

NWP Health & Wellness Newsletter



Employee Wellness Spotlight

Beginning in August, the NWP Health and Wellness team will spotlight one employee's health and wellness journey in our monthly newsletter. This month, we are featuring Chris Lucius, MD, one of our own General Surgeons at KWMC.

Dr. Lucius is inspiring for many reasons, but his motivation and passion for exercise and a healthy lifestyle set him apart from most. Chris is a 5-time Ironman athlete and an Ultra marathon runner, but he didn't start out this way. Growing up, Chris was not much of an athlete. It wasn't until he started his residency that he decided to run his first marathon. An inspiring friend, Dr. Michael Mooney, was a huge advocate for helping him fall in love with running. Meeting Michael started a huge transition for Chris. He started realizing how much he loved running for the activity rather than for training purposes. Dr. Lucius summarized that having a good mentor taught him the importance of a healthy lifestyle and that running did not have to be just another event or goal that might end and eventually put him right back where he started. Dr. Lucius said that, "fitness has to be a part of your everyday life". He believes as long as it is one of your top 5 values, you will find a way to fit it in.

We all know that life throws us curve balls and we don't always have the time and energy we would like to get exercise in. I asked Dr. Lucius what an average day looked like for him and how he fit exercise in. An average day for Chris is pretty busy and can vary depending on work shifts, so he has to start the day early to fit exercise in. Since Chris has a family including a wife and 2 children, the evenings are mostly spent with his family. In order to fit exercise in to his schedule, Chris is a big advocate for going to bed early. I really appreciated the fact that Dr. Lucius, like all of us, is only human. Sometimes he just doesn't have the energy to wake up early, and in these situations, he brings a pair of running shoes and workout clothes with him everywhere he goes. Having his gear convenient eliminates any excuses he may develop throughout the day because he is ready to go as soon as he gets any free time...(continued on next page)

Written by: Emmie Hiersche, KP Account Team Specialist

September Wellness Events

September 5th-7th, 2014

Best in the West Triathlon
Sweet Home, Oregon

For information on the different events at "Best in the West" including registration information, [click here!](#)

September 6th, 2014

[The Color Run!](#)

9AM

PDX International Raceway
The Color Run, also known as the Happiest 5k on the Planet, is a unique paint race that celebrates healthiness, happiness and individuality.

September 7th, 2014

[Pints to Pasta 10k Run/Walk](#)

8AM-12PM

North PDX through Downtown
Enjoy the downhill start to the famous Widmer Brothers Brewery, across the Willamette River, along the river front pathway finishing at The Old Spaghetti Factory. After your hard work treat yourself to complimentary pasta, salad, and bread, but don't forget the delicious Widmer Beer.

September 13th, 2014

HARP Event:

Portland Art Museum
"The Art of the Louvre's
Tuileries Garden"

10 AM

[Click here to find out the full details on this event!](#)

(continued from first page) Finally, I ended with asking Dr. Lucius for his best advice for someone trying to find his or her own *Thrive*. Chris stated, "My best advice for others would be to have good friends. That helps out a lot and keeps you accountable." He also mentioned a supportive family is key and he wouldn't be able to do what he does without their help. Lastly, he stated he is blessed to work in a healthy work environment. Having an environment and employer who supports being healthy and active is huge. Although Chris didn't come out of the womb an Ironman or marathon runner, he found a way to fit it in to his life that worked with his schedule and made him happy, because at the end of the day, isn't that what we all strive for?

More September Wellness Events

September 21st, 2014

[Susan G. Komen's Race for the Cure](#)

7AM, Downtown Portland
5k Walk/Run to raise money and awareness for breast cancer.
Sign up as a participant on KpCares.org.

September 28th, 2014

[Harvest Century Bike Ride](#)

7:30AM, Hillsboro
Celebrate the coming of a glorious fall with the last organized ride on the Oregon cycling calendar. Traverse over rolling hills, through falling autumn leaves, and enjoy the gorgeous countryside at the 12th Annual Harvest Century.

September 28th, 2014

[Sunday Parkways](#)

Southwest Portland, 11AM to 4PM
Whether rolling down Troy Street or exploring the SW Trails with its rolling hills and scenic views, don't forget to stop by Gabriel Park, Multnomah Village and Hillsdale Shopping Center for food, music, activities and more.

Introducing the #SmileinSeptember Campaign!

Starting on September 1st, the NWP Health & Wellness Team will be initiating a new wellness campaign: **#SmileinSeptember**. The concept for this campaign comes from [100 Happy Days](#), where people pledge to share pictures of one thing every day for 100 days that makes them happy!

We're challenging **YOU** to take to social media to post a photo of one thing every day in September that makes you happy! It could be a picture of anything! Your pet, the changing of the seasons to Autumn, your bike, ANYTHING! Just as long as it makes **YOU** happy! Our hope is that by taking a moment every day to reflect on your own happiness, you will learn to slow down a bit and appreciate the moment! Post your picture to Facebook or Twitter tagging it with the hashtag: **#SmileinSeptember**

Follow us on Facebook and Twitter to see our daily posts of what makes us happy!

Facebook: <https://www.facebook.com/nwphealthandwellness>

Twitter: <https://twitter.com/NWPWellness>

Article Focus:

"Yes, Your Ultimate Day of Relaxation Can Be at the Office"

Of course, we would all love to escape the office and head to the spa in the name of relaxation. But most of us don't have the luxury of doing that!

This article gives an hour-by-hour guide to having a more relaxing and enjoyable day at the office.

[Click here to check out the article!](#)

MDs Wanted!

We are looking for MDs who want to get involved in our Wellness Program by either participating or becoming a wellness champion. Please send Dave McKay a note if you are interested!

Suggestions?

Send an email to the NWP Health & Wellness Team at NWPWellness@kp.org, and it may be included in the next newsletter!