

Click the logo to follow us!

Healthy Columbus

Employee Wellness Program Newsletter





EVERY TIME
you eat or drink
you are either
feeding disease
OR FIGHTING IT

New - YMCA Discount!

We are thrilled to announce a new partnership between the YMCA and the City of Columbus!

City of Columbus employees now will receive a special employee rate for both individual and household memberships!

Simply visit the link in the PDF and complete your registration!

Register ASAP as the YMCA is also waiving their join fee just for us!

Click the PDF -> to see all of the YMCA locations included in this new partnership!

healthy COLUMBUS
CITY EMPLOYEE WELLNESS PROGRAM



the YMCA

MORE THAN A MEMBERSHIP

Special Employee Rates for City of Columbus YMCA OF CENTRAL OHIO

When you join the Y, you join a movement to strengthen your community, while strengthening yourself. The Y exists as a non-profit, here to serve the needs of the entire community through Youth Development, Healthy Living and Social Responsibility. We're helping kids, adults and families in Central Ohio neighborhoods become the best version of themselves through numerous programs and services such as Child Care, Diabetes Prevention and Supportive Housing.

THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR
DEPARTMENT OF
HUMAN RESOURCES

Join online using your employee email address

<https://ymcacolumbus.org/join/cityofcolumbus>

HELP & MORE INFO [email pem.support@ymcacolumbus.org](mailto:pem.support@ymcacolumbus.org)

MEMBERSHIP OPTIONS	INDIVIDUAL	HOUSEHOLD
	One individual age 18 and older	
MONTHLY RATE	\$36 + tax	\$64 + tax
JOIN FEE	\$0	\$0

MEMBER BENEFITS

ACCESS MULTIPLE Ys

- » 13 Central Ohio Ys
- » 165+ Ohio Ys
- » Ys across country & world

FIVE FREE GUEST PASSES

FREE CHILD WATCH AND KIDS TIME¹

FREE GROUP CLASSES

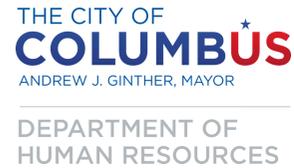
BODYPUMP™, Zumba®, Yoga, Cycling and more!²

PERSONAL TRAINING

CAMP DISCOUNTS

- ⌘ Day Camps at 20+ locations
- ⌘ Overnight Camp at YMCA Camp Willson

1. **FREE CHILD WATCH AND KIDS TIME** Up to 2.5 hours per day included with Family memberships. A \$3 youth guest pass may be purchased for children who are non-members. Some restrictions and guest policies apply. See Welcome Center for more information. 2. **CLASSES** Water and some specialized classes require a fee.



I am happy to share that the much anticipated COTA Downtown C-PASS will be available, free of charge, to eligible City of Columbus employees who work in the downtown core. The Downtown C-PASS will provide unlimited – yes, unlimited – access to COTA beginning June 1, 2018. This C-PASS will be provided at no cost to residents who work downtown, thanks to the property owners in Capital Crossroads SID.

Our future is going to be big in ways that have yet to be imagined. I invite you to take advantage of COTA's C-PASS program, the CMAX (first Bus Rapid Transit line in Central Ohio) and Air Connect (direct bus service from Downtown to the John Glenn International Airport). I encourage you to bike to work or utilize a ride-sharing service. Explore how you may participate in the Smart Columbus movement to transport our city to the future. Technology and innovation in transportation will grow our economy and ensure a better life for our residents.

Please contact your HR representative for more information.

New Gym Membership Discount

GO: Fitness is for beginners and fitness enthusiasts, with an emphasis on introducing new and innovative exercises and systems that work for *real* people.

When you ask why GO: Fitness, we believe there is more to health and fitness than enduring countless hours on a treadmill, calorie restricted diets, the same old-style non-relevant equipment. To us fitness is about being up on your feet, moving in multiple directions, getting stronger in your core, so you can enjoy the activities you do outside of the gym, in your real life.



Special Offer to City Of Columbus Employees:

No Set Up Fee!

Up to a \$99 Value

For the first 50 people at each location.
After those 50, then 1/2 off Set-Up fee applies.

What Comes With Your Membership?

- 1x a month, 1-on-1, Member-on-Point 30 minute Personal Training session
- Open 7 days a week
- NO waiting in line for equipment
- Lockers with showers
- Friendly, customer service oriented staff
- 3 Smart Start Sessions to get you familiar with the gym and equipment
- Nutrition meal planning software at no extra cost
- Fitness on Demand Virtual Classes (Take a FREE class even during off-peak times!)



1459 King Ave. Columbus, OH 43212

614-481-8080

www.GoFitnessCenter.com

Info@GoFitnessCenter.com



842 N. 4th St. Columbus, OH 43215

614-347-3012

www.GoFitnessIV.com

Info@GoFitnessIV.com

City of Columbus Employees

To get started, simply bring THIS flyer on your 1st arrival, evidence of your employment and a photo ID to either GO: Fitness Location and we will get you GO:ing toward your best health & fitness ever!

Prices subject to change without notice. Prices Vary Per Location. Some Restrictions Apply. Good for New Members Only.



2ND QTR

Group Fitness Classes

Take our new class ---->

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

Circumstances with another class we offer have given us the opportunity to introduce a new Zumba Dance Fusion Class to the downtown campus in Q2!!

LaToya Fields will be teaching this class on Tuesday's at 77 N. Front Street at 4:30pm - 5:30pm. The class will take place in the lower atrium area and employees can enter through the main entrance to 77 and head down the spiral staircase.

Check it out and let us know what you think!

Walk/Run Club is an awesome group of employees and friends who meet twice a week to support each other in distance training.

Whether you are training for an event or just looking to get some steps in while socializing, this group is perfect for both!

Check the PDF -> to see when the group meets, how they keep in touch and some thoughts from members of the group about what the program has meant to them!



Club Schedule:

Thursday evenings – 5:15pm – Wolfe Park

Saturday mornings – 8:00am – Location varies

Join the group's Facebook Page for updates, Saturday meet up locations and to get motivational support from other walkers and runners.

**"I joined for comradery without strict structure of other run clubs"
- Bill**

**"I joined because I was new to the health department/city employment, liked running and figured I could meet people with that interest. I've enjoyed the runs, the holiday costume runs, and the support. It keeps running fun and social"
- Sarah**

**"I joined because Bill said it would be a good idea. I have gotten support and training and developed friendships through the group. I like the idea of goal setting at your own pace without the pressure of a group like Marathon In Training"
- Andrea**

**"I joined City of Columbus Walk/Run club on my journey to lose weight. I gained a healthier lifestyle and irreplaceable friendships with my fellow city employees"
- Steve**



World No Tobacco Day is coming up!

Enroll today in Quit for Life and be on track to becoming your best self by 5/31/18!

Employees and adult dependents on the city's health plan can get a prescription for Chantix & Zyban for combination therapy in this program!



Quit For Life® Program



PROVE IT TO THE WORLD WORLD NO TOBACCO DAY



MAY 31, 2018

Since 1985, the Quit For Life® Program has helped millions of people, and it can help you, too. Enroll today, and our trained Quit Coach® staff will help you create a personalized plan that gives you all the resources and support you need – including access to Web Coach®, an online community where you can connect with other people who are trying to quit, track your progress and more.

Quitting tobacco is a movement whose time has come. Join the movement by joining the millions of people kick-starting their quit as part of World No Tobacco Day.

ENROLL TODAY
1-866-QUIT-4-LIFE

Learn more at Quitnow.net

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Like us on Facebook 

The Quit For Life® Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life® program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, or if you are unsure whether Quit For Life® is suitable for you, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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ALL THIS!
At no cost
to you!*

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real appeal®



Lasting weight loss
with all the tools
you need to succeed

Enroll using a smartphone, tablet or
personal computer at

cityofcolumbus.realappeal.com

Plus, your
very own
transformation
coach!



*Real Appeal is available at no cost to eligible employees on our UnitedHealthcare plan with a BMI of 23 or higher.



Create Healthy Habits, Not Restrictions.

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

The Healthy Columbus Team

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