



*Click the logo to follow us!*

# Healthy Columbus

Employee Wellness Program Newsletter



*Your body hears everything your  
mind says.*

*Stay Positive!*

A woman with long blonde hair is sitting on a rock by a lake at sunset. She is wearing a white top and a dark skirt. The sun is low on the horizon, creating a warm, golden glow over the water and the surrounding landscape. The text "Your body hears everything your mind says." is written in a white, cursive font at the top of the image. The text "Stay Positive!" is written in a white, cursive font in the lower middle of the image.



# Q1 GROUP FITNESS CLASSES

## **New Research Suggests Working Out In Groups Improves Quality of Life\***

"This recent study highlights that working out in groups decreased perceived levels of stress by 26%. Additionally, the researchers highlight that those who worked out in group settings saw an improvement in the three tested qualities of life. These participants saw improvements in their emotional state by 26%, mental by 12%, and physical state by 24.8%."

**\*Click here for full article**

**Classes are going on now!**

**Drop into one today!**

If you have any questions about any of our Group Fitness Classes, please reach out to us!

Brandon Kimbro:

BTKimbro@columbus.gov

*Congrats!*

# BRANDON KIMBRO

Healthy Columbus Employee Wellness  
Coordinator



Brandon Kimbro, MS has been with Healthy Columbus since 2013 and recently accepted the esteemed position of Employee Wellness Coordinator. Brandon brings to the role extensive experience, professionalism, and a passion for health and wellness. Please join us in congratulating him on his role!

Brandon is available to answer any questions you have about Healthy Columbus. You can reach him at 614-645-3892 or via email at [BTKimbro@columbus.gov](mailto:BTKimbro@columbus.gov)



# Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

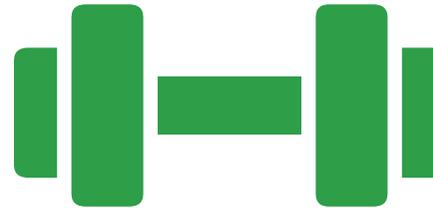
THE CITY OF  
**COLUMBUS**

ANDREW J. GINTHER, MAYOR

**HELPING YOU GET RESULTS YOU WANT**



Don't let fear stop you!  
Exercise programs can be intimidating. Whether you feel like a fitness failure or a fearful first-timer, relax; we'll be with you every step of the way. We'll ensure you get off on the right track with the right program based on your specific goals.



**CARDIO**    **STRENGTH**    **CARDIO & STRENGTH**    **STRETCHING**

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:45AM				Dynamic Warm up	DB/KB Power HIIT
12:00PM	Total Body Strength	Bodyweight HIIT	STRAIGHT CORE	Power & Endurance Bootcamp	
12:15pm					
12:30PM	Stretching	Endurance Training	Stretching		

Let us show you how to ensure success!

Schedule a consult with Ashley and Pat to set up your plan to progress!



Pat Shick - PLSick@columbus.gov Ashley Harris - AJHarris@columbus.gov



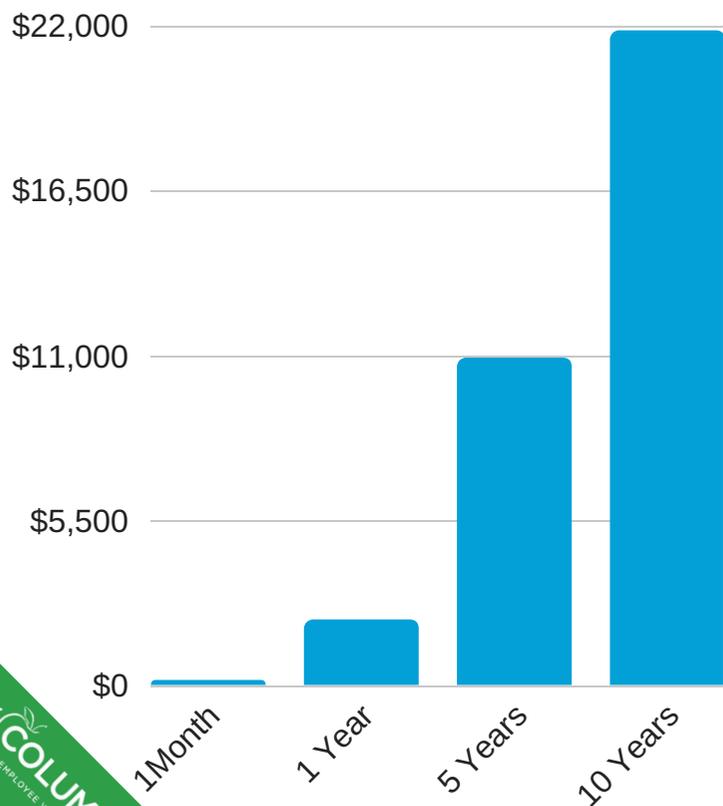


**American  
Cancer  
Society®**

**Quit For Life®** Program



## Your Savings\* Over 10 years



**ENROLL NOW:**

**[www.quitnow.net](http://www.quitnow.net)**

**1-866-QUIT-4-LIFE**

All City employees and adult dependents on the City's health plan can quit any kind of tobacco products (including smokeless) for free through the Quit for Life Program. Participants get free patches or gum, access to 24/7 support, a tailored quit plan and mobile games to distract you during cravings.



\*Savings based on a 1 Pack a Day habit at \$6.00 a pack

**Real Appeal®** is a digital weight loss program customized to what works for you with up to a year of support.

Transformation  
Coach



Real Appeal  
member

**Weight loss that's free.\***  
**A transformation that's real.**

\*Real Appeal is available at no additional cost to employees with our UnitedHealthcare medical plan with a BMI of 23 and higher, subject to eligibility.

**Real Appeal®** is a digital weight loss program customized to what works for you with up to a year of support. With Real Appeal, you learn simple steps to help you transform.

THE CITY OF  
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ANDREW J. GINTHER, MAYOR

DEPARTMENT OF  
HUMAN RESOURCES

Find out if you're eligible and start your Real Appeal success story at  
**[cityofcolumbus.realappeal.com](http://cityofcolumbus.realappeal.com)**

For the best experience, access Real Appeal from your own device.

Click anywhere on this page to be taken to the City of Columbus Real Appeal Website © Real Appeal 2017 #MSC1220





# Create Healthy Habits, Not Restrictions.

## The Healthy Columbus Team

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Pat Shick - [PLShick@Columbus.gov](mailto:PLShick@Columbus.gov)

Ashley Harris - [AJHarris@Columbus.gov](mailto:AJHarris@Columbus.gov)

Please don't hesitate to contact us if you have any questions