

AWC meeting April 24, 2012  
12:30 p.m. 2:00 p.m.  
MDH Lab  
Meeting Minutes

Attending:

- |                          |                                    |
|--------------------------|------------------------------------|
| 1. Lorelei Peters MMB    | 8. Deb Loy MDE                     |
| 2. Linda Feltes MMB      | 9. Kim Engwer-Moylan MDH           |
| 3. Bob Eder-Zdechlik MMB | 10. Sandy Stolt Retirement         |
| 4. Tamara Bohmert DPS    | 11. Sally Kupferschmidt Retirement |
| 5. Nikki Trifilette MDH  | 12. Amy Sanda MnDOT                |
| 6. Cori Huffman MDH      | 13. Liz Ehresman DLI               |
| 7. Chris Barth DOC       | 14. Debbie Lerdahl Adm             |

Nikki welcomed all. All were given a high five for high five Tuesday, and were encouraged to experiment with standing for all or part of the meeting. About half of the group stood.

**State Capitol Walk/Bike**

Amy and Bob filled in for Jarvis. This year will be the 11<sup>th</sup> year of the walk around the capitol, on Wednesday, May 16.

In addition, several commissioners will bike around and the Nice Ride will be introduced—all to promote active commuting from home and between meetings.

Jarvis will be in contact with the AWCs to help recruit for the walk. Each agency competes against each other for the highest percent of participants (Don't bother, MMB has won the last 2 years) and other prizes.

This event creates a great tie-in opportunity for many of our own agency's wellness programs. Whether your offices are in St. Paul or not, you can take the lunch period on May 16 to feature your wellness program, give tours of your fitness facility, hand out posters (which you can print from the Work Well site) or brochures about your wellness program.

There was discussion of whether workers comp would cover an employee that biked to a meeting. (Linda turned to Admin's risk mgmt. for the answer to that question. Yes, one would be protected as if one drove or walked. Submit a workers comp claim.)

For more information on Nice Ride, visit: <https://www.niceridemn.org/>

**Recess**

Cori led the group on a tour of the labs. Thanks Cori!

**Suggestions for starting walking/running groups**

*(Please see Linda's speaking points, beginning on page 3.)*

Several AWCs provided copies of the walking tours from their buildings they provide employees on their intranets.

And several additional community resources were mentioned, which we link to here:

- Allina's Neighborhood Health Connection: <http://health.allina.com/events/2952>
- BCBS Fire Up Your Feet: <http://health.allina.com/events/2952>
- Walk with Walgreens: <http://walk.walgreens.com/>
- iTunes Pedometer app: <http://itunes.apple.com/us/app/pedometer-free/id362306160?mt=8>

### **Updates**

Certificates of appreciation for participating as an Agency Wellness Champion were given to those in attendance. Others will be delivered by mail. Thank you for helping wellness surge this year! (Thank you, Kim for designing them again this year.)

(I apologize for not capturing other updates from this meeting.)

### **Next meeting**

Tues May 29, 1:30-3

Ladyslipper Room, Centennial Bldg.

658 Cedar St.

St. Paul 55155

(call-in participants welcome)

Agenda items will include *Take the Stairs* campaigns and perhaps some demos from potential wellness class instructors.

## *Suggestions for Starting Walking/Running/Biking Groups*

AWC

April 24, 2012

Fitness groups or clubs can support healthy behaviors: they can be designed to increase awareness, motivation, skills and opportunity (AMSO).

There are several organized walking and running groups within state agencies. Some have started formally, but have sustained themselves by being informal: mostly small groups of participants that are both committed and flexible.

Examples:

**MDH:** walking tours of various distances on wellness website

**MMB, OHE:** informal walking groups

**MDE:** walking group meets every Wed unless cancelled by email due to weather. Sometimes breaks into slow/fast, short/long distances.

**MPCA:** At the MPCA, there are many people that meet to walk or run, either in groups or solo, over the lunch hour. In warmer weather, there might be 30-50 people that do this, and maybe more that I'm not aware of. Usually the groups are smaller, in the range of 2-5 people per group. The size of the groups is somewhat limited by the smaller locker rooms. This is a self-limiting factor, where if the facilities get too crowded, people decide to go out at a different time. As for biking, most of the biking is for commuting to work, though sometimes there are organized rides over the lunch hour.

### **Prerequisites for a fitness group include:**

- A committed organizer ( or two)
- A way to invite participation (email, posters, website)
- A way to communicate with group
- A walk leader for each walk
- A designated place to meet
- Designated days and times, or scheduling tool to invite group (such as Evite)
- Commitment to starting and ending on time
- Shared goals, such as pace and distance, or subgroups with shared goals
- Ability to accommodate different fitness levels and abilities to participate
- A safe route or routes, and routes of different lengths and for different weather conditions
- Comfortable walking shoes, pedometer or watch
- Invite to participate in JourneyWell's 10,000 steps. Provides coaching support, information and a pedometer
- Build in a way to routinely evaluate how it's going for each participant

### **Resources**

Walking or running groups:

- California 5 a Day Guide to Establishing Worksite Walking Clubs:  
<http://www.cdph.ca.gov/programs/cpns/Documents/Network-FV-WP-WalkingClubTool.pdf>
- Sumter County Active Lifestyles Volunteer Walk Leader Manual:  
[http://www.sumtercountyactivelifestyles.org/Walk\\_Leader\\_Manual.pdf](http://www.sumtercountyactivelifestyles.org/Walk_Leader_Manual.pdf)
- Road Runners Club of America: Start a Running Club: <http://www.rrca.org/club-directors/start-a-club/>

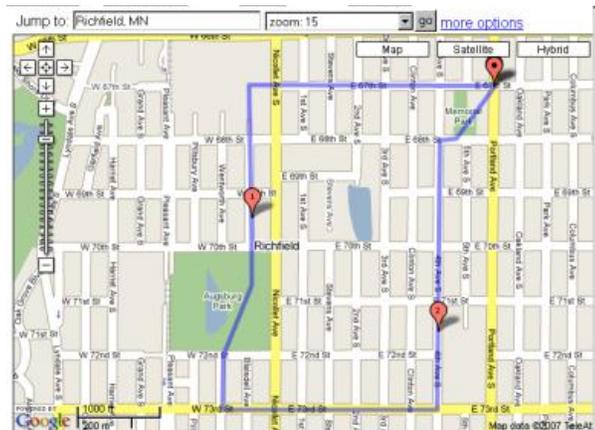
- Schedule meetings with Meeting Wizard or Doodle:  
<http://www.meetingwizard.com/>  
<http://www.doodle.com/>

Walking Maps:

- Google Maps Pedometer: <http://www.gmap-pedometer.com/>

How to Use Google Pedometer:

1. Type the word "pedometer" into your Google search engine to find the Gmaps Pedometer Web site, or log on to <[www.gmap-pedometer.com](http://www.gmap-pedometer.com)>.
2. Type your address in the "Jump to" box, choose "zoom: 15", and then click on "go."
3. Once you locate your starting point, click on the "Start Recording" button on the left side of your screen.
4. Double click where you would like to start mapping out your route.
5. Continue to map out your route by double-clicking at various points along the route. You will see total miles displayed on the left side of your screen.
6. Once your route is complete, click on "Print map" on the left side of your screen to print a copy of your map.



7. Or, to copy and paste your map into another document, follow these instructions: Click on "Print map" on the left side of your screen, and then click Cancel in the print box. Next, hit the Print Screen button on the upper right corner of your keyboard. Open your document, right click and hit Paste. You may want to right click on the map and select

More walking information:

- JourneyWell state employee log-in page (for access to 10,000 Steps):  
[www.journeywell.com/SEGI](http://www.journeywell.com/SEGI)
- BCBS do. at work campaign: <http://www.do-groove.com/work>

Walking meetings:

- Send invitation to event with Evite: <http://new.evite.com/#home>
- feet first Guide to Walking Meetings: <http://feetfirst.org/walks/walking-meetings>
- Center for Health Improvement: Walking Meetings Energize Body and Mind: <http://www.chipolicy.org/pdf/5678.Walking%20Final%20After%20Public%20HW.pdf>
- Schedule meetings with Meeting Wizard or Doodle: <http://www.meetingwizard.com/>  
<http://www.doodle.com/>

## Articles

(When possible, include information in the article that will link the reader to walking resources, including walking maps, on your agency's wellness site.)

- *Oh the places we can go...*

...especially when we let our body take us there! Movement is great medicine for the body and spirit, and walking is one of the healthiest "movements" of them all.

"I have two doctors, my left leg and my right" (historian G.M. Trevelyan)

You don't have to do much to reduce the impact of sitting on one position all day: walk between calls, take the stairs instead of the elevator, walk and talk instead of sending an email to someone nearby.

And you don't have to do much more to improve your health substantially. Walk in a park, to a friend's, while shopping, even upstairs.

"The best remedy for a short temper is a long walk." (Jacqueline Schiff)

Look for ways to participate in this month's "Step To It" MMB challenge: see emails and postings nearby.

Celebrate walking (and biking) with other state employees at the "State Capitol Walk/Bike", **May 16, 2012 from 10:00 a.m. – 1:00 p.m. To learn more, contact Bob Eder-Zdechlik: [bob.eder-zdechlik@state.mn.us](mailto:bob.eder-zdechlik@state.mn.us).**

"Walking isn't a lost art - one must, by some means, get to the garage." (Evan Esar)

- *Energize your Meeting—Walk*

Walking meetings promote creativity, equity and team spirit, among other benefits.

Things to keep in mind:

- The most effective walking meetings may be for brainstorming or visioning. One on one meetings work easily. If the group is larger, there may be more than one conversation, which can lead to more new ideas.
- Some people are amenable to walking meetings and some are not. If you're not sure, plan to meet for coffee and then ask about taking the coffee "to go" and getting some exercise.
- Share an agenda before the meeting.
- Take along a small notepad or index cards and a pen to jot down key points. Or try a recording device, which may be available on your cell phone.

- As you reach the end of your walk, briefly recap and confirm next steps.

“Walking Meeting” badges are available upon request from Work Well; contact Linda Feltes.

- *Take the Stairs*

Researchers have focused in on the two best ways to take the stairs. Take them up. And take them down.

Taking stairs wherever you go contributes to your good health. You will strengthen your heart, muscles and bones. If joint pain discourages you from taking the stairs, start with taking them up, to reduce the impact on your joints. Those concerned about balance, please use the handrail. If you always use the elevator, changing your mental routine will help keep your brain young.

Taking the stairs is also social. Forget elevator freeze. People in the stairways talk to each other.

All you need to take the stairs is: stairs, and a handrail, which is usually provided.

Here is a resource to start a Take the Stairs campaign at your worksite:

CDC’s StairWELL to Better Health (<http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/stairwell/index.htm>)

See you on the stairs!

- *Weekly Tips*

Tip of the Week: Make it easy.

Keep comfortable walking shoes in your office or your car. Or wear shoes you can walk in every day! An American Council on Exercise study shows that wearing comfortable clothing in the workplace increases *the physical activity of workers. Makes sense!*

Tip of the Week: Get support...or not

Get the support and commitment of coworkers to meet regularly during the week for a group walk. Great multitasking—you get to walk and talk at the same time.

Or schedule walks by yourself. This provides exercise and time to yourself, to relax, sort through your thoughts and imagine.

Tip of the Week: Where to Walk

Many of us are familiar with walking the tunnel circuit, or around the capital mall. You can also build your own walk using Google Pedometer.

Tip of the Week: Stay safe!

- Warm up with gentle stretches and by walking slowly. Cool down the same way.
- Face oncoming traffic if you are forced to walk on the road. You will be able to see and respond quickly.
- Walk defensively. Don’t assume cars and bikes see you or will yield.
- Carry ID, in case of medical emergency. Let someone know your route.
- Get plenty of rest. Accidents are more likely to occur when people are tired.