



August 9, 2017

MARK YOUR CALENDAR

August 10 - Wellness Point Submission Deadline

August 15 - Blood Pressure Screening (11:30AM - 1:00PM, KWFC)

August 22 - CPR/AED Course (1PM, KFD Headquarters)

August 23 - Wellness Lecture (11:30AM, Council Chambers)

September 1 - Free Friday (free group exercise classes, KRC and KFWC)

September 20 - Wellness Lecture (11:30AM, Council Chambers)

QUESTIONS?

Questions about the Employee Wellness Program?

Talk to your Department Representative or

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.

WELLNESS PARTICIPATION POINT SUBMISSION DEADLINE: AUGUST 10

Wellness participation points quarterly DEADLINE: August 10th
Wellness participation points earned May 1 - July 31 are due on August 10th.

If you experience issues with the online submission page, please print up the points and submit via interoffice or deliver in person to the Parks, Recreation & Cultural Arts Office (Government Center - North Building)

FREE FRIDAY

The next Free Friday will occur on September 1st at the Kettering Recreation Complex and the Kettering Fitness & Wellness Center. The Free Friday schedule and other group exercise class information can be found here:

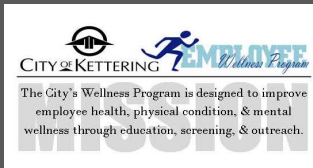
<https://www.playkettering.org/group-exercise/>

UPCOMING PROGRAMMING

Blood pressure screening: Aug. 15, 11:30 a.m. - 1:00 p.m. at the Kettering Fitness & Wellness Center Lobby.

August Wellness Lecture: "Four Keys to Healthy Eating

find information on
the Barn.



Out": August 23, 11:30 a.m. (Council Chambers)
Come hear Erin Rowley with Diabetes Dayton list and describe the four keys for healthy eating out. She will give examples of how to apply these keys at the type of restaurants we visit regularly and help you make appropriate selections from the menu. She will also help you learn how to use assertive language with a polite tone to ask for a healthier substitute item.

September Wellness Lecture: "Ways to Stay Motivated":
September 20, 11:30 a.m. (Council Chambers)
Come hear Erin Rowley with Diabetes Dayton describe ways to stay motivated over the long-term. Develop a plan for improving progress even if your goals haven't been attained as desired in the past.

WELLNESS CHALLENGE: "WATER FIRST FOR THIRST"

The "Water First for Thirst Challenge" began July 10 and will run through August 20. The goal for participants is to consume 64 ounces of water for five days each week.

By and large, participants have answered the challenge. 58 participants initially registered for the challenge with 41 (71%) log sheets submitted the first week and 37 (64%) log sheets submitted the second week. The majority of submitted log sheets have surpassed the goal of mass water consumption on five days each week by consuming water on all seven days of each well-hydrated week.

Each log sheet meeting the challenge criteria earns one entry into the final challenge drawings (the more submitted log sheets increases each employee's chances of winning) \$25, \$50, or \$100 in prize money. A higher volume of submitted log sheets and larger volume of consumed water has also proven to increase restroom visit frequency and improve kidney function.

Questions? Contact Karen Nevius at 293-4346 or via e-mail at Karin.Nevius@ketteringoh.org.

SUCCESS...REAL APPEAL!

The Employee Wellness Committee would like to congratulate all Real Appeal participants on their remarkable individual and collective success!

Of the 116 registered participants, 78% were considered at-risk (for Diabetes, cardiovascular and/or other related

diseases/conditions). This focused and motivated group lost an amazing combined 666 lbs., which equates to roughly three and a half (American) people, 1/5th the weight of a car, 1/85,000 the weight of the Statue of Liberty or, ironically, equal to the world's largest box of doughnuts.

Fun facts aside, participant progression and attendance greatly surpassed Real Appeal expectations for 1+, 4+ and 9+ sessions. Participants also experienced an average 3.5% loss of their bodyweight, equating to 7.4 pounds per person. Benchmarked, these numbers surpass Real Appeal's "Book of Business" numbers of a 2.7% bodyweight loss, equating to 5.9 lbs. per participant. It is also important to note that this weight loss is considered a healthy weight loss, not a drastic or unsustainable weight loss.

Kudos to our leaner and healthier employees! Way to represent the Kettering standard of excellence!

CPR TRAINING

Completion of the CPR/AED courses offered by the Kettering Fire Department are worth 15 non-activity points. Classes are 90-minutes in duration and offered at Fire Headquarters (4745 Hempstead Station Dr.). Please contact John Moore at 296-3385 to register for the next training: Aug. 22 - 1:00 p.m. and Sept. 18 - 9:00 a.m.). Class size is limited, please register as early as possible.

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August 23 - wellness lecture (11:30 a.m., Council Chambers)

August 22 - CPR/AED certification class (1:00 p.m., KFD Headquarters)

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WELLNOTES

Check out Kettering Health Network's [August Wellnotes](#)! Here's what's included:

- Is It a Heart Attack? Don't Die of Doubt
- Make Healthy Food Choices to Live Long and Prosper
- Sitting Around Just as Deadly as Smoking

And try the [Monthly Health Challenge](#) and see if you can Practice Generosity. And [Ask the Wellness Doctor](#) How You Can Control Cravings.

QUESTIONS

If you have questions regarding the Employee Wellness Program or have feedback for us, please see your department representative or Jim Engelhardt at 3280 or Jim.Engelhardt@ketteringoh.org

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

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

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