



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.

VETERAN'S DAY FITNESS TEST

On Veteran's Day, **Monday, November 11th**, the Kettering Police Department will be facilitating a US Army Fitness Test at the Fairmont Track. The test consists of a 2 mile run, 2 minutes of push-ups (yes, Army push-ups), and 2 minutes of sit-ups.

All City Personnel are invited to join! While not required, it would be helpful if you [register for the event!](#)



Assessments will be held at **12:00PM** and **5:15PM**. This is a great chance to get a baseline on your fitness abilities!

Anyone who participates will also earn 11 Non-Activity Points! [Register!](#)

Questions may be directed to Sgt. Jeff Perkins or Officer Shiloh Colón at (937) 296-2555.



BLOOD PRESSURE SCREENING

The next FREE blood pressure screening will be held at the Parks Maintenance Center, 3170 Valleywood Drive on **Thursday, September 26th from 11AM - 12PM**. All City Personnel are welcome to this location. Screenings are worth 5 Non-Activity Points!

WELLNESS EMPLOYEE OF THE MONTH

Congratulations to Captain Mark Burian

(Police) for being nominated and selected as September'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 WELLNESS LECTURE

Did you know gratitude is associated with experiencing more positive emotions, improvements to health, more enjoyment in life experiences, stronger relationships, and stronger coping when facing hardship? Take some time to [learn about gratitude](#) and how to incorporate it into your daily routine. **The deadline to view this lecture, worth 10 Non-Activity Points is October 23, 2019.**



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. This lectures is worth 10 Non-Activity Points and a chance at \$50! Be sure to ask your [Wellness Representative](#) to submit your name for the drawing!

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

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, 10/18 - 1PM (CPR Only)

Wednesday, 11/13 - 1PM (CPR Only)

Monday, 12/16 - 9AM (CPR & First Aid)

MARK YOUR CALENDAR

September 26:

Blood Pressure Screening
(11AM -12PM, Valleywood)

October 18:

CPR Only Training
(9AM, Fire Headquarters)

October 31:

18/19 Wellness Year Ends
(February 2020 Incentive)

November 11:
[KPD Fitness Assessments](#)
(12PM & 5:15PM, Fairmont)

November 12-15:
Annual Screenings & HRA
(Trent Arena)

November 13:
CPR Only Training
(1PM, Fire Headquarters)

KETTERING HEALTH NETWORK'S WELLNOTES



[ZUCCHINI LASAGNA](#)

Wondering what to do with an end-of-summer supply of zucchini?

[Give this recipe a try!](#)

This month's edition features:

- Get Your Groove on for Better Health
- Fight High-Blood Pressure Zombie-Brain Drain
- Gulp This Down: Sugary Drinks May Shorten Lifespan
- Health Challenge: Build Strong Bones
- Ask the Wellness Doctor: Can service and support animals improve your health?

[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

did you know?



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

[MINI - LECTURES](#)

All Wellness information - forms,

healthy workplace. This award is provided 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

