



# Library Link Up: Wellness Programs

January 2015





# RUNNING AT THE LIBRARY

King Simpson

Logan County Public Library

Russellville KY

# “COUCH TO 4K” RUNNING GROUP

- Based on the popular “Couch to 5k” or “C25k” run/walk plan.
- Started with “Couch to 4 Mile” group in 2013.
- Changed to “Couch to 4k” the next year.
- Tied to library’s race (more later)
- What’s with the K’s?
  - 1 Kilometer = 0.62 mile
  - 4 Kilometer = 2.48 miles
  - 5 Kilometer = 3.1 miles



**2013 Book It 4 Your Library "Couch to 4 Mile" running group**



# 2014 Book It 4 Your Library "Couch to 4k" participants

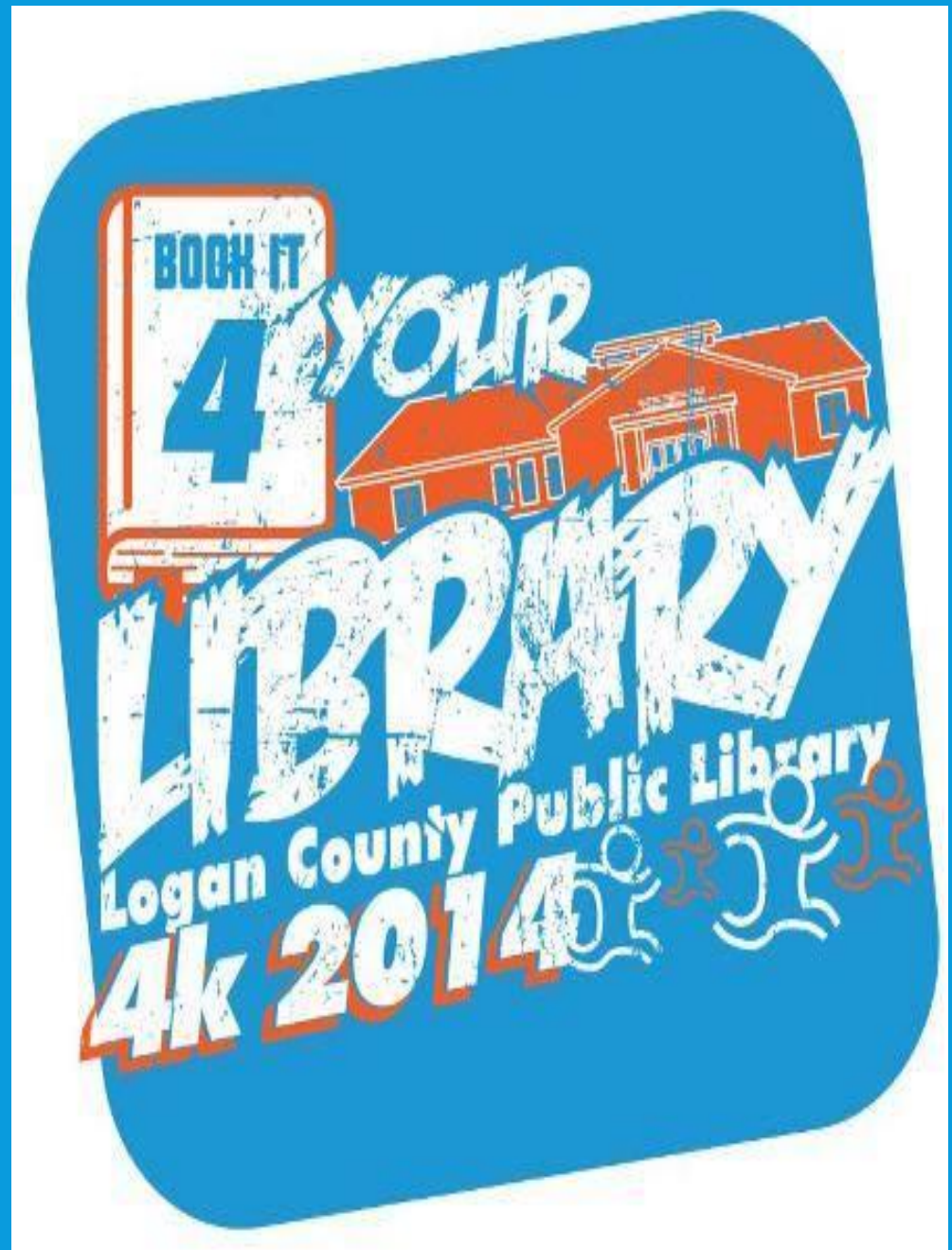


# CONSIDERATIONS

- Timing your running group to correspond to a planned event
- How often to meet
  - 1-3 times per week
- Time of day
  - Weekday? Saturday? Sunday?
  - What's your target group?
- Things you need
  - Waivers
  - Information sheets
  - Safety Vests/Lights
  - Storage space

## “Book It 4 Your Library” race

- 2013--First year
  - 4 mile race
  - 54 participants
  - Raised \$829 for building fund
- 2014—New location, new course
  - Changed to 4k distance (2.48 mi)
  - 81 participants
  - Raised \$1,216 for building fund
- 2015—Bigger and better!
  - 4k distance
  - Goal: 100 participants
  - Goal: \$2,000 for adult and children’s programming





# A New Leaf

A one-month commitment to making positive changes

Madison County Public Library

January 2015

# So driving to work one day...

- I was feeling very crabby
- The day was another cold and gloomy one
- Spring seemed a long way off
- I was super busy and super bored
- (hence the crabbiness)
- There were no holidays on the horizon
- Everyone and everything was getting on my nerves

# I decided it was time for a change.

- See the change. Be the change.
- I had to do something – anything – to get out of my rut.
- I decided that each morning on the way to work, I would start listing everything I was thankful for. Nothing else.
- No worrying.
- No fixations.
- Just thankfulness.
- And specificity.

Suddenly, I wasn't feeling as crabby!





# But everyone around me sure was :P

- I decided it was time to share the love.
- It was time to turn over a new leaf.



# 30-day Challenge

- Turn over a new leaf: make a written commitment to yourself to do at least one thing a day for 30 days to help you turn over a new leaf for health and happiness.
- Written, signed agreement/commitment to stick to the challenge for 30 days
- Daily record keeping
- End of 30 days achievement party – open agreements, compare daily notes, celebrate success
- T-shirt & button upon successful completion of 30 days

# I emailed the challenge out to my staff...

- Replies started coming in immediately!
- About half the staff has completed the challenge each of the two years we've done it.
- Changes have been remarkable and last well beyond the 30 days.

# They had to make a commitment to themselves.

## 2013-New-Leaf-Commitment-Pledge¶

¶

I, \_\_\_\_\_, commit to doing one thing each day from  
February 20, 2013, to March 20, 2013, to improve my health and happiness. ¶

At the end of thirty days, I want to feel \_\_\_\_\_ ¶

¶

\_\_\_\_\_ ¶

¶

\_\_\_\_\_ ¶

¶

Here are some of the things I hope to try over the next 30 days: ¶

¶

\_\_\_\_\_ ¶

¶

\_\_\_\_\_ ¶

¶

\_\_\_\_\_ ¶

¶

\_\_\_\_\_ ¶

¶

\_\_\_\_\_ ¶

¶

¶

Signed: \_\_\_\_\_ Date: \_\_\_\_\_ ¶





# Some of the stuff people did:


- Walked to my meeting instead of driving
- Started a new book
- Ran 2 miles
- Helped someone jump-start their car in the grocery store parking lot.
- Ate a bagel instead of a donut.
- Enjoyed my kids
- Got to work on time.
- Ordered a salad for lunch.
- Cooked dinner instead of microwaving it.
- Started using handkerchiefs.
- Left the cheese off my spaghetti.


# Each day, one positive thing.


## 2014 MCPL NEW LEAF Challenge


 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_


 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_


 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_


 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_


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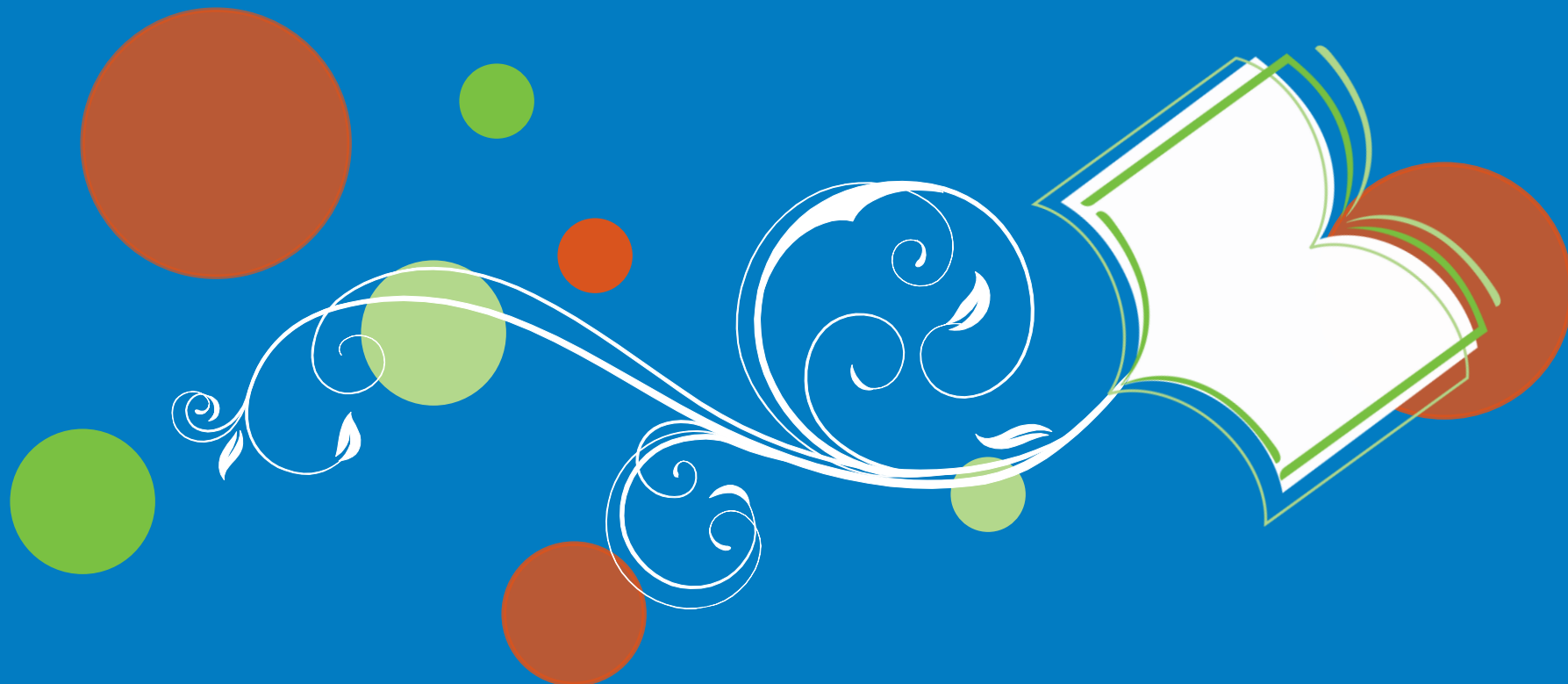
 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_

 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_

 Date: \_\_\_\_\_  
What I did today: \_\_\_\_\_

# At the end, we celebrated!





# Interact for Health: Join the Fun Active Living Kits



# Interact for Health: Join the Fun

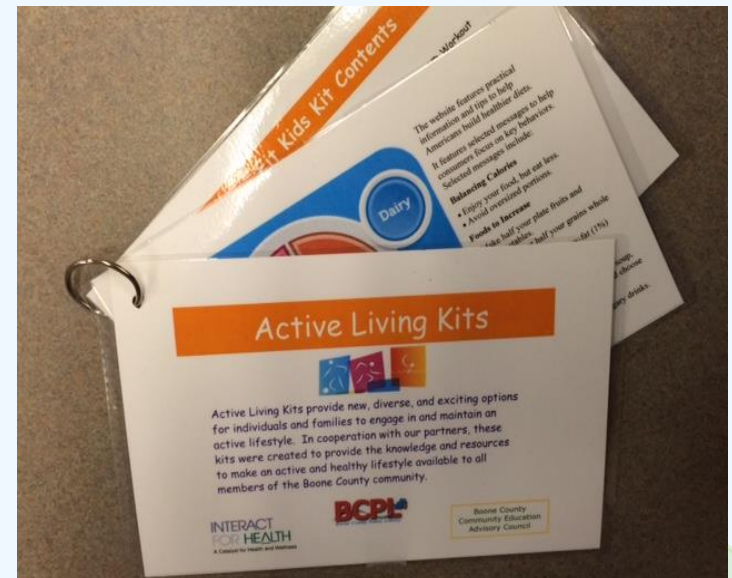


- What is the Interact for Health: Join the Fun initiative?

*To increase exercise-related social infrastructure by increasing participation in active-living events*

# Check It Out: Active Lifestyles

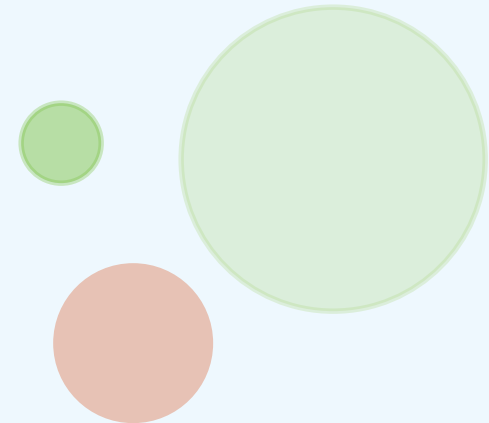
- What did BCPL propose?
  1. *To create multi-level activity kits appropriate for varying ages, physical ability, and interests.*
  2. *To provide materials and information on active lifestyles, thereby instilling a culture of active living for participants.*



# Partnership

## Boone County Community Education Council

- Boone County Public Library
- Boone County Parks and Recreation
- City of Florence Parks and Recreation
- Durr YMCA
- Boone County Schools
- World of Golf





## Active Living Kits

Boone County Public Library

# Contents

- Books
- DVDs
- Exercise Materials:
  - Yoga Mats
  - Weights
  - Heartrate Monitors
  - iPods
  - Gym Membership



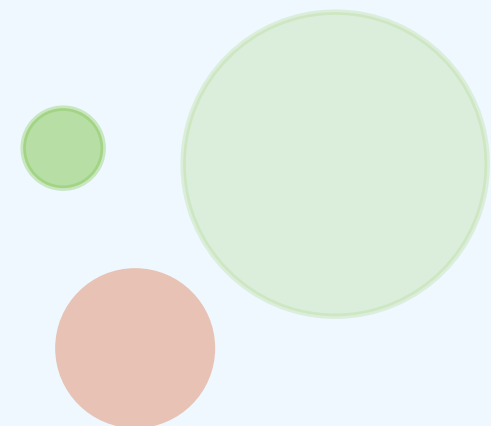


# Titles

- Healthy, Fit Kids
- Family Fitness
- Senior Fitness
- Beach Ready
- Muscle Building
- Fit Mama
- Back to You
- Beginners Yoga
- Advanced Yoga and Pilates
- Beginner's Fitness
- Running
- Advanced Fitness



# Questions?





**Checkout Your  
Community :**

**Better Health  
Choices**

**Hopkins County-  
Madisonville  
Public Library**

**CHECKOUT YOUR  
COMMUNITY:**

*A New Year Resolution*

**BETTER  
HEALTH  
CHOICES**

A 16-week Walking & Coffee Club sponsored by the Hopkins County-Madisonville Public Library and Healthy U Wellness Program at Baptist Health Madisonville.

**JANUARY-APRIL 2015  
MON-FRI • 10 A.M.**

**Begin any day that fits  
into your routine!**

- Registration begins December 29, 2014
- Tuesdays at 10:45 am there will be a health related program, brought to you by local professional health providers. Weekly weigh ins will be optional to everyone.
- New health related materials added to the book collection will be available for checkout.
- Books provided by Owensboro Health Gives Community Benefit Grant.

**Please join us for easy  
stretches and walking.**

**Where:** Parkway Plaza Mall at the Hopkins County Madisonville Public Library

**Why:** For Better Health, Fitness and Weight loss/maintaining

Each of these activities are an opportunity to register for weekly or monthly incentives including Fitness Formula memberships, YMCA passes, gift cards and more.

**To register, please contact Sharon Gibbs at 270-825-2777 or stop by the Library for more information.**



# ***Origins of Better Health Choices***

- **Learn & Burn Program, 2013**
- **Collection Needs Assessment – Health**
- **Owensboro Health Grant**

# ***LEARN & BURN***

***July-Sept., 2013***



# ***LEARN & BURN***

***July-Sept., 2013***

- **Public-Suggested Program**
- **Weight Loss Competition –  
May-September, 2013**
- **Baptist Health Madisonville  
Partnership**
  - ***Healthy U Employee and  
Community Wellness Program***

# ***LEARN & BURN***

***July-Sept., 2013***

- **Huge Success**
  - ***200+ Participation***
  - ***800 Collective Pounds Lost***
  - ***Relationships***
  - ***Positive Publicity***

***COLLECTION NEEDS  
ASSESSMENT***



Owensboro  
Health

***Gives.***

## ***Checkout Your Community: Better Health Choices***

The public library is a central civic community resource for the citizens of Hopkins County, and as a welcoming nonjudgmental agency is uniquely positioned to provide programming and informational/ educational health literacy materials that address a wide range of health issues including physical inactivity, obesity, smoking, heart disease, nutrition, diet , mental health issues and other illnesses.





Owensboro  
Health

***Gives.***

**Focus Areas:** As a result of the analysis (Baptist Health Needs Assessment), heart disease, obesity, diabetes and smoking prevention/cessation were identified as the priority areas on which we will focus.

**Objective (Year 1 – 2015)**

***Promote increased physical fitness and exercise in the counties served.***



Owensboro  
Health

***Gives.***

**Strategies:**

- A. Make community members aware of various types of exercises and places they can go to exercise.
  
- B. Promote physical fitness and exercise in the schools.



Owensboro  
Health

***Gives.***

### **Strategies continued -**

C. Encourage and support parents' efforts to provide/incorporate physical Fitness into their children's daily lifestyle/routine.

D. Sponsor community activities that promote activities which encourage physical fitness and exercise for the family.



## HEALTH & WELLNESS COLLECTION

- PLDF - \$4,300 Granted for Materials & Programming
- A Consumer Health Library of materials will be up to date and readable for a variety of literacy levels. The subjects will cover a wide range of health issues (see attached order). Materials should be less than 5 years old to be considered current medical information.

## PARTNERSHIPS

- **Baptist Health Madisonville**
  - *Healthy U Employee & Community Wellness Program*
- **Baptist Health Fitness Formula**
- **Hopkins County Health Department**
- **Hopkins County Cooperative Extension Service**
- **Hopkins County Senior Citizens Center**
- **Hopkins County YMCA**



*Public Computer  
Mousepads  
provided by Healthy U*



# PROGRAMMING

## *Healthy Bites for the Holidays, December 2014*



# PROGRAMMING

## Hopkins County Madisonville Public Library

Parkway Plaza Mall  
Madisonville, Ky 42431  
270-825-2680

Selected Health titles that are made possible by a Owensboro Health Gives Community Benefit Grant

Weight Watcher's New Complete Cookbook

Cooking Light Mad Delicious: the Science of Making healthy Food Taste Amazing

Paleo Foodie Cookbook

Colorful Cooking: Healthy and Fun Recipes that Kids Can Make

Everything Guide to Cooking for Children with Diabetes

201 Organic Baby and Toddler Meals

Cooking Light Annual Recipes 2015

Complete Low-Carb Cookbook

Taste of Home Healthy Cooking

## January 2015

### Checkout Your Community—Better Health Choices

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Library closed on Sundays		Laughter is the Best Medicine – Submit your jokes and cartoons for display—all ages	Storytimes include a physical activity component—each Wed.	1 Happy New Year! Library Closed	2	3
4	5 Walk @ 10 am Mon-Fri all month / Coffee club	6 Weigh in each Tuesday for those that wish to participate @ 1045	7 Hopkins County Community Clinic Free Flu Vaccines each Wed. 9-noon 270-824-3555	8	9 Smoking Cessation, Fridays Jan 9—Feb 13 11-1130 am call Hannah 270-824-3503	10
11	12 Drawing for YMCA weekly Pass @1045	13 Smart Phone apps for health @ 1045	14 Hearing Screening and Hearing Aid Demo, 10-1, Baptist Health 270-326-4800	15	16	17
18	19 Drawing for YMCA weekly Pass @1045	20	21	22	23	24
25	26 Drawing for YMCA weekly pass @ 1045	27 Online Health resources/information class @ 1045	28	29	30	31 Free yoga class @ Baptist Health Women's Care 9am –1030

This month's websites: Ask a Library staff member about public access computers

MedlinePlus—[nlm.nih.gov/medlineplus](http://nlm.nih.gov/medlineplus)— diseases, conditions and wellness issues  
 Thewalkingsite.com—For beginning walkers, stretching exercises, 12 week beginners schedule and more  
 Health.com—health A-Z, fitness, recipes, diet, healthy and happy, videos and more  
 HopkinsCountyymca.com—local YMCA information, class schedules (some free for 55 and older)  
 BaptistHealthMadisonville.com—click on Services and then click on Fitness Formula - SilverSneakers Programs available  
 Free Online health assessments at [findyourhealth.com](http://findyourhealth.com)  
 Centers for Disease Control at [cdc.gov](http://cdc.gov)





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## ○ ***Walking & Coffee Club***

# Jan-April, 2015

Thanks To Everyone For  
Participating!

Stay warm out there!!

