

Here comes the sun...and 30 days of biking

Spring is coming and along with it, 20 more minutes of daylight every week. By April, we'll have over 12 hours of light and the outdoors beckoning. It is time to get moving, get outside and get back on that bike. Our area offers parks, official trails and that after supper ride around the block. It is time to make those wheels roll down the street or cruise the bikeways of the Brainerd Lakes area.

Put a helmet on the kids or put your bike on the rack and meet up with friends. Go solo at your own pace or... share your riding fun with others – around the state, around the country, around the world. Beginning on March 1st, you can sign up at 30daysofbiking.com. At this website— you will see listed bikers near and far. It is motivational to see that people from Aitkin to St Paul; Nashville to Montreal; Rio de Janeiro to China; people getting on their bikes, around the world, posting comments and joining together for the month of April.

Your pledge to ride every day in April requires no out of pocket costs and there are no limits on the distance you ride – just bike each day and mark “biking” on your calendar. Choose a biking schedule that works for you - it can be a few blocks in the neighborhood or longer stretches on the local or distant paved bike trails. Have a busy schedule – on those days, keep your biking to a few minutes close to home. Consider that you wouldn't go a

day without eating or sleeping; physical activity will improve and support the other facets of your life. Having fun and doing good things for your health are not mutually exclusive. Bike close to home, get moving and take the outside view, refresh your spirit.

Benefits of daily biking:

- being outdoors
- get to know your neighborhood and neighbors
- healthy heart and healthy body
- time with family and friends
- getting away from technology and experiencing the wonders of nature

- *Robert Morgan is a volunteer with Crow Wing Energized Healthy Choices Goal Group*

Kids Bike Fleet



Crow Wing Energized was awarded an NFL Super Bowl Legacy Grant for the creation of two youth bike fleets. These youth bike fleets are primarily used by elementary schools in Crow Wing County to facilitate the Walk! Bike! Fun! curriculum in the schools.

During the summer months, the bike fleets may be checked out for use by youth - serving organizations. **You may learn more about the bike fleet efforts by visiting: <http://crowwingenergized.org/kids-bike-fleet/>**

Take the pledge to ride and share your adventures online

30 Days of Biking is a pledge to ride your bike every day in April and share your adventures online with the hashtag #30daysofbiking.

Take the pledge at 30DAYSOFBIKING.COM

There is no minimum distance - just get out there and pedal at least once a day, then tell us about your adventures. And yep, spin class counts!

Crow Wing Energized wants to see your adventures too! Upload pictures of you, your friends, and your family biking to our facebook page @crowwingenergized.



5th ANNUAL HEALTH & WELLNESS SUMMIT

More than 250 attended the 5th Annual Health and Wellness Summit. Keynote speaker Dr. Henry Emmons spoke on Resiliency and Sleep, and Dr. Ann Kinney shared the results of the current Community Health Survey.

Summit attendees took part in the following:

- Prioritizing strategies for supporting the results from the local community health survey
- Receiving a free copy of the Chemistry of Calm book by Dr. Henry Emmons
- Launching the newly released Sleep Toolkit



Summit attendees and Crow Wing Energized volunteers are shown taking part in a walking meeting.

got plans?

3rd Annual Conference

APRIL 13th

8:00 a.m. – 1:00 p.m. at First Lutheran Church Koinonia Reception Hall
424 S 8th St, Brainerd, MN 56401



Who will speak for you if you cannot speak for yourself?

Lynn MacKenzie is the Executive Director of Light the Legacy and a certified Respecting Choices® advance care planning facilitator. She is an instructor for advance care planning facilitators and POLST (Providers Orders for Life Sustaining Treatments) facilitators.

Lynn will share with you her personal experience as to why she feels so compelled to share the importance of advanced care planning with as many people as possible.

Throughout this thoughtful and informative presentation, attendees can expect to:

1. Learn what a Health Care Directive is and why it is important for individuals and their loved ones to have one.
2. Recognize the effects that not planning for end of life has on family members and how it may cause unnecessary conflicts and heartache.
3. Understand how to have the conversation with your Provider and Loved Ones.
4. Confidently complete and file your own Health Care Directive.

To learn more about Lynn and her mission before the event, please visit www.LighttheLegacy.org

Got Plans? will help you learn about Advance Care Planning from experts. Plan for the best. Space is limited for this FREE event. Lunch is included.
Register online: <http://crowwingenergized.org/events/cwe-got-plans/>

CEU's available

If you can't attend the April 13th Got Plans 3rd Annual Conference...

attend one of the following local presentations on advanced care planning efforts

- March 28, 1-3 p.m.
Crow Wing County Land Services Building
- April 12, 1-3 p.m.
Crow Wing County Land Services Building
- April 16, 11 a.m. - 1 p.m.
Essentia Health St. Joseph's Medical Center
- April 20, 12-2 p.m.
Brainerd YMCA
- April 26, 2-5 p.m.
Union Congregational Church

For questions contact Natalie Brown at 218-546-3462

Free classes... Sign up today!

LIFESTYLE CHANGE PROGRAM

Learn how to create a healthier lifestyle and prevent diabetes in a 22 session diabetes prevention program.

- March 20, 6-7 p.m.
Essentia Health Baxter Clinic
- March 21, 5-6 p.m.
Essentia Health Brainerd Clinic
- April 10, 4-5 p.m.
Big Stone Therapies - Baxter

Register at <http://crowwingenergized.org/events/categories/lifestyle-change-program/>

MATTER OF BALANCE CLASS

Learn how to prevent falls at the FREE classes. Classes are held once a week over the course of 8 weeks.

- April 3, 1-3 p.m.
Crosslake Lutheran Church
- April 17, 8:30-10:30 a.m.
Hallett Center Meeting Room

The following class is held twice a week over the course of 4 weeks.

- May 1, 9-11 a.m.
Essentia Health St. Joseph's Hospital

Register at <http://crowwingenergized.org/events/categories/matter-of-balance/>

For questions contact Joanna Collins at 218-454-2554 or jcollins@blymca.org

Lunch & Learn

- March 30 *Why Connected Relationships Matter*
- April 18 *Why Volunteerism is the Ultimate "We" Gift*
- April 20 *Why Anniversaries Matter: Explosive Reminders*
- May 2 *Growing Up in a Dysfunctional Family and How to Deal with it*
- May 9 *Technology & Our Kids: What's the Cost?*
- May 15 *Parenting with Consistency*
- May 23 *Make it OK*

Crow Wing Energized invites you to bring your own lunch and an open mind to our Lunch & Learn presentations at the Brainerd Lakes Area Chamber. The presentations are from 12:00 p.m. to 1 p.m. No registration required.

Professional Development Opportunities

Developing Executive Function in Young Children Training

March 8, 6:30 - 8:30 p.m. at Essentia Health - St. Joseph's Medical Center. Learn how executive function (EF) is tied to the brain and how both develop as a function of experience, along with effective ways to support its healthy development throughout early childhood. Cost is \$10. **Register today** <http://crowwingenergized.org/events/developing-executive-function-in-young-children/>

For more information email CassieCarey@CrowWingEnergized.org

A grassroots community health and wellness movement led and funded by



Essentia Health



www.CrowWingEnergized.org