



Click the logo to follow us!

Healthy Columbus

Employee Wellness Program Newsletter



**PROGRESS
IS PROGRESS,
NO MATTER
HOW SMALL.**



2ND QTR

Group Fitness Classes

Registration is open!

23 on-site group fitness classes are offered each week to employees at no cost!

Adult dependents on the City's health plan are permitted to attend with prior authorization. Email BTKimbro@columbus.gov.

Right Start fitness coaching program is offered at Front Street Fitness. This free program is a great compliment to the group fitness classes. You will meet with an exercise specialist to set and meet your personal fitness goals!

Email Pat to get started - PLShick@Columbus.gov

Take advantage of local gym discounts

The Healthy Columbus Program and the City of Columbus are partnered with a variety of local gyms to offer discounts to employees and offer their families. These great facilities offer different classes and unique opportunities for City employees to train and stay active! Here are the current partners

City of Columbus Rec and Parks
Power Shack Gym (4 locations)
Power Train (Hilliard)
Powerhouse Gym (Downtown)
Title Boxing Club (Grandview)
Metro Fitness
Capital Fitness
Ignite Fitness (Downtown)
Breathe Fitness (Short North)



[Click the image to see all of the current discounts!](#)



Quit For Life® Program



IT COSTS YOU

NOTHING

TO JOIN.* IT COULD COST YOU

EVERYTHING

IF YOU DON'T.

With the no-cost Quit For Life® Program, there's nothing stopping you.

- Work with a Quit Coach
- No additional cost to enroll*
- Advice, tips and encouragement
- Nicotine patches or gum, if you qualify

PLAN AHEAD AND START YOUR QUIT PLAN THIS NEW YEAR'S.

ENROLL NOW

www.quitnow.net

1-866-QUIT-4-LIFE



*Provided at no additional cost as part of your benefits plan. Optum is a registered trademark of Optum, Inc. All other trademarks are the property of their respective owners. © 2017 Optum, Inc. All rights reserved. AA00956 69688-102017

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

Transformation
Coach

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.

Find out if you're eligible and start your Real Appeal success story at
cityofcolumbus.realappeal.com

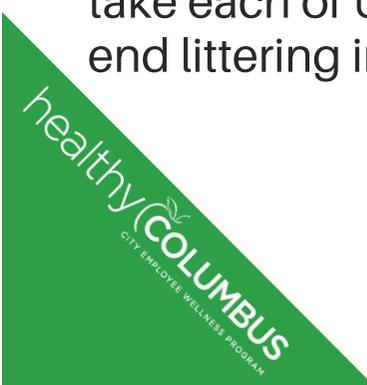
For the best experience, access Real Appeal from your own device.

Help end littering in Columbus!

Healthy Columbus would like to encourage city employees to get outdoors, walk, bend and pick up litter! Keep Columbus Beautiful has introduced a strategic plan for the entire city to end littering in our city.

We as individuals have a choice to keep our city and neighborhoods clean. Picking up litter is a great form of exercise every day. Look around your buildings, parking lot, neighborhood street and parks.

Litter is not someone else's problem, it is everyone's problem and it will take each of US working together to end littering in our city.



Highway Ramp Cleanup Event



March 24, 2018 9:00-2:00

Over the course of 9 annual Kick Butt Columbus events, **7,931** bags of litter was collected weighing in at **171,830 lbs.** or **85.9** tons.



More than **1,194,756** feet of ramps and roadways have been cleaned through volunteer efforts. This comes out to **225** miles, enough clean roadway to stretch from Columbus to Erie, PA.

An estimated **983,420** cigarette butts have been removed. Laid end-to-end, these butts would stretch to **15.5** miles.



#KICKBUTTCBUS #PICKITUP



Register your team at:
www.kickbuttcolumbus.com
eventbrite.com



KEEP
COLUMBUS
BEAUTIFUL
KEEP AMERICA BEAUTIFUL AFFILIATE

1265 Marion Rd
Columbus, OH 43207
Phone: 614-645-2421
Fax: 614-645-7747

keepcolumbusbeautiful.org

OhioHealth ConvenientCare Mammographies are back for 2018!

Service - all in under an hour!

The OhioHealth Shuttle will pick you up at work, take you to Grant, perform your mammography, feed you lunch and bring you back to work- all in an hour.

Shuttle dates and locations for 2018, so far:

March 22nd - 240 Parsons Ave (11:50am-1:00pm)

March 28th - Downtown/City Hall Campus (11:50am-1:00pm)

May 1st - 910 Dublin Road (11:50am-1:00pm)

May 17th - Downtown/City Hall Campus (11:50am-1:00pm)

June 7th - 240 Parsons Ave (11:50am-1:00pm)

June 11th - Downtown/City Hall Campus (11:50am-1:00pm)

Call (614) 566.7064 to schedule

Contact Brandon Kimbro at btkimbro@columbus.gov if you have questions or are interested in adding a location to the 2018 schedule!





2017 Annual Report

**Live.
Work.
Play.
Thrive.**

The Healthy Columbus program continues to provide employees with opportunities to improve their health and quality of life through physical activity, tobacco cessation, healthy eating and disease management programs.

In 2017, 48% of employees participated in at least one employee wellness program, a 10% increase since 2014.

The program was recognized with three external worksite wellness awards and numerous Mayor's Office recognitions!

Click the image above to see the full report and thank you for making 2017 such an incredible year for this program!!



Front Street Fitness

Group Ex Classes

Looking to get more exercise into your schedule?

Check out the new group schedule that starts January 2nd!

healthy(COLUMBUS)
CITY EMPLOYEE WELLNESS PROGRAM

Front Street FITNESS

CITY EMPLOYEE FITNESS CENTER

2018 GROUP CLASS SCHEDULE

Starting January 2

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 | | |

Total Body Strength: Instructor led weight training designed to help improve strength and endurance by adding dumbbells and other equipment into a workout. (12-12:30pm)

Bodyweight HIIT: High intensity; fast paced workout designed to increase endurance and strength by incorporating short rest periods with high tempo work periods. (12-12:30pm)

Endurance Training: This is cardio... *Stright up cardio.* This will incorporate running, biking or other cardio exercises with rest periods to get your lungs burning. It is best to pair this with the Bodyweight HIIT class before it. (12:30-12:45PM)

STRAIGHT CORE: This is a workout that will incorporate core exercises at the beginning and stretching towards the end to give you a strong core and increased mobility. (12-12:30PM)

Dynamic Warm up: We are going to work on exercises to use to get warm and ready for any type of workout. (11:45-12PM)

DB/KB Power HIIT: We are going to get stronger by bring Dumbbells and Kettlebells into the workout while limiting our rest periods. (11:45-12:15PM)

Would you like to join FSF or have questions about group classes?

Contact Pat Shick, the YMCA Corporate Wellness Support Coordinator at plshick@columbus.gov or x3979

THE CITY OF
COLUMBUS
OHIO
DEPARTMENT OF
HUMAN RESOURCES

healthy(COLUMBUS)
CITY EMPLOYEE WELLNESS PROGRAM





Create Healthy Habits, Not Restrictions.

Don't hesitate to contact us if
you have any questions!

The Healthy Columbus Team

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THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

DEPARTMENT OF
HUMAN RESOURCES

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CITY EMPLOYEE WELLNESS PROGRAM

Front Street **FITNESS**
CITY EMPLOYEE FITNESS CENTER
THE CITY OF
COLUMBUS
MICHAEL B. COLEMAN, MAYOR