



March 10, 2017

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## MARK YOUR CALENDAR

March 16 - Blood  
Pressure Screening  
(11:30AM-1:00PM, KFWC)

March 27 - CPR/AED  
Course (9AM, KFD  
Headquarters)

March 29 - Wellness  
Lecture (11:30AM,  
Council Chambers)

April 10 - Walking  
Challenge Begins

April 24 - CPR/AED  
Course (1PM, KFD)

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.

### UPCOMING WELLNESS CHALLENGE: GET MOVING 2017!

It's time to dust off those pedometers, wearables, and walking shoes and get ready for our most popular Wellness Challenge, "Get Moving"! This challenge is nothing short of simple. Walk 10,000 steps per day for at least four days per week (or 40,000 steps per week) and submit a weekly log sheet. *Please note only steps earned walking and/or running on the ground or treadmill are to be counted.*

This six-week challenge runs Monday, April 10<sup>th</sup> through Sunday, May 21<sup>st</sup>. To register, go to <https://www.surveymonkey.com/r/2LVD79G>.

Each week you reach the 40,000 step goal and submit your log sheet by the deadline, you will earn one entry in the grand prize \$100 cash drawing. So, complete the challenge each week and you'll have six chances towards winning. In addition, cash awards will be given to the highest three overall step takers (\$50 first, \$25 second, and \$25 third).

Don't forget... walking at 45%-65% of target heart rate is worth 1 Activity Point per 15 minutes.

### WELLNESS LECTURE: "TALK BACK TO NEGATIVE THOUGHTS"

The next Wellness Lecture is scheduled for Wednesday, March 29<sup>th</sup> at 11:30AM in Council

Headquarters)

May 10 - Deadline to Submit Points Earned February 2017-April 2017

May 21 - Walking Challenge Ends



## WELLNESS EMPLOYEE OF THE MONTH

Do you know someone who has improved their personal health and fitness levels (weight loss, improved physical condition, improved blood pressure, etc.) and/or made a significant change to lead a healthier lifestyle (improved eating habits, quit smoking, etc.)? You don't have to be a department wellness representative... any employee can nominate another employee for the Wellness Employee of the Month Award.

## EMPLOYEE WELLNESS QUICK LINKS

[Wellness Homepage](#)

[Earnback](#)

[Program Components](#)

[Program Benefits](#)

Chambers. This lecture is worth 10 Non-Activity Points and a chance at \$50!

Come hear Erin Rowley with Diabetes Dayton discuss how to combat the negative voice in your head. Hear how to prevent this voice from foiling your plans of developing and leading a healthy lifestyle.

If you can't attend the live lecture, recorded versions will be made available shortly following! Contact your [Department Wellness Representative](#) to obtain copies of the DVD versions. Online versions of this lecture will also be available for viewing on The Barn.

Whether you view the lecture live or a recorded version, be sure to submit a [Non-Activity Points Form](#) to get your points! Include the points slip if you watch it live, or have your Wellness Representative sign the form if you watched a recorded version.

### NEW NON-ACTIVITY POINT OFFERING: ACTIVE SHOOTER TRAINING

The Employee Wellness Program Committee believes safety and preparedness is a key component of overall well-being. As recognition of this, employees who participate in the Active Shooter training offered by the Safety Committee, in conjunction with the Kettering Police Department, will be eligible for 15 Non-Activity Points.

Members of the Kettering Police Department will present a general Active Shooter training. This training will last approximately 2 hours and include a presentation followed by a question and answer session where questions, general in nature, will be answered. While this training will be offered at different venues throughout the City, it will be general in nature and not specific to what to do in the event of an Active Shooter at that specific location.

You must register for this training. In order to do so, please contact your department secretary or supervisor as they will be coordinating attendance within your department.

Date	Time	Location
3/22/2017- Wednesday	3PM	Virginia Room, North Building
3/24/2017- Friday	10AM	Fire HQ Community Room
3/28/2017-	1PM	KRC Multi-Purpose

[Frequently Asked Questions](#)

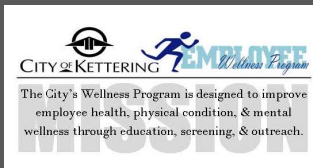
[Wellness Forms](#)

[Committee Members](#)

## QUESTIONS?

Questions about the Employee Wellness Program?

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



Tuesday		Room
3/31/2017-Friday	7:30AM	Streets Dept. Lunch Room
4/7/2017-Friday	1:30PM	Valleywood
4/10/2017-Monday	9:30AM	Council Chambers, South Building
4/13/2017-Thursday	9AM	Rosewood Theater

### FREE BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held in the Kettering Fitness & Wellness Center Lobby on **Thursday, March 16th** from 11:30AM-1:00PM.

This screening is worth 5 Non-Activity Points. All staff and family members are welcome to participate.

### CPR TRAINING

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](mailto:John.Moore@ketteringohio.gov) (937.296.3385) to register for one of the trainings below.

Monday, March 27th - 9AM

Monday, April 24th - 1PM

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

### IMPORTANT INFORMATION ON REAL APPEAL AND NON-ACTIVITY POINTS

If you signed up for Real Appeal, completed your personalization call and nine group sessions, you earned 50 Non-Activity Points... **HOWEVER**, if you did not agree with Real Appeal to release your personal health information (PHI), we did not receive your name and likewise did not issue your points.

If you were issued the 50 Non-Activity Points, you

would have received a congratulatory email from Lindsey Patrick. If you did not receive this email and feel you satisfied the requirements, please be sure you released PHI by following these steps:

1. Log-in to your account at [kettering.realappeal.com](http://kettering.realappeal.com) to update your incentive consent information.
2. Click on Settings (located under your name in the left navigation).
3. Scroll down to the Preferences box and in the box that says "I decline to share my activity in the program", click on the blue hyperlink that says View Agreement.
4. Enter your first and last name and then click the Accept button.

By releasing PHI, you are allowing Real Appeal to include your data as part of aggregate information provided to the City of Kettering. In addition you are allowing them to communicate your name only once you've completed the personalization call and nine group sessions.

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### **STRATEGIES TO HELP ACHIEVE YOUR GOALS**

Even if you don't make formal resolutions for the new year, 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 last two months, we explored strategies one and two, "Write Down Your Goals" and "Make Your Goals SMART". This month, we'll explore the last strategy:

- [1. Write Down Your Goals.](#)
- [2. Make Your Goals SMART.](#)
- [3. Set Process Goals.](#)

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### **WELLNOTES**

Check out Kettering Health Network's [March 2017 WellNotes!](#) Here's what's included:

- Yoga to Reduce Lower Back Pain a Slam Dunk
  - How to Shop for Health at the Grocery Store
  - Get Your Zzzs to Avoid Getting Sick
  - KHN Monthly Challenge: Munch More Leafy Greens
  - Ask the Wellness Doctor: What can I do to prevent falls?
-

## **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.

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City of Kettering | (937) 296-2400 | [EmployeeWellness@ketteringoh.org](mailto:EmployeeWellness@ketteringoh.org) |

The Starter - Kettering e-newsletter | [www.ketteringoh.org](http://www.ketteringoh.org)

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