



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.

## YES -- THIS IS THE BE WELL BULLETIN.

Notice something different? We sure hope so! The Be Well Bulletin got a "face-lift" and the Employee Wellness Program officially has it's own logo. Special thanks to Janet Smith in Administrative Systems for her hard work!



## ACTIVITY POINTS - ONLINE SUBMISSION

As you may be aware, we've had some technical issues with the [online point form](#) used for submitting Activity Points. The form is working again for points earned beginning February 1st. While we work towards a permanent solution, please remember Activity Points can also be submitted via a paper [Activity Participation Log](#). Submit paper forms to the PRCA Administrative Office (North Building); or scan and email a copy to [WellnessPts@ketteringoh.org](mailto:WellnessPts@ketteringoh.org).

**As a friendly reminder, always make copies of the points forms submitted should a question or discrepancy on totals ever arise.**

## UPCOMING LIVE WELLNESS LECTURE: "STRESS DETOX"

Stress is inevitable in our lives and affects each person in a different way. Some lose sleep. Some overeat. Some lose their temper. Come to Council Chambers on **Wednesday, February 20th at 11:30AM**, to hear a Kettering Health Network professional present "Stress Detox". Learn the many ways that stress affects the body and techniques you can use to cope.

This live lecture is worth 10 Non-Activity Points and entry in a \$50 drawing. The lecture will be posted [online](#) and DVDs will be distributed to departments at a later time.

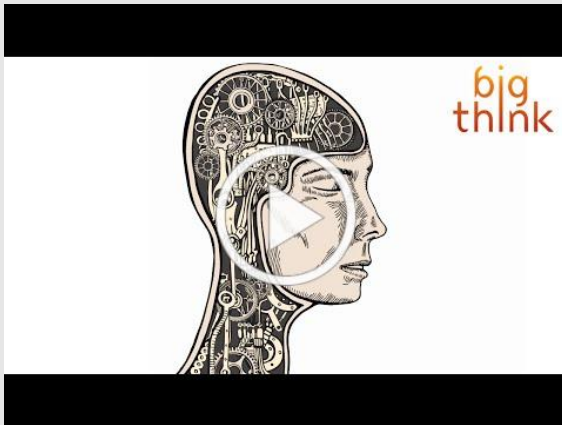
## UPCOMING WELLNESS CHALLENGE

Do you feel like you could use more focus and attention in your life? Would you like to have less anxiety and more patience? Then this new Wellness Challenge is for you!

From April 1 through May 12, participate in the "Meditate Your Way to a Better You" challenge. Information on registration will be provided next month. Now, before you roll your eyes and move on, hear us out.

Meditation has a lot of negative stereotypes attached to it, but a ton of scientific evidence that points to the real benefits for real people who practice on a daily basis. It takes less than ten minutes to watch these two videos on [what meditation is](#) and [how to do it](#). These videos will likely change your perspective.

### WHAT IS MEDITATION?



### HOW TO MEDITATE



This challenge starts by asking you to carve out 5 minutes a day (for at least five days a week) to sit in silence. Each week, you'll add one minute, so at the end of the challenge, you'll be devoting 10 minutes a day (five days a week). If you complete the challenge you will be awarded 10 Non-Activity Points and a chance at winning a prize basket (details provided next month)!

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### \$50 LECTURE WINNER

Who was the \$50 Winner from the November Live Wellness Lecture, "Heart Health"? [Was it you?](#)



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### BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be **Wednesday, February 20th from 11:30AM to 1PM** in the Lobby at the **Government Center - South Building**. Come get your screening and



then head upstairs to participate in the live "Stress Detox" Lecture!

Screenings are worth 5 Non-Activity Points!

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## WELLNESS MINI - LECTURES

Love to snack? Ready to give your snacking a healthy makeover? Take a few minutes to hear KHN's Dietitian Nutritionist, Jane Key's tips and tricks on healthy snacking.



This "Mini-lecture" is worth 3 Non-Activity Points. After viewing, complete a [Non-Activity Points Form](#) and have your [Wellness Representative](#) initial the form for validation. It is your responsibility to submit the completed form and track how many mini-lectures you have viewed. To access all Mini-Lectures, go to [www.ketteringoh.org/watch](http://www.ketteringoh.org/watch).

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## CPR/FIRST AID TRAINING

Participate in the Fire Department's CPR and First Aid Training and you'll earn **15 Non-Activity Points**. Courses are offered at Fire Headquarters (4745 Hempstead Station Drive). Class size is limited. Register with [John Moore](#) (937.296.3385).

Friday, 3/15 - 1PM (CPR & First Aid)  
Monday, 4/15 - 9AM (CPR Only)  
Monday, 5/6 - 4PM (CPR & First Aid)  
Monday, 5/13 - 4PM (CPR & First Aid)  
Wednesday, 6/19 - 1PM (CPR Only)

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## MARK YOUR CALENDAR

February 8:  
2017/2018 Wellness

February 20:  
Blood Pressure Screening

February 20:  
Live Wellness Lecture

Incentive Deposit Made

(11:30AM, South Building)

(11:30, Council Chambers)

**March 15:**

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

**April 1:**

Wellness Challenge  
"Meditate Your Way to a  
Better You" Begin

**April 15:**

CPR Training  
(9AM, KFD Headquarters)

## KETTERING HEALTH NETWORK'S WELLNOTES



### WHOLE-GRAIN GARLIC BREAD STICKS

Are you getting enough whole grains in your diet? You need 3 to 5 servings a day. But most adults eat less than one serving a day. And about 40 percent of adults don't eat any whole grains. You need whole grains in your diet. They're good for your health. Try this tasty recipe for whole-grain garlic bread sticks.

[Give it a try!](#)

This month's edition features:

- Munch Your Way to Heart Health Mediterranean-Style
- The Simple 30-Minute Swap to Live Longer
- This is Your Brain on Stress... Any Questions?
- Health Challenge: Try Vegan-Friendly Foods
- Ask the Wellness Doctor: Is chocolate healthy?

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



The City of Kettering's Employee Wellness

did you know?

All Wellness Lectures are posted online!

[LIVE LECTURES](#)

[MINI - LECTURES](#)

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.

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 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](mailto:lindsey.patrick@ketteringoh.org) | [www.ketteringoh.org/wellness-program](http://www.ketteringoh.org/wellness-program)

STAY CONNECTED

