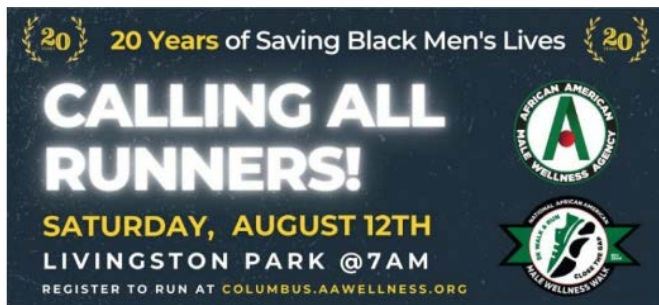# ThriveOn
Your Health and Wellness Program

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- Know Your Numbers with a Biometric Screening (and earn $200!)
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- Make Mindfulness Part of Your Daily Routine

20 Years of Saving Black Men's Lives

CALLING ALL RUNNERS!

SATURDAY, AUGUST 12TH
LIVINGSTON PARK @7AM
REGISTER TO RUN AT COLUMBUS.AAWELLNESS.ORG

African American Male Wellness Walk

The 20th annual African American Male Wellness Walk is coming to Columbus on Saturday, August 12th at Livingston Park! The event helps raise awareness for preventable diseases and of the disparities that Black men face related to preventable diseases and life expectancy. Bring your friends and family for a day of fun and well-being, including:

- Free health screenings (blood pressure, glucose, cholesterol, HIV, STD/STI, and prostate cancer) starting at 7am.
- Free walk/run starting at 9:30am – click here to sign up.
- Kids & senior citizen area, vendor pavilion, entertainment, and more!

The African American Male Wellness Agency provides support and resources for fatherhood, financial health, mental health, women's health, and general health and wellness. Click here to learn more about the African American Male Wellness Agency and the resources that they provide for our community!

Know Your Numbers with a Biometric Screening (and earn $200!)

A biometric screening is a great way to identify health risk factors that may indicate potential health conditions such as diabetes and heart disease. It only takes 15-20 minutes and leaves you with important information about your health, including your blood pressure, cholesterol and glucose levels, and more. Plus, by completing your screening before December 31 you can earn a $200 incentive! There are several ways to complete your screening and earn your incentive:

1. **Onsite event at work** – log in to fccThriveOn.com and click the Onsite Biometric Events card to schedule an appointment.
2. **OhioHealth Work Health** – click here to find a location near you and then call to schedule an appointment. Be sure to take the biometric screening form with you.
3. **Primary Care Provider** – let your PCP know you'd like to complete a biometric screening and have them complete the biometric screening form.

Once you complete your biometric screening, you may be wondering what to do with the information. Click here to complete an on-demand Know Your Numbers workshop to learn about the optimal ranges and steps you can take to make small, measurable changes to your lifestyle to improve your numbers. By completing the workshop by December 31, you can earn another $50 incentive through ThriveOn!

Final Days to Register for 5k Swag!

The Franklin County 5k & ThriveOn Challenge is returning this fall with new and exciting opportunities! Registration is open until October 8th but if you want to receive swag you must register by Monday, July 31st!

New this year!

- $150 Columbus Running Company gift card given away to 5 in-person participants
- The small, medium, and large agency with the highest percentage participation will receive a healthy breakroom makeover

Who? All Franklin County Cooperative employees and dependents (spouses/domestic partners and children).

What? 5k run/walk for everyone from the competitive runner to casual walker. Participate in-person on race day or partake in the virtual race.

When/Where? The in-person race is Sunday, October 8th at 10am at Wolfe Park. The virtual race can be completed anywhere you like and at any time between October 8th and October 19th.

Incentives: Employees and benefits-enrolled spouses/domestic partners are eligible to receive a $50 Well-Being Activity incentive through ThriveOn's Wellness Your Way program. To earn your incentive, you must participate in person on race day or submit your results for the virtual race.

Swag details: During registration, participants will have the option to choose if they want to receive swag. In-person participants must pick up their swag in person on the morning of the race. Virtual participants will be asked to pay a $5 fee to cover the cost of shipping the swag directly to your home.

Visit runsignup.com/franklincounty5k to learn more and sign up today. Be sure to sign up by July 31st if you wish to receive swag!

For questions, contact ThriveOn at 614-525-3948 or ThriveOn@franklincountyohio.gov.

Make Mindfulness Part of Your Daily Routine

Simply put, mindfulness is being present in the moment. It means taking your mind off the past and future to live in the now. Obviously, this is far easier said than done. Not only does practicing mindfulness help us stay grounded throughout the day, it has a myriad of health benefits including stress reduction, improved immune system, attention-span improvement, and lowered blood pressure. But how exactly do we practice mindfulness?

The Internet provides practically endless sources, platforms, and tutorials to practice mindfulness meditation. Here are the basics you need to know to get started:

- **Sit or lie down comfortably.**
- **Notice what your legs are doing.** Cross your legs comfortably or rest your feet squarely on the floor— whatever feels right.
- **Straighten your upper body.** No need to be stiff as a board. Find the natural curve of your spine.
- **Notice what your arms are doing.** Relax your upper arms and rest your hands on your legs in whatever way feels natural.
- **Soften your gaze.** Let your chin sink gently down to a point that feels comfortable. Close your eyes, or simply gaze without focus.
- **Feel your breath.** Breathing is unconscious, but when we notice it, it becomes conscious. Take control of your breathing and pay attention to the ebb and flow.
- **Notice when your mind wanders** from your breath and gently guide it back.
- **Be kind about your wandering mind.** Simply listen politely and wait patiently for them to move along.
- **When you're ready, gently lift your gaze.** Open your eyes or look up. Take stock of your surroundings. Notice how you feel. Listen to your body.

You can also practice mindfulness during many day-to-day activities, such as eating, waking up, or working out – click here to learn more!