

# Newsletter

## The ThriveOn Wellness Champions

ThriveOn is looking for employees to serve in a **volunteer** role to foster employee engagement in the wellness program. The ThriveOn Wellness program seeks to provide employees with access to **health-related education, tools, and programs** that promote **good health, wellbeing and productivity**.

We need employee involvement to help the ThriveOn Wellness program succeed. You have an opportunity to make a positive change that can lead employees to maintain or enhance their overall health and wellness.

Front Row: Amanda Blake (Human Resources and Benefits), Jennifer Breckenridge (Children Services West Mound), Aaliyah Earvin (Prairie Township)

Back Row: Lisa Dickerson (JFS Northland), Kathy Tucker (Human Resources and Benefits), Jennie McAdams (Public Health), Paula Kirk (SWACO), Bryan Winbush (JFS Northland), Joel Bradley (Franklin County Sheriff's Office), Christina Walker (Franklin County Sheriff's Office), Linda Meeks (Child Support Enforcement Agency), Jodi Lies (Human Resources and Benefits), Randi Good (Prairie Township), Alexis Blaylock (CBCF)

Not Pictured: Megan Miller (City of Grandview Heights), April Dengler (Pickaway County), Angie Phelps (Engineer's Office)

**Wellness Champions work together to facilitate wellness programs, activities, and policies that promote healthy behaviors among associates.**

If you are interested in joining, [click here](#) to apply!



## Exercise of the Month: Burpees Three Ways

The dreaded burpee! Yes, they are hard, exhausting, and uncomfortable, but they are also an excellent full body exercise. Burpees will get your heart pumping and strengthen your arms, chest, quads, glutes, hamstrings and abs. If you have any limitation that prevents you from completing a full burpee, there are ways to modify.

**Standard burpee:** Start in a low squat with hands on the floor. Kick feet back to a push-up position. Complete one push-up and immediately return feet to squat position. Leap as high as you can before squatting and moving back into push-up position.

**Step back burpee:** Stand with feet hip-width apart. Bend legs and squat, putting hands on ground slightly in front of feet. With shoulders directly over hands, step feet back one at a time. From

this plank position, keep core engaged as you step feet forward one at a time. Activate glutes as you rise back to your feet and swing both arms overhead.

**Incline bench burpee:** Instead of putting hands on the floor, use a flat bench in front of you. Squat and place hands on bench, step back one foot at a time. Step back up to a squat position and as you stand, rise to your toes and swing both arms overhead.



## Coming this Month

### Cooking Demo: Pumpkin Yogurt Parfait

This **protein packed** treat is perfect for a healthy breakfast on the go or if you are craving a sweet and crunchy snack. Whip up all the flavors of fall in under **5 minutes** with this healthy recipe.

### Fitness Classes offered:

Bootcamp | Chair Fit | Beginner Yoga | Gentle Yoga  
Hatha Yoga | Progressive Yoga | HITT  
Line Dancing | Meditation | Strictly Strength  
Total Body Circuit | Zumba

[Click Here for This Month's Education Calendar](#)

[Click Here for This Month's Fitness Calendar](#)



## Southwestern Black Bean Salad

Looking for an easy weeknight meal? This combination of black beans, cabbage, tomato, and corn is bursting with flavor, easy to pull together, and can be made in advance for lunches.

### Ingredients:

1½ cups corn  
2 (15 oz.) cans black beans, *rinsed*  
2 cups purple cabbage, *shredded*  
1 large tomato, *diced*  
½ cup red onion, *minced*  
⅓ cup toasted slivered almonds  
¼ cup lime juice  
2 Tablespoons extra virgin light olive oil  
¼ cup fresh cilantro, *chopped*  
½ teaspoon salt  
½ teaspoon black pepper



### Directions:

Place corn, black beans, cabbage, tomato, onion and toasted almonds in a large mixing bowl and stir to combine. Whisk lime juice, oil, cilantro, salt and pepper in a small bowl. Add mixture to the salad and stir to coat. Refrigerate until ready to serve.

Recipe Source: [http://www.eatingwell.com/recipes/southwestern\\_corn\\_black\\_bean\\_salad.html](http://www.eatingwell.com/recipes/southwestern_corn_black_bean_salad.html)

Modifications by Modifications by: Abigail Kurowski, MS, RDN, LD

## *Eat This, Not That* Holiday Tips

Fend off holiday weight gain with these tips:

**Have realistic expectations:** don't attempt to lose weight during the holiday season. Instead try to maintain your weight.

**Maintain a normal eating schedule:** don't skip meals because you plan to overeat later. While you may think that you are saving calories by skipping a meal, you will likely over compensate for those calories the next time you eat. In addition, making healthy food choices is difficult when you are really hungry.

**Bring a healthy dish:** get involved with the party planning and make sure there are a few healthy offerings, or offer to bring some.

**Pack it up:** after dinner, be sure food is put away to avoid grazing. This will also prevent food from sitting out at unsafe temperatures.

**Make activity part of your family's tradition:** try going for a walk, a bike ride, or start a friendly game of touch football.

**Keep liquid calories in check:** hot chocolate, eggnog, wine, holiday cocktails...remember that calories from alcohol add up quickly.

