



June 13, 2018

IN THIS EDITION

[Activity Points Criteria](#)

[Get Moving Recap](#)

[Blood Pressure Screening](#)

[KFWC Weekend Closure](#)

[CPR Training](#)

[Lecture Winner](#)

[WellNotes](#)

MARK YOUR CALENDAR

June 15, 16, & 17 - KFWC Closed

June 15 - CPR/AED Course (1PM, KFD Headquarters)

June 21 - Blood Pressure Screening (11:30AM, KFWC)

July 3 - Deadline to View "Mindfulness" Lecture

July 13 - CPR/AED Course (9AM, KFD Headquarters)

July 26 - City Picnic & Pig Roast (11:30AM, Polen Farm)

July 31 - Deadline to View "Injury Prevention" Lecture

WELLNESS LECTURES

Did you know that you can now go to <http://ketteringwellness.com/> to view all of the City of

be *Well* BULLETIN



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.

ACTIVITY POINTS REMINDER

As a reminder, Activity Points are awarded based on the type and duration of exercise. Points should be awarded based on continuous activity and target heart rate. The minimum duration is 15 minutes of continuous activity. Participants cannot earn more than 6 Activity Points per day.

View Activity Points workout criteria [here](#).

While it is to your health benefit to park further away, take the stairs, walk the perimeter of the grocery, hit 10,000 steps per day, etc., these smart choices should not be awarded Activity Points.

Feel free to contact [Jim Engelhart](#) or [Lindsey Patrick](#) with questions!

GET MOVING CHALLENGE RECAP

The 2018 Get Moving Challenge came to an end a few weeks ago. Over 40 individuals actively participated.

Overall Challenge "TOP TEN" Highest Steppers:

- Michael Christian (P&D) - 990,417
- Angie Riviello (PRCA) - 962,055
- Craig Moore (KPD) - 892,408
- Tim Gernert (Admin Systems) - 713,760
- Dustin Sprague (VMC) - 667,557
- Matt Byrd (PRCA) - 664,222

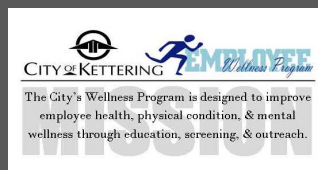
Kettering Wellness Lectures online?

As always, DVDs will be distributed to departments, but feel free to view online from anywhere!

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.

- Jake Richardson (Public Service) - 631,642
- Jalynn Winland (KPD) - 602,595
- Alissa Gaunt (Courts) - 579,551
- Irina Titova-Spang (Engineering) - 536,274

As a reminder, just because a name isn't in the "Top Ten" or you didn't participate because you didn't think your name would get there... Those reasons shouldn't be deterrents to participate.

Many participants saw significant progression each week and/or were consistently hitting the challenge goal (10,000 steps per day for 4 days; or 40,000 steps per week).

That's the point. Keep on moving, people.

BLOOD PRESSURE SCREENING



The next FREE blood pressure screening will be held on **Thursday, June 21st from 11:30AM to 1PM** in the Lobby at Kettering Fitness & Wellness Center.

This screening is worth 5 Non-Activity Points.

KETTERING FITNESS & WELLNESS CENTER (KFWC) AND INDOOR TRACK THREE DAY CLOSURE





Attention

Kettering Fitness & Wellness Center Users:

The Fitness & Wellness Center and indoor track will be **CLOSED June 15, 16 and 17** for maintenance.

You may use the Kettering Recreation Complex Fitness Center and track during this time.



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@cityofkettering.com) (937.296.3385) to register for one of the trainings below:

Friday, June 15 - 1PM

Friday, July 13 - 9AM

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

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!

WELLNOTES

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

- A Simple Habit to Manage Weight
- How to Get Fit Without Going to the Gym
- The Right Way to Cook Broccoli for Better Health
- Health Challenge: Practice Financial Wellness
- Ask the Wellness Doctor: Is juicing a good way to eat more fruits and vegetables?

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

Be Well Bulletin - Kettering Employee Wellness Program e-newsletter | www.ketteringoh.org

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