



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

ANNUAL HEALTH 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 to participate.

Screenings will be held at Trent Arena from 6:30AM - 10:00AM on:

Wednesday, October 31st
Friday, November 2nd
Monday, November 5th
Monday, November 12th

[This flyer](#) has more details including registration information. Remember, you must complete both the screening and assessment, to receive your **FREE** fitness pass (valid through 11/30/19) and 15 Non-Activity Points!

[SCHEDULE ONLINE](#)

[CALL \(937\) 558-3988](#)

WELLNESS EMPLOYEE OF SEPTEMBER

Congratulations to Jesika Shriver-Kelch for being selected as September's Wellness Employee of the Month!

Jesika is a Patrol Officer for the Kettering Police Department and has lost 60 pounds! She has made working out and cardio a priority. She's been mixing up her routine by running up gravel hills and using fire hoses as part of her regimen. She's even cut out the Red Bull... she admits she used to drink a ton of that sugary stuff!

All Jesika's hard work has resulted in needing a new uniform that fits!

Way to go Jesika. Keep up the good work!

WELLNESS EMPLOYEE OF OCTOBER

Congratulations to Lindsey Curry for being selected as October's Wellness Employee of the Month!

Lindsey is the Fitness & Wellness Supervisor in PRCA! Lindsey is known for encouraging patrons and employees in leading healthy and fit lifestyles on a daily basis. There is no doubt she practices what she preaches by striving to be the healthiest and fittest person she can be on top of being a parent to two little girls!

Lindsey believes nutrition, strength training, and accountability are essential elements to healthy living.

Way to go Lindsey! Well-earned!

UPCOMING WELLNESS LECTURE & CHANGE TO LECTURE STRUCTURE

On **Wednesday, November 14th at 11:30** we will be hosting our next Wellness Lecture on Heart Health. This Wellness Lecture will be held in Council Chambers.

This lecture is worth 10 Non-Activity Points and a chance at \$50! DVDs will be distributed to departments. Remember, you can watch it online [here](#).

Beginning the new Wellness Year (November 1, 2018) we are changing the Wellness Lecture Structure!

We will continue hosting traditional live lectures, however, we will only have one live lecture per quarter (a total of four opportunities - 40 Non-Activity Points - per Wellness Year). Live lectures will continue to be valued at 10 Non-Activity Points and a chance in the \$50 drawing.

In addition, we will be offering "mini-lectures" which will each be valued at 3 Non-Activity Points. These mini-lectures average 3-5 minutes in length and are packed full of information. You may claim a maximum of ten mini-lectures (30 Non-Activity Points) per Wellness Year.

In total, an employee may accumulate 70 Non-Activity Points via lectures. More details on mini-lectures (i.e. where to find them, validation, submission, etc.) will be distributed in upcoming Be Well Bulletins. For now, we just wanted to give you a head's up on this exciting change!

CPR/FIRST AID TRAINING

The Fire Department will now be offering a First Aid Course in addition to the CPR Training. You can earn **15 Non-Activity Points** for participation in these courses offered at Fire Headquarters (4745 Hempstead Station Drive). Class size is limited. Please contact [John Moore](#) (937.296.3385) to register.

Monday, October 22 - 9AM (CPR Only)
Monday, November 19 - 1PM (CPR & First Aid)
Friday, December 14 - 9AM (CPR Only)



KETTERING FIREFIGHTERS LOCAL 2150 5K RUN/WALK

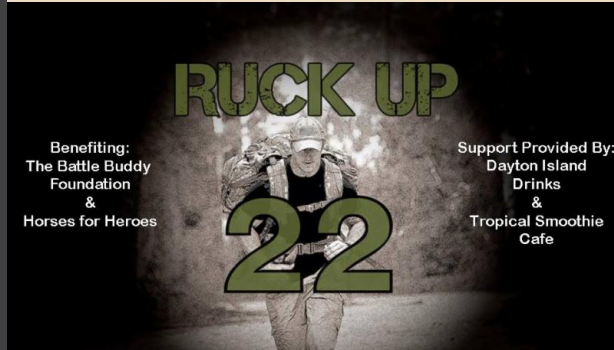
The Kettering Firefighters Local 2150 is hosting their second annual [5K Run/Walk for Charity](#) at Fire Headquarters **THIS Saturday, October 13th at 9AM.**

All proceeds will benefit charities Local 2150 supports within the community (Adopt-a-Family and Operation Warm).

Check out [this flyer](#) for more information. Additional race details and registration is available [here](#).

HONOR FLIGHT DAYTON 5K RUN/WALK

The 2018 [Honor Flight Dayton 5K Run/Walk](#) will be held at the Frazee Pavilion on Saturday, November 10th. What a great event to participate in right here in the community we serve. The Kettering Police Department is invested in this program encourages all city personnel to participate. Contact Sgt. [Jeff Perkins](#) (296.2518) for more information, or register for the 5K Run/Walk [here](#).



RUCK UP 22

Interested in participating in the 2018 [Ruck Up 22](#) event on Saturday, October 20th? This is a 22 mile march to raise awareness for veteran suicide. Anyone can participate (as little or as much of the hike you want) or donate to the Battle Buddy Foundation or Horses for Heroes (Autumn Trails Stable)! KPD has a goal of getting at least 22 people committed to participating - 15 have signed up! If you are interested, please contact Officer [Shiloh Colon](#) (296.2555) or register [here](#).

LECTURE WINNER

Were you the latest Wellness Lecture Winner? [Click the \\$50 Bill to find out!](#)

When you participate in the Wellness Lectures, you earn 10 Non-Activity Points and get entered in a \$50 drawing!



BLOOD PRESSURE SCREENING

The next FREE blood pressure screenings will be **Thursday, October 25th** from **11:30AM to 1PM** in the Lobby at the Kettering Fitness & Wellness Center.

Screenings are worth 5 Non-Activity Points.

MARK YOUR CALENDAR

October 13:
[Local 2150 5K Run/Walk for Charity](#)
(9AM, Fire

October 20:
[RuckUp22](#)
(7AM, Taylorsville Dam - 2000 US-40,

October 22:
CPR Training
(9AM, KFD Headquarters)

October 25:
Blood Pressure Screening
(11:30AM - 1PM,

Headquarters)

Vandalia)

KFWC)

October 31:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 2:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 5:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 10:
Points Deadline
(Submit August - October Points)

November 12:
[Annual Health Screenings](#)
(6:30AM - 10AM, Trent Arena)

November 14:
Wellness Lecture
(11:30AM, Council Chambers)

November 19:
Wellness Challenge
Project Zero Begins

November 19:
CPR & First Aid Training
(1PM, KFD Headquarters)

KETTERING HEALTH NETWORK'S WELLNOTES



[BANANA NUT MUFFINS](#)

Who says breakfast muffins are nothing more than donuts in disguise? Make these healthy Banana Nut Muffins with whole-grain flour to start the day out right.

[Give it a try!](#)

This month's edition features:

- 8 Ways to Prevent Breast Cancer
- Hustle to Keep Your Brain Healthy
- Want to Prevent Diabetes? Add This Food to Your Diet
- Health Challenge: Drive Safely
- Ask the Wellness Doctor: What's the matter with being a little overweight?

[READ WELLNOTES](#)

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 (937) 296-2446 or lindsey.patrick@ketteringoh.org.



did you know?



All Wellness Lectures with view date

deadlines are posted online!



WELLNESS LECTURES

All Wellness information - forms, online points entry, past Be Well Bulletins, and much more - can be found on the City's Website!

EMPLOYEE WELLNESS PAGE

The City of Kettering's Employee Wellness Program is recognized by the Healthy Business Council of Ohio with a Gold Award in recognition of operating a healthy workplace. This award is provided to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programming.



The City of Kettering invites people with disabilities to enjoy our programs, services, parks, and facilities.

For more information about accessibility or to request a modification, please call 937-296-2412.

City of Kettering, Ohio | 937.296.2446 | lindsey.patrick@ketteringoh.org | www.ketteringoh.org/wellness-program

STAY CONNECTED

