



January 11, 2017

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MARK YOUR CALENDAR

January 11 - Blood Pressure Screening (11:30AM-1:00PM, KFWC)

January 12 - Final Weigh-Ins for Project Zero (7:30AM-6PM, KFWC)

February 10 - Deadline to Submit Points Earned November 2016-January 2017

February 10 - Deposit of

The City of Kettering Employee Wellness Program uses *Be Well Bulletin* to share all important and upcoming Wellness Program information. *Be Well Bulletin* is distributed the second Wednesday of each month.

NEW NON-ACTIVITY POINTS OFFERING

The Employee Wellness Program Committee believes it is important for all individuals to learn the life saving skills of CPR.

Completion of the CPR/AED courses offered by the Kettering Fire Department will now be worth 15 Non-Activity Points.

Below is a list of the dates and times of the 90-minute CPR/AED courses being offered at Fire Headquarters (4745 Hempstead Station Drive). Please contact [John Moore](#) (937.296.3385) to register for one of the trainings below.

- Wednesday, January 25th - 9AM
- Tuesday, February 21st - 1PM
- Monday, March 27th - 9AM
- Monday, April 24th - 1PM

Class size is limited. Please sign-up for the class that best fits your schedule.

TIPS FOR SUBMITTING WELLNESS POINTS

A good rule of thumb when participating in the Points System/Incentive component of the Employee Wellness Program is to **keep copies of all points submitted**. This will certainly help if there is ever a discrepancy!

Your department representative has access to

2015/2016 EarnBack

February 28 - A to
Zumba Event (6PM-
8:30PM, KRC)



EMPLOYEE WELLNESS QUICK LINKS

[Wellness Homepage](#)

[Earnback](#)

[Program
Components](#)

[Program Benefits](#)

[Frequently Asked
Questions](#)

[Wellness Forms](#)

[Committee
Members](#)

QUESTIONS?

Questions about the
Employee Wellness
Program?

Talk to your
[Department
Representative](#) or
find information on
[the Barn](#).



points totals. Please occasionally verify your totals with your representative to ensure accuracy throughout the Wellness Year.

Likewise, the 2015/2016 Wellness Points have been tallied and totaled. Preparation for February 2017 deposits are being made... if you've not done so already, now is a great time to verify your eligibility for the upcoming deposit (02/10/17).

WELCOME NEW COMMITTEE MEMBERS

Thanks to all of you who expressed interest in joining the Employee Wellness Committee! The Committee wishes to welcome the following new representatives:

Scott Bates - Administrative Systems
Sharin Day - Tax
Rebecca Rine - Volunteer Office

The Wellness Committee will still consider new or additional members for our team! If you're looking to get involved and have a commitment to wellness, please submit your interest to [Lindsey Patrick](#).

FREE BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held TODAY at Kettering Fitness & Wellness Center Lobby from 11:30AM-1:00PM. This screening is worth 5 Non-Activity Points. All staff and family members are welcome to participate.

STRATEGIES TO HELP ACHIEVE YOUR GOALS

Even if you don't make formal resolutions on January 1, you may set some goals for yourself at some point during the year. Whenever you do it, you'll be more likely to achieve those goals if you take ownership of your goals with the right approach.

Over the next 3 months we'll explore three tried-and-true strategies for setting your goals and reaching them in a timely manner.

First we'll explore:

[1. Write Down Your Goals.](#)

LECTURE WINNER



Were you the latest Wellness Lecture Winner?

[Click here to find out!](#)

Don't forget... When you participate in the Employee Wellness Program Lectures, not only do you earn **10 Non-Activity Points**, but you also get entered for a chance of winning **\$50!**

NEW GROUP EXERCISE SCHEDULE

Check out the new [Winter 2017 Drop-In Exercise Class Schedule](#)! A great way to squeeze in workout time and some Activity Points are by participating in some of the lunchtime offerings such as Indoor Cycling, Pilates, Boot Camp, or Yoga at the Kettering Recreation Center or Kettering Fitness & Wellness Center. Contact [Lindsey Curry](#) or [Karin Nevius](#) with any questions.

FREE FRIDAY

Free Friday allows you participate in a drop-in exercise class at no cost! Free Fridays take place the first Friday of each month. Watch for the most recent [schedule](#) of the available drop-in classes at Kettering Recreation Complex or Kettering Fitness & Wellness Center. This is a great opportunity to try a class for the first time or switch it up and try something new.

City of Kettering | (937) 296-2400 | EmployeeWellness@ketteringoh.org |

The Starter - Kettering e-newsletter | www.ketteringoh.org

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