

“Like” us on Facebook before the end of today’s meeting and get a prize.
[Facebook.com/HealthyColumbusEmployeeWellness](https://www.facebook.com/HealthyColumbusEmployeeWellness)

For every hour you are continuously sitting, you take 21 minutes off your life.

Reports (see page 2)

- Employee Interest Survey Results (attached to minutes)
- Front Street Fitness Participation
- Bike Columbus Mayor’s Twilight Ride
- Healthy Columbus 5K
- Health Screenings to date
- Better Together Pilot- call for ambassadors to participate!

New Business-

- [YTRAAK Summer of Iron Challenge](#)
We are currently in week 3 of our YTRAAK Challenge that began on June 29th. It is a partnership with the YMCA of Central Ohio to bring City employees a web platform to log their and track physical activity. They set individual activity goals and win prizes based on meeting or exceeding their goal! Currently 190 city of Columbus employees are participating. As an organization we have logged 3,496 miles and been active for a cumulative 72 days! The challenge ends August 15th.
- [Healthy Start to Home Cooking](#)
The series is a hands-on cooking class- you get to eat what you make! The instructors also provide nutrition education and participants will take home great resources to help them find your way around the kitchen!

Carolyn Ave. Classes

July 16th 11:30-12:30 - *Kitchen Essentials*

July 23rd 11:30-12:30 - *Kitchen Cents*

July 30th 11:30-12:30 - *Meals on the Run*

Let us know if your site hasn’t had a class series yet and would like one!

- [Mobile Farm Stands \(July- Sept, bi-monthly\)](#)
 - City Hall, 757 Carolyn Ave., 910 Dublin Rd., Cols. Public Health, 1250 Fairwood Ave., 1111 E. Broad St., 2100 Alum Creek Dr., 3639 Parsons Ave.,

Upcoming Events

- [Heart Walk \(Aug. 22nd\)](#). [Heart Walk team](#) recruitment is in full swing- Most department has a team. Team Captains and Wellness Ambassadors should be promoting the event. **There are 3 easy ways for folks to support our efforts:**
 1. **Walk** the 1 or 3 mile family friendly route with the City (each department has a team). There is no registration fee or minimum donation required to participate. Any walker who raises \$15 or more will get a free City team t-shirt.
 2. Can't walk? **Donate** to the City's team- anyone who donates \$15 or more will get a free City team t-shirt.
 3. **Walk with us and fundraise**. There are other great individual and team prizes for those who recruit walkers and/or raise the most money.

Questions can be sent to Jen or your Department's Team Captain. If your department doesn't have a team yet, we can set one up. Contact Jen for details.

- [Intramural Softball Program \(September- October\)](#)
Healthy Columbus is partnering with Recreation & Parks to offer a fall intramural softball league. Beginning the week of September 8th, the league will run for 5 weeks followed by 2 weeks of playoffs. The league is open to city of Columbus employees and adult dependents on our health insurance. Games will be played on a weeknight (day/field to be determined) at Lou Berliner park with the first games of the night beginning at 6pm. All departments are encouraged to participate and be represented in the league. Teams can be from 11-20 players of men and women of all ages and ability levels. The league is free, every team will get team t-shirts, and the winning team walks home with a trophy! [More information and registration details are attached to this email and will be sent out citywide next week.](#)
- [Health Screenings & Flu Shot Clinics \(Sept.-Oct.\)](#)
See the reports section for the remaining health screenings for 2015.
- [Making Strides Against Breast Cancer \(Oct. 11th\)](#)
This year's Making Strides walk will be October 11th at Genoa Park beginning at 7:30am. This non-competitive, family-friendly 5k walk starts at Genoa Park, walks through downtown, and ends back in the park. Healthy Columbus has set up a team on the strides website- our team already has 18 walkers. There are no donation requirements or event registration fees. We will have more information about the team in coming weeks as to how you can join us on the 11th or sleep in to support the cause!

Items for Discussion: Jen is planning a Wellness Ambassador retreat for the fall. Keep our next meeting, Oct. 21st @ 2:30 on your calendars for now, but that might change depending on the ambassador retreat.

Reports:

Front Street Fitness Stats:

Total members: 652 (149 new in 2015)
Visits (May 2014- June 2015): 9,850
Average visits per member: 15.1
Right Start appointments (February - June 2015): 208
Total group class participants (February-June 2015): 423
people signed up but have not used FSF: 119

Bike Columbus Mayor’s Twilight Ride

The Mayor’s Twilight Ride finale was held on Friday July 10th! 21 City of Columbus employees and their families joined 400 plus community members and Mayor Coleman on a 13-mile route through downtown Columbus and surrounding neighborhoods! Riders received an event t-shirt and refreshments. Healthy Columbus had a table at the post race expo where employees were able to pick up some free Healthy Columbus goodies.

Healthy Columbus 5k

The 2nd Annual Healthy Columbus 5k was held on June 20th at Wolfe Park. Over 300 registered and 120 employees and their family members braved the rain and joined the fun. Participants were treated to free chair massages, a discounted farmer’s market from Azoti, and a live DJ! City employees also received a race medal and t-shirt.

2015 Health Screenings:

To date, approximately 700 employees have been screened. In August, Healthy Columbus will visit the Refuse stations and health screening/flu shot clinics will be held at various locations in September and October.

2015 Health Screening/Flu Shot Dates and Locations			
<u>Employees are limited to 1 health screening/gift card per year.</u>			
Location	Date	Time	Room
910 Dublin Rd. *	September 22	8:00am-10:30am	Training Room A/B
240 Parsons Ave. *	September 23	8:00am-11:00am	Auditorium
77 N. Front St. *	September 24	8:00am-11:00am	Columbus STAT room (lower level)
757 Carolyn Ave. *	September 28	8:00am-11:00am	Hearing Room
3500 Indianola Ave. *	September 30	6:30am-9:30am	Conference Room
1250 Fairwood Ave. *	September 30	12:00pm-3:00pm	0031 A/B
4211 Groves Rd. *	October 1	1:30pm-4:00pm	Conference Room
1111 E. Broad St. *	October 5	8:30am-11am	Chester C. Christie Citywide Training
240 Parsons Ave. *	October 6	8:00-12:00	Auditorium
1881 E. 25th Ave. *	October 7	7:30-10:30	Training Room A/B/C

375 S. High St. *	October 7	12:00-2:30	373. S. High lobby (with courts expo)
3639 Parsons Ave. *	October 8	8:00-10:30	Chapel
120 Marconi Ave. *	October 13	3:00pm-5:00pm	Gymnasium
650 Nationwide	October 14	6:00am-8:30am	Break Room

Better Together:

Better Together is an 8 week individual nutrition and fitness coaching program that will be piloted this year with employees who have high screening results or are graduates of the Diabetes Prevention Program. [We also invite wellness ambassadors to be part of the pilot group- the expectation is that you will complete the 8 week program and provide feedback to us about your experience. Contact Jen if you want to participate.](#) The program will measure pre and post data with the expectation that participants are able to improve their biometric health markers. Healthy Columbus hopes to offer this City-wide in 2016.