

WELLNESS COMMITTEE NEWSLETTER

MARCH 2024

What is the Wellness Committee?

The purpose of the Wellness Committee is to promote the health and well-being of FCPH's staff through educational and wellness activities.

Wellness encompasses 8 mutually interdependent dimensions including:

- **Physical:** Health that relates to physical aspects of the body including, nutrition, exercise, sleep, and disease prevention.
- **Intellectual:** Brain health and growth via thought-provoking mental activities
- **Emotional:** Coping effectively with stressors, adapting to change, and managing a wide range of emotions
- **Social:** Building and engaging in meaningful relationships that are trustworthy, authentic, and respectful.
- **Spiritual:** Search for purpose and meaning in life through religion or just defining your personal daily values
- **Occupational:** Personal satisfaction and enrichment in your career while balancing between work and leisure
- **Financial:** Knowledge and skills to gain control of your current and future financial situation
- **Environmental:** Eco-friendly efforts, interaction with nature, and creation of an enjoyable personal environment

Although attention must be given to each dimensions to maintain a good quality of life and well-being, each dimension is not required to be equally balanced. It is advised to strive for a balance that feels most authentic to you.



ThriveOn Updates

ThriveOn is a health and wellness program for Franklin County employees and their enrolled spouse/domestic partners. Through ThriveOn is an application called Wellness Your Way that provides tools and resources to take care of your well-being, while providing incentives along the way. Incentives include:

- **Completing 4 Well-Being Activities/Challenges**
 - Incentive: \$50 each (\$200 total)
 - Deadline: December 31, 2024
- **Completing a Biometric Screening**
 - Incentive: \$200 (can also be counted towards a well-being activity incentive)
 - Deadline: December 31, 2024
- **2025 Deductible Reduction**
 - Get an Annual Physical Exam AND Complete Online Health Assessment
 - Deadline: August 31, 2024
- **Monthly Gym Reimbursement**
 - Sign up for a gym membership and attend at least 8 days per month
 - Incentive: \$50 per month paid quarterly (\$150 total)

For ThriveOn questions or help registering, reach out to Natalie Martin (nataliemartin@franklincountyohio.gov)

March is National Nutrition Month®

The Academy of Nutrition and Dietetics established National Nutrition Month® in 1973 as a nutrition education and information campaign. Through this annual campaign, the Academy invites the community to learn how to make informed food choices and develop healthy eating and physical activity habits.

This year's theme "Beyond the Table", takes a look at the arm-to-fork aspect of nutrition, reducing food waste, and other topics including other food safety and storage practices.

To learn more about how you can celebrate National Nutrition Month® visit www.eatright.org



Upcoming FCPH Wellness Events



The American Heart Association names April as Move More Month and as a way of reminding people about the health benefits of walking, the first Wednesday of April is National Walking Day to encourage incorporating movement throughout your day. Walking is a great option for moving more as it is not only free, but it also has a countless number of benefits such as increased cardiovascular fitness, strengthened bones and muscles, mood boosting, reduction in risk of chronic illness, and so much more!

Join the Wellness Committee on April 3rd to celebrate the day with a mid-day work break walk. We will be meeting in the lobby at 1PM then heading outside for a walk around the block and would love to see you there! There will be a group photo posted to our social media to show the community FCPH's support for #WalkingDay.

If you cannot make it to the office, we encourage you to join us from home and email Natalie Martin a photo of your walk for us to share on social media.

“Great work comes from the combination of talent, hard work, and a dedication to workplace well-being”