



October 11, 2017

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MARK YOUR CALENDAR

October 12 - Free Blood Pressure Screening (11:30AM-1PM, KFWC)

October 18 - CPR/AED Course (1PM, KFD Headquarters)

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

October 25 - Vascular Screenings (8AM-12:45PM, Virginia Room)

October 26 - Vascular Screenings (12PM-4:45PM, Virginia Room)

October 31 - Last Day of 2016/2017 Wellness Year

November 1 - New Wellness Year

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

WELLNESS POINTS SUBMISSION DEADLINE: NOVEMBER 10

Wellness participation points earned August - October 2017 are due on November 10th.

If you experience issues with the [online submission page](#), you may submit [paper versions](#) via interoffice or deliver in person to the Parks, Recreation & Cultural Arts Office (Government Center - North Building).

FREE BLOOD PRESSURE SCREENINGS - TOMORROW!

Free blood pressure screenings will be held in the Kettering Fitness & Wellness Center Lobby, tomorrow, **Thursday, October 12th** from **11:30AM to 1PM**. This screening is worth 5 Non-Activity Points.

All staff and family members are welcome to participate.

THE KPD 300 METER CHALLENGE

Kettering PD will be hosting two 300 meter races on the Kettering Fairmont Track next Tuesday, 10/17, starting at 10:30AM. The event is to bring to light the fact that 22 veterans commit suicide

Begins

November 9 - Annual Screenings
(6:30AM-10AM, Trent Arena)

November 10 - Deadline to Submit
August-October Points

November 14 - Annual Screenings
(6:30AM-10AM, Trent Arena)

November 16 - Annual Screenings
(6:30AM-10AM, Trent Arena)

November 20 - CPR/AED Course
(9AM, KFD Headquarters)

November 21 - Annual Screenings
(6:30AM-10AM, Trent Arena)

November 29 - Deadline to View
Wellness Lecture: "Four Keys to
Healthy Eating Out"

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

November 30 - Deadline to Take
Online Assessment & Screening for
Free Fitness Pass

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.

FIT FOR THE FIGHT

every day.

Donations received during next Tuesday's friendly challenge will be donated to the veteran's charity event, Dayton RuckUp22.

Several KPD members will be participating in the [RuckUp22 Event](#) on 10/21 in Huber Heights which benefits The Battle Buddy Foundation ([TBBF.org](#)). TBBF helps disabled combat veterans re-integrate back into society.

THE KPD 300 METER CHALLENGE



Sgt. Clint "Don't let the gray hair fool you" Price
VS.

Ptl. Chris "I'm faster than I look" Sanford



Co-Main Event



Det. Dave "Experience" Marcum
VS.

Ptl. Devin "Youth" Maloney

OCTOBER 17, 2017

10:30 AM

Location- Kettering Fairmont Track

Charity Donation not necessary but appreciated-
\$1 donations will be accepted and donated to the veterans
charity Dayton RuckUp22 event to benefit The Battle Buddy
Foundation (If 50 people attend the event Sgt. Perkins will donate \$50)

KPD has focused a lot of training in the past several years to mental health response and would like to make sure veterans get the care they need. Come witness The KPD 300 Meter Challenge at 10:30 on Tuesday, 10/17 at Kettering Fairmont Track and while not required, donations are greatly appreciated.

VASCULAR SCREENINGS

The Employee Wellness Program will be hosting Vascular Screenings in the Virginia Room of the Government Center - North Building on:

Weds., October 25th from 8AM-12:45PM
Thurs., October 26th from 12PM-4:45PM

The Employee Wellness Program will be covering the full cost (\$90) of the Carotid Ultrasound and the Vascular Age Ultrasound (CMT) for up to 60

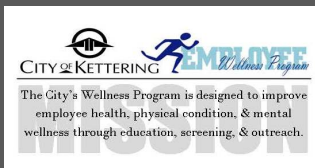


To view flyer larger, [click here](#).

QUESTIONS?

Questions about the Employee Wellness Program?

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



We are committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Lindsey Patrick at (937) 296-2446 or email lindsey.patrick@ketteringoh.org.

participants.

To read more about these Vascular Screenings, [click here](#).

To register, call KHN Center for Heart and Vascular Health at (937) 395-8492.

ANNUAL BIOMETRIC SCREENINGS & HEALTH RISK ASSESSMENTS

The new wellness year is quickly approaching, which means it's time for annual biometric screenings and online health risk assessments... and free fitness passes! All full-time employees and part-time firefighters are eligible.

Screenings will be held at Trent Arena from 6:30AM - 10:00AM on 11/9, 11/14, 11/16, and 11/21.

[This flyer](#) has more details including registration information.

When you complete both the screening and assessment, you will receive a **FREE** fitness pass (valid through 11/30/18) and 15 Non-Activity Points!

LECTURE WINNERS



Were you ONE of the THREE latest Wellness Lecture Winners? Find out [here!](#)

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

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to VMC Parts Clerk, Dustin Sprague on being nominated and selected as October's Wellness Employee of the Month!

Dustin demonstrates exceptional fitness and

wellness. In the last month, he won the Holiday at Home 5k (5:14 pace), won the USAF 10k (5:30 pace), won the Master Category at the Akron Marathon (6:14 pace), 2nd Master in the Minster 10k (5:15 pace) and placed 2nd Overall at The Dayton River Corridor Classic (5:30 pace).

Not only is he fit and fast, he participates in the Wellness challenges, religiously follows hydration guidelines, eats healthy and does preventative checks with his doctor.

Congratulations, Dustin!

UPCOMING WELLNESS CHALLENGE: **PROJECT ZERO**

Back by popular demand, "[Project Zero](#)" is the Wellness Challenge geared towards helping you survive the pressures of the holiday season and maintain your weight!

This 8-week challenge will begin Monday, November 20th and end Sunday, January 14th. All full-time and regular part-time employees and part-time firefighters are welcome to participate.

Registration is simple... weigh in! Initial weigh-ins will be conducted at the Employee Wellness table during the [Annual Health Screenings](#). Additional onsite weigh-ins in various City buildings will be communicated at a later time.

Full details about the program including how you can be one of three cash prize winners (\$125, \$100, or \$75) are available [here](#).



WELLNESS LECTURE: "BEING ACTIVE - **A WAY OF LIFE"**

The next Wellness Lecture is scheduled for **Wednesday, October 25th** at 11:30AM in Council Chambers will be conducted by Erin Rowley with Diabetes Dayton. This lecture is worth 10 Non-Activity Points and a chance at

\$50!

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](#) or at <https://mvcc.viebit.com/#>.

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.

WELLNOTES

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

- Skip the Fries If You Want to Live Longer
- Make It Fun: The Ultimate Way to Burn More Calories
- Avoid These 4 Foods To Improve Your Mood
- KHN Monthly Challenge: Curb Sugar Cravings
- Ask the Wellness Doctor: What can I do to sleep better at night?

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

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

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