



November 8, 2017

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## MARK YOUR CALENDAR

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 - Project Zero Begins

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)

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).

## ANNUAL BIOMETRIC SCREENINGS & HEALTH RISK ASSESSMENTS

The new wellness year is here, 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!

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

December 5 - Deadline to View Wellness Lecture: "Ways to Stay Motivated"

December 8 - CPR/AED Course (1PM, KFD Headquarters)

## 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

WELLNESS SYMPOSIUM

### Fit for the Fight

A Health & Wellness Event for  
Emergency and Public Safety Personnel

You care for others every day. Take time to care for yourself.

Free Event

Sunday, November 12 | 1-3 p.m.  
Kettering Recreation Complex | 2900 Glengarry Drive

CITY OF KETTERING  
THE BURNING CONNECTION

REGISTER TODAY!  
[fitforthefight.eventinterface.com](http://fitforthefight.eventinterface.com)  
(937) 558-3988

Featured Activities Include:

- Healthy cooking demonstration & tasting
- Group exercise classes
- Fitness challenges
- Health & wellness fair activities
- Tips from the experts: Presentations and panel discussions.

KETTERING Health Network

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

## QUESTIONS?

Questions about the Employee

## 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](#).

In addition, onsite weigh-ins in various City buildings will take place:

Friday, November 17th

8AM - HR Conference Room, North Building

8:30AM - Lobby Area, South Building

Monday, November 20th

3PM - Streets Dept. Lunchroom

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: "OPIATE ADDICTION TRAINING"

The next Wellness Lecture is scheduled for **Thursday, November 30th** at 11:30AM in Council Chambers. 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

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](mailto:lindsey.patrick@ketteringoh.org).

be available for viewing on [the Barn](#) or at <http://ketteringwellness.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.

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## **REAL APPEAL: ENROLL OR RE-ENROLL**

The holidays are quickly approaching! Do you need some help staying motivated through the season? It's never too late to join or start back up with Real Appeal. In order to be eligible, you must be a City of Kettering employee or spouse who is (1) covered by the City's United Healthcare medical insurance and (2) has a BMI of 23 or greater. [ENROLL or LOG-IN to Real Appeal NOW](#).

Many of you have recently completed the first year of the program; however, you can easily re-enroll in by going to [kettering.realappeal.com](http://kettering.realappeal.com) or by calling (844) 908-7325.

The Wellness Committee will give you another 50 Non-Activity Points for completing the welcome session and nine group sessions!

Read more in the [Real Appeal Program memo](#) from City Manager, Mark Schwieterman.

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## **CPR TRAINING**

Participation in the 90-minute CPR/AED course offered at Fire Headquarters (4745 Hempstead Station Drive) is worth **15 Non-Activity Points**. Please contact [John Moore](mailto:John.Moore@ketteringoh.org) (937.296.3385) to register for one of the trainings below:

Monday, November 20 - 9AM

Friday, December 8 - 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 [November WellNotes](#)! Here's what's included:

- Healthy Lifestyle - a Powerful Force

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- Feast on Fruits and Vegetables for the Holidays
- Even a Little Exercise Can Improve Your Mood
- KHN Monthly Challenge: Stay Well
- Ask the Wellness Doctor: What *one* lifestyle habit has the biggest impact on health?

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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