



be *Well* BULLETIN

EMPLOYEE WELLNESS PROGRAM



March 14, 2018

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POINTS SUBMISSION

The volunteer who graciously enters the wellness points you submit will be unavailable this spring. While we will try our hardest to keep up on entering submitted points, it would be VERY helpful if you could submit points for February, March, and April on a monthly basis. This is by no means required, but it would certainly be helpful for this quarter! Thank you!

MARK YOUR CALENDAR

March 16 - Blood Pressure Screening (11AM, Public Service Building)

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

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.

BLOOD PRESSURE SCREENINGS

The next **FREE** blood pressure screening will be held during Employee Council's **FREE** "This Spud's For You" lunch on **Friday, March 16th** from 11AM to 1PM at the Public Service Department (2800 Acorn Drive). This screening is worth 5 Non-Activity Points.

THIS SPUD'S FOR YOU

FRIDAY MARCH 16 11:00 - 1:00
PUBLIC SERVICE BUILDING LUNCHROOM



FREE BAKED POTATO BAR LUNCH HOSTED BY EMPLOYEE COUNCIL

An additional screening will be held on **Thursday, March 29th** from 11:30AM - 1PM at the Kettering Fitness and Wellness Center Lobby. This screening is worth 5 Non-Activity Points.

INDOOR CYCLING DEMO

There's nothing like a cycling class to get the heart

March 28 - Cycling Demo
(11:30AM, KFWC)

March 29 - Blood Pressure
Screening (11:30AM, KFWC
Lobby)

April 3 - Deadline to View "The
Opiate Epidemic and You..."
Lecture

April 9 - Get Moving Challenge
Begins

April 23 - CPR/AED Course
(9AM, KFD Headquarters)

April 23 - Song & Dance
Workshop (12PM, Rosewood)

April 24 - Wellness Lecture
(11:30AM, Council Chambers)

April 28 - World Tai Chi &
Qigong Day (10AM, KRC)

WELLNESS LECTURES

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



pumping and the sweat flowing. Come check out a
45 Minute Indoor Cycling Demo Class at **11:30AM
on Wednesday, March 28th** at Kettering Fitness
& Wellness Center (KFWC). We understand
schedules... if you can't stick around the full 45
minutes, we get it! Come for what you can!

Experience how you can burn more calories in a
class than most people burn all day! Register with
Fitness & Wellness Supervisor, Lindsey Curry by
emailing lindsey.curry@ketteringoh.org or call
x1268.

WELLNESS CHALLENGE: GET MOVING

It's time again to GET MOVING! This year's [Get
Moving Challenge](#) will run **April 9 - May 20**. This
challenge continues to be nothing short of simple.

Walk 10,000 steps per day for at least four days
per week (or 40,000 steps per week) and submit a
weekly log sheet. Get all the details [here](#).

You could win up to \$100!! To register go to
<https://www.surveymonkey.com/r/D6CPZ7V>.

SONG & DANCE WORKSHOP

Spend 30 minutes learning a song and dance from
one the most talented choreographers in town
who happens to be a fellow employee! This is an
activity for all... even the shy and non-dancers.

Grab some co-workers and head over to Rosewood
Arts Centre for a fun way to earn 6 Activity Points
on **Monday, April 23 at 12PM**.

Oh, wait. [Who is that talented choreographer?](#)

EMPLOYEE OF THE MONTH

Congratulations to Bill Orr, Parks Service III for
being selected Wellness Employee of the Month!

Check out Bill's nomination [here](#).

Do you know someone who is deserves to be
recognized as Wellness Employee of the Month? If
so, contact [Lindsey Patrick](#).

WELLNESS LECTURE: "MINDFULNESS"

Save the date! On **Tuesday, April 24th at 11:30
in Council Chambers**, we will be hosting our next
Wellness Lecture. This is a good one, and is much

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.

more impactful live! Come join us in person! DVDs will be distributed to departments. Remember, you can watch it online at <http://ketteringwellness.com>. This lecture is worth 10 Non-Activity Points and a chance at \$50!

FITNESS PASSES

When you participate in the Annual Health Screenings and Health Risk Assessments, you earn a free fitness pass to the Kettering Recreation Center and Kettering Fitness & Wellness Center.

But... [did you know that you can upgrade to a combination pass for a low fee?](#) Did you know your immediate family members can get a discount on passes? Did you know that you get a discount on registered programs? Do you work with part-time employees - they get discounts too!

Check out [this chart](#) for information on discounts and pricing! What a great benefit for you and your family. Contact [Lindsey Curry](#) or [Jim Engelhardt](#) for more information.

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](#) (937.296.3385) to register for one of the trainings below:

Monday, March 19 - 9AM
Monday, April 23 - 9AM
Friday, May 18 - 1PM
Friday, June 15 - 1PM
Friday, July 13 - 9AM

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

WELLNOTES

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

- Shoot Some Hoops for Better Health
 - 7 ways to Cut Your Risk for Colorectal Cancer
 - Munch & Crunch Carrots to Prevent Disease
 - Health Challenge: Prevent Diabetes
 - Ask the Wellness Doctor: Can exercise help treat depression?
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