mind and body workout concentrating on flexibility, strength, and relaxation.

**Pilates**
Pilates is the ultimate program for gaining control of movement, increasing core strength and developing a lean, toned body.
Researchers have linked sitting for long periods of time with numerous health concerns including obesity, increased blood pressure, high blood glucose, excess body fat around the waist and abnormal cholesterol values. Sitting in front of the TV or other electronics isn’t the only concern, any extended sitting—such as behind a desk at work or behind the wheel—can be harmful.

— Just spending a few hours a week at the gym or otherwise engaged in moderate or vigorous activity doesn’t seem to significantly decrease the risk —

Rather, the solution seems to be sitting less and moving overall!

The Health Education division in partnership with the Employee Wellness Committee is implementing a wellness pilot project in the health department to encourage employees to move more throughout the day.

Source: MayoClinic.org

**What will employees notice?**

- Monthly fitness challenges. Health Department employees are currently participating in a 30 day squat challenge (see below). Each day employees are challenged to increase the number of squats they are able to perform!
- Resistance bands (pictured below) or hand weights and activity suggestions near the printers and grab & go area. Employees simply check the items out and return them when they are done!
- Office FitDecks (pictured on the right) in room 2000 and 2100. FitDeck cards demonstrate exercise, stretches and movements in a user-friendly format.
- Office, Pilates, & body weight FitDecks located near the grab & go area. Employees can shuffle the cards to create a new routine each time!

Can I participate if I’m not a Health Department employee?

This is currently a pilot program for Health Department employees. There is the possibility to expand to other departments if the program is utilized and well received.

**What is the goal of this Project?**

— Support activity during the day by making it easier for employees to be physically active —