



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.



WELLNESS CHALLENGE

The [Water Intake Wellness Challenge](#) is back!

If you find you aren't consuming your daily intake of water, this 6-week challenge is a great starting point to focus on consistency and improving habits.

By meeting the weekly goal (64 ounces per day; 5 out of 7 days a week), you will earn chances at winning \$100, \$75, or \$50.

By just submitting the log weekly, you'll earn 10 Non-Activity Points... regardless of if you met the weekly goal or not.

To register, [click here](#)... don't delay, the challenge starts **Monday, July 29th!**

LECTURE WINNER

Were you picked as the \$50 Winner of the "Get Appy" Lecture Prize Drawing? Click on [the fifty](#) to find out!



BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be held during the [Annual Employee Picnic](#) on **Thursday, July 18th** at Polen Farm.

Screenings are worth 5 Non-Activity Points!



WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Matt Byrd (PRCA) for being nominated and selected as July's Wellness Employee of the Month! [Read the nomination here.](#)

Know someone who deserves a nomination and \$50 reward? Please submit your nomination to [Lindsey Patrick!](#)



FEATURED MINI-LECTURE

Did you know that obesity is one of the leading preventable causes of early death? More than 67% of adults in the US are overweight. Need a better picture? Approximately 250 full-time staff participated in the last annual screening, of that 69% are overweight. Take a peek at this month's mini-lecture feature, "[Facts About Obesity](#)".



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 form. Also ask your [Wellness Representative](#) to submit your name for the drawing!

To access all Mini-Lectures (3 Non-Activity Points), go to www.ketteringoh.org/watch.

MARK YOUR CALENDAR

July 18:
[City Picnic](#)

July 18:
Blood Pressure Screening

July 29:
[Wellness Challenge Begins](#)

(11AM, Polen Farm)

(11:30AM, Polen Farm)

(Water Challenge)

August 10:

Deadline to Submit Points
(May - July)

August 22:

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

September 8:

Wellness Challenge Ends
(Water Challenge)

KETTERING HEALTH NETWORK'S WELLNOTES



[QUINOA VEGGIE BURGER WITH AVOCADO](#)

Try this no-meat burger made with quinoa, beans, and flavor-rich seasonings.

[Give it a try!](#)

This month's edition features:

- Blueberries Boost Heart Health
- What Happens When You Hang Out with Healthy People
- The New Rules of Exercise to Control Blood Pressure
- Health Challenge: Eat Less Sodium
- Ask the Wellness Doctor: What goes into a healthy green salad?

[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.



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



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

[MINI - LECTURES](#)

All Wellness information - forms,

to Ohio employers who demonstrate a commitment to employee wellness through comprehensive worksite health promotion and wellness programming.

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 | www.ketteringoh.org/wellness-program

STAY CONNECTED

