



May 10, 2017

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MARK YOUR CALENDAR

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

May 21 - Walking Challenge Ends

May 23 - CPR/AED Course (1PM, KFD Headquarters)

May 24 - Free Blood Pressure Screening (11:30AM-1PM, KFWC)

May 25 - Deadline to

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.

DEADLINE TO SUBMIT

FEBRUARY - APRIL POINTS = TOMORROW

Don't forget, tomorrow, May 10th, is your last day to submit Activity and Non-Activity Points earned February through April 2017.

Paper Versions of the forms are available [here](#) and/or submit Activity Points online [here](#).

BIKE TO WORK DAY

Next Friday, May 19th, is Bike to Work Day! Participate by registering [here](#) and you'll receive not only Activity Points for the duration of your ride, but 5 Non-Activity Points and an Employee Wellness Program water bottle.

Or maybe free pancakes motivates you more? Head to Riverscape MetroPark between 7AM-9AM for free pancakes and music before heading to work. Details are available [here](#).

FREE LIPID SCREENINGS

The Employee Wellness Program will be offering [FREE blood lipid \(cholesterol, triglycerides, glucose\) and body fat screenings](#) on **Tuesday, June 13** from **7:00AM - 10:00AM** in the Virginia Room (Government Center - North Building). Employees with higher-than-normal glucose scores will be eligible for an additional A1C screening.

A 12-hour fast is recommended for this screening. Appointments are required and can be made by

View Wellness Lecture:
"Talk Back to Negative
Thoughts"

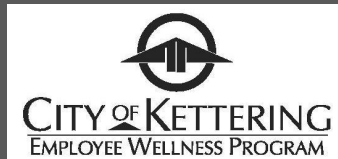
May 25 - Wellness
Lecture (11:30AM,
Council Chambers)

June 2 - Free Friday

June 13 - Free Lipid
Screenings (7AM-10AM,
Virginia Room)

June 15 - Free Blood
Pressure Screening
(11:30AM-1PM, KFWC)

June 19 - CPR/AED
Course (9AM, KFD
Headquarters)



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

calling KHN Community Wellness at (937) 558-3988 during normal business hours.

This screening is worth 15 Non-Activity Points.

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!**

WELLNESS LECTURE: "HOW TO TAKE CHARGE OF YOUR SURROUNDINGS"

The next Wellness Lecture is scheduled for **Thursday, May 25th at 11:30AM** in Council Chambers. This lecture is worth 10 Non-Activity Points and a chance at \$50!

Come hear Erin Rowley with Diabetes Dayton give you some pointers on taking charge of your surroundings. Often times we eat and drink because something besides hunger triggers our desire for food. These triggers are called cues. Food cues often affect how much we eat, and activity cues affect how much or little we stay active. Some cues are positive and lead to healthy behavior. Often cues are a problem and lead us to overeat or be less active.

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.

WELLNESS QUICK LINKS

[Wellness Homepage](#)

[Program
Components](#)

[Program Benefits](#)

[Frequently Asked
Questions](#)

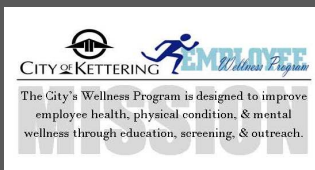
[Wellness Forms](#)

[Committee
Members](#)

QUESTIONS?

Questions about the
Employee Wellness
Program?

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



WELLNESS CHALLENGE: GET MOVING! UPDATE

The "Get Moving" challenge is over halfway over and over 50 participants are certainly moving!

Total Steps To Date:

Week 1 - 3,386,921 steps (1,693 miles)
Week 2 - 3,359,416 steps (1,680 miles)
Week 3 - 3,362,630 steps (1,681 miles)

Special Shout-Outs to our overall top three steppers as of the end of Week 3: **Adam Walker, Angie Riviello, and Craig Moore!**

Adam and Angie are neck and neck for most steps... competition is strong!!

FREE BLOOD PRESSURE SCREENINGS

Free blood pressure screenings will be held in the Kettering Fitness & Wellness Center Lobby on **Wednesday, May 24th** and **Thursday, June 15th** 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@kettering.org) (937.296.3385) to register for one of the trainings below.

Tuesday, May 23rd - 1PM
Monday, June 19th - 9AM
Tuesday, July 25th - 1PM

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

WELLNOTES

Check out Kettering Health Network's [May](#)

[WellNotes!](#) Here's what's included:

- A Little Exercise Goes a Long Way
- Solving the Mystery of Migraine Headaches
- Don't Cry. Everything Tastes Better With Onions
- Health Challenge: Give Your Gut Some Love
- Ask the Wellness Doctor: Why do so many diets recommend eating more leafy greens?

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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