



June 14, 2017

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## MARK YOUR CALENDAR

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

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

June 21 - Wellness Lecture (11:30AM, Council Chambers)

June 22 - Special

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.

### **GET READY! THE NEXT WELLNESS CHALLENGE IS COMING UP!**

The next six-week wellness challenge will focus on consistency and improving water consumption habits. Participants are asked to consume 64 ounces of water per day for at least five out of seven days per week. The challenge will take place July 10 - August 20, 2017.

Each week you successfully complete the weekly water consumption goal, you will earn one entry into the final **\$100, \$75, and \$50 drawings!** And, that's not it... **all participants**, so long as you submit your log for all six weeks (regardless of reaching the weekly goal), will earn **10 Non-Activity Points!**

[Find our more information here.](#)

**[REGISTER TODAY!](#)**

Questions? Contact Karin Nevius at [karin.nevius@ketteringoh.org](mailto:karin.nevius@ketteringoh.org).

### **EMPLOYEE PICNIC - JULY 13TH**

The Annual Employee Picnic will be held on Thursday, July 13th from 11AM - 1:30PM at Polen Farm. From what we hear, this year's event is going to be extra delicious!

The Employee Wellness Committee will be sponsoring a **Beach Towel Volleyball tournament**

Olympics Torch Run

July 7 - Free Friday

July 10 - Water Wellness Challenge Begins

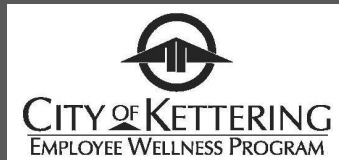
July 12 - Deadline to View Wellness Lecture: "Still Hungry?"

July 13 - Employee Picnic (11AM-1:30PM, Polen Farm)

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

July 25 - CPR/AED Course (1PM, KFD Headquarters)

August 4 - Free Friday



## 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

during the picnic! This game takes no practice or coordinated effort. Each team is compiled of six individuals and there will be several games.

Be ready to participate... it's going to be fun!

## REAL APPEAL RE-ENROLLMENT

As of our latest figures, the City of Kettering's Real Appeal participants have lost over 680 pounds! Many of you have shared comments and stories about your experience with the program.

One of our own firefighters, Mike Holbert had such great success that a production team from Real Appeal actually came to the City and filmed a segment for use in their marketing and group sessions! [You can view Mike's story here.](#)

Data on the City's first year of the program was shared in a [memo from the City Manager](#), Mark Schwieterman on Monday, 6/12, as well as important information on how you can re-enroll! You even have the opportunity to earn more Non-Activity Points. [Read the memo for important details.](#)

## WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Officer Gina Bier on being nominated and selected as June's Wellness Employee of the Month!

KPD reports that Gina has been successfully involved in the Real Appeal program. She has lost a noticeable amount of weight, requiring her to get new uniforms. She has maintained the weight loss by changing her diet and exercise regime with the help of Real Appeal. Gina not only started in the program but has shown tenacity in sticking with it and maintaining her overall wellness. She's even been "caught" a time or two weighing and measuring food portions!

Way to go, Gina. Your persistence and success is an inspiration to many.

## SPECIAL OLYMPICS TORCH RUN

The Kettering Police Department will be supporting Special Olympics by participating in the **Special Olympics Torch Run in Kettering on Thursday, June 22, 2017.**

The official start time is noon at Centerville PD.

## EMPLOYEE WELLNESS QUICK LINKS

[Wellness Homepage](#)

[Program Components](#)

[Program Benefits](#)

[Frequently Asked Questions](#)

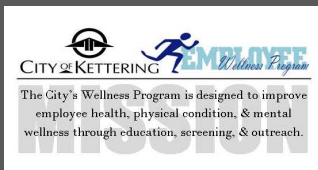
[Wellness Forms](#)

[Committee Members](#)

## QUESTIONS?

Questions about the Employee Wellness Program?

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



The route starts in Centerville and goes north through Kettering on Far Hills through Oakwood to downtown Dayton. The entire run is approximately 11.2 miles.

Kettering employees are encouraged to **join the run** anywhere between Rahn and Dorothy Lane and are welcome to run the entire route. The run pace is normally 11:30 to 12 minute miles. If you choose to run the entire route be prepared to start at noon. Don't forget to record and submit the Activity Points you'll earn along the way!

There will be a support bus behind the runners with water, Gatorade, bananas, oranges, and will also shuttle you back to Centerville upon completion of the run.

If you have any questions, contact Sgt. Jeffery Perkins at 937-296-2499 or [jeffery.perkins@ketteringoh.org](mailto:jeffery.perkins@ketteringoh.org).

### WELLNESS LECTURE:

#### "BE A FAT AND CALORIE DETECTIVE"

The next Wellness Lecture is scheduled for **Wednesday, June 21st at 11:30AM** in Council Chambers. This lecture is worth 10 Non-Activity Points and a chance at \$50!

Let Erin Rowley with Diabetes Dayton teach you how to be a detective of fat and calories.

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.

### 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!**

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### **FREE BLOOD PRESSURE SCREENINGS**

Free blood pressure screenings will be held in the Kettering Fitness & Wellness Center Lobby on **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.

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### **WELLNESS CHALLENGE: "GET MOVING!" WRAP-UP**

The "Get Moving" challenge is over and participants were certainly moving throughout the six week challenge. Together they took 19,107,046 steps, which is the equivalent of nearly 9,554 miles!

Our top three steppers, were **Angie Riviello** (910,761 steps), **Adam Walker** (835,102 steps), and **Craig Moore** (734,994 steps).

Each participant who met the weekly goal earned an entry in the \$100 challenge drawing... congratulations to **Steve Andrews** for being the lucky winner!

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### **CPR TRAINING**

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.

Monday, June 19th - 9AM

Tuesday, July 25th - 1PM

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

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### **WELLNOTES**

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

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

- The Danger of Too Much Caffeine
- Take a Walk in the Great Outdoors
- Eating Fast May Increase Risk for Type 2 Diabetes
- Health Challenge: Walk It Off
- Ask the Wellness Doctor: How can I eat well with so many different opinions on healthy eating?

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### **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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