



[ACCESS WELLVIBE](#)

[WELLVIBE INSTRUCTIONS](#)

[EMPLOYEE WELLNESS PAGE](#)

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.

EMPLOYEE WELLNESS PROGRAM

December 09, 2020

GROWING GOOD HABITS TO REDUCE YOUR STRESS WELLNESS CHALLENGE



The latest Wellness Challenge is upon us, if you missed the sign up, don't stress about it, you can still participate for your own health and well-being. Holidays = stress AND Holidays + COVID, well that's just ridiculous. Join the Wellness Committee in curbing your stress with these activities:

- 1-Gratitude and Acts of Kindness
- 2-Keep it Moving
- 3-Personal Growth and Self-Care
- 4-Unplugging and Having Fun!
- 5-Eating Clean
- 6-Grand Finale where we combine it all

This challenge runs November 30th - January 10th and will introduce stress reducing habits for you to practice all year long. You do not want to miss out on investing you in YOU! Click the sign up link below and Rebecca Ingle will get you up to speed and on your way to happier, healthier you.

[Click here to sign up!](#)

WANT TO WORKOUT AT HOME - PRCA HAS YOU COVERED

Parks, Recreation & Cultural Arts has YOU in mind this season. Click the picture to the left to be connected to at



home workout videos that will help keep you moving, right in the comfort of your home.

Thank you PRCA for keeping Kettering employees MOVING!

The City of Kettering was recognized and awarded the **GOLD** Healthy Worksite Award for 2020! This is quite an honor and for it to come in 2020, that's incredible! The Healthy Worksite Award recognizes Ohio employers who demonstrate a commitment to employee wellness through health promotion and wellness programs. We will display this award proudly and work to continue to offer Kettering employees the best wellness program around.



WELLNESS EMPLOYEE OF THE MONTH

Do you know someone who deserves a nomination and a \$50 reward? If so, please submit your nomination to [Amanda Harold](#).

WELLNESS EDUCATION LECTURE WINNERS



Did you know that when you watch a Wellness Education Lecture, not only do you get 10 Non-Activity Points, you also get entered in a \$50 drawing!

The first quarter 2021 drawing will take place in February, make sure you watch the latest wellness video for your chance to WIN!

Click on the fifty to see who won the drawing for the third & fourth quarter!

UPDATE TO ANNUAL BIOMETRIC SCREENING AND FITNESS PASS REQUIREMENTS

The annual biometric screening has been postponed until Summer 2021, please keep reading the monthly *Be Well Bulletin* for up to date information on the reschedule date.

In the meantime, if you are eager to "know your numbers", give your doctor a call and tell them what you're after! While the onsite biometric screenings are a convenient offering and certainly provide a great checks and balances, they should not be your only health indicator. It's still important to visit your doctor for an annual check-up!

KETTERING HEALTH NETWORK'S WELLNOTES



HOT GINGER TEA

Need a way to combat cold weather and improve your health? Research shows ginger can help reduce inflammation, prevent certain types of cancer, and improve gut health. You can find a great recipe for hot ginger tea in the [December Wellnotes](#).

This month's edition features:

- North-Pole Nudge: 5 Habits to Prevent Red-Suit Syndrome
- Manage Stress in Healthy Ways
- 12 Healthy Ways to Manage Stress
- How to prevent COVID Fatigue

[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 Human Resources (937) 296-2446 or KetteringHumanResources@ketteringoh.org.



The City of Kettering's Employee Wellness Program is recognized by the Healthy Business Council of Ohio 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.

did you know?



All Wellness Lectures are posted online!

[LIVE LECTURES](#)

[MINI - 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 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 | amanda.harold@ketteringoh.org | www.ketteringoh.org/wellness-program

STAY CONNECTED

