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PREPARING FOR RACE DAY

TIPS FOR THE FRANKLIN COUNTY 5K & THRIVEON CHALLENGE

Whether this is your first 5K or you're a seasoned participant, the most important thing is to have fun and enjoy the day! We've put together some helpful tips to ease any race-day nerves and ensure you feel prepared, comfortable, and excited to cross that finish line.

1. PLAN YOUR OUTFIT AHEAD OF TIME

Get Your Gear Ready: The night before the race, lay out your race outfit and gear. Stick to comfortable clothes and shoes you've worn before—this is not the time to break in new shoes. This will help you avoid unexpected discomfort like chafing or blisters.

Check the Weather: The weather can be unpredictable, so check the forecast. A good rule of thumb is to dress as if it's 15 degrees warmer than the actual temperature since you'll warm up as you start moving. Bring layers if it's chilly so that you are able to stay warm before the race starts.

2. GET A GOOD NIGHT'S SLEEP

A well-rested body will help you perform your best. Even if you're feeling a bit nervous, try to relax the night before—watch a movie or read a book. Getting a good night's sleep is key to feeling fresh and ready to go on race day.

3. EAT A LIGHT BREAKFAST

Avoid participating on an empty stomach, but don't overdo it with a heavy meal either. Stick to a small, easily digestible breakfast, like a banana or toast, at least an hour before the race.

4. ARRIVE EARLY

Race day can be busy, so plan to arrive early to give yourself plenty of time to park, pick up your race packet, and warm up. Rushing around at the last minute can add unnecessary stress. Aim to arrive between 8:30-9AM for the Franklin County 5K & ThriveOn Challenge to ensure a smooth and stress-free start.

5. WARM UP BEFORE THE RACE

Before you hit the starting line, take a few minutes to get your body warmed up. A slow 5-10 minute jog or brisk walk and light stretching will help raise your heart rate and loosen your muscles.

6. PACE YOURSELF

It's easy to get caught up in the excitement at the start of the race and start off too quickly. Instead, focus on finding a comfortable pace that you can maintain throughout the event, whether you're running, walking, or doing a combination of both. Remember, this race is about having fun and enjoying the experience, not setting records!

7. STAY POSITIVE AND ENJOY THE MOMENT

If you start feeling anxious or nervous, take a deep breath and remember why you're there—to enjoy the day, get active, and maybe even spend time with family or friends. Smile, take in the sights, and enjoy the atmosphere. You're doing something great for your health, and that's something to be proud of!

EVENT REMINDERS FOR THE 2024 FRANKLIN COUNTY 5K & THRIVEON CHALLENGE

In-Person Race:

- **When:** Sunday, October 13th, 2024
- **Where:** Wolfe Park, 105 Park Dr., Columbus, OH 43209
- **Race Day Packet Pickup:** 8:30 AM - 9:30 AM
- **Race Start Time:** 10:00 AM sharp! (No late starts allowed)

Perks for In-Person Participants:

- **Free Flu Vaccines** from OhioHealth for employees, spouses/domestic partners, and dependents (16+).
- **Healthy snacks and recipe cards** provided by CancerBridge to help you refuel after the race.
- **Free Produce** from Yellowbird Foodshed's Mini Farmer's Market, where each participant will receive a voucher for locally grown items!

Parking:

- Available at Wolfe Park, St. Charles Preparatory School, and Academy Park.

Safety:

- Strollers and wheelchairs are permitted. Participation with pets, bicycles, scooters, or hoverboards is prohibited.

If you aren't joining in person, don't worry! You can still [sign up for the virtual race](#) until October 13th, and complete your 5K any time between October 13th and October 24th. Whether you choose to run, jog, or walk, this event is all about getting outside, having fun, and moving your body—so enjoy it however you choose!

If you signed up for the in-person race and your plans have changed, please [notify ThriveOn](#) as soon as possible.



HEALTHY EATING FOR THE WHOLE FAMILY

PLANNING NUTRITIOUS MEALS ON A BUDGET

Eating healthy on a budget may seem like a challenge, but with some thoughtful planning and smart

shopping, it's entirely possible to provide nutritious meals for the whole family without breaking the bank. By making small changes in how you shop, cook, and organize meals, you can enjoy healthy, whole foods on any budget. Here are some helpful tips for planning nutritious meals while saving money.

1. Plan Your Meals Ahead of Time

Meal planning is one of the most effective ways to save money on groceries and ensure you're providing your family with balanced meals. Set aside time each week to plan meals for the upcoming days. Consider what ingredients you already have and make a grocery list based on what you need. Sticking to your list will help you avoid impulse buys that can strain your budget.

2. Shop the Perimeter of the Grocery Store

When you're at the grocery store, start shopping along the perimeter, where you'll usually find whole foods like fresh fruits, vegetables, meat, and dairy. The aisles in the center of the store often contain processed foods that are not only less nutritious but also more expensive. Sticking to whole foods ensures you're getting more nutrition for your dollar.

3. Don't Shop When You're Hungry

Shopping on an empty stomach can lead to impulse purchases of snacks and convenience foods that you don't need. Eating a nutritious snack before you shop can help you stay focused on your list and budget.

4. Buy Whole Foods and In-Season Produce

Whole foods like unprocessed grains, beans, and whole fruits and vegetables are often cheaper and more nutritious than processed options. For example, buying a block of cheese instead of shredded cheese, or fresh vegetables instead of pre-cut, can save money. Additionally, opt for [in-season produce](#), which is typically cheaper and fresher than out-of-season fruits and vegetables.

5. Buy in Bulk and Stock Up on Sales

Purchasing staples like rice, oats, beans, and lentils in bulk can help stretch your budget. These items have a long shelf life and can be used in various meals. When you see sales on items you use regularly, like canned goods or frozen vegetables, take advantage and stock up.

6. Replace Meat with Alternative Protein Sources

Meat can be one of the most expensive parts of a meal, but there are plenty of affordable and nutritious alternatives. Incorporate beans, lentils, eggs, and

canned fish into your meals to save money while still providing your family with essential protein. Try having a few meatless meals each week to stretch your budget further.

7. Cook Large Portions and Use Leftovers

Cooking larger batches of meals allows you to save both time and money. You can re-purpose leftovers for lunches or other meals, reducing food waste and avoiding the temptation of expensive takeout.

8. Use Coupons Wisely

Coupons can be a great way to save money but use them carefully. Focus on deals for whole foods, household staples, and cleaning products, and avoid coupons that promote processed or sugary foods. This way, you can save money on essentials and allocate more of your budget to nutritious ingredients.

9. Pack Your Own Lunches

Eating out can add up quickly, especially for a family. Packing [lunches and snacks](#) for school or work helps control portion sizes, ensures healthier food choices, and significantly reduces the cost of eating out. With a little planning, you can easily pack nutritious and budget-friendly meals for the entire family.

10. Take Advantage of Employee Benefits

Good nutrition is an important part of a healthy lifestyle. But even when you are trying to eat a healthy diet, it can be confusing to sort through all the information available about nutrition and food choices. Your medical benefits through United Healthcare provide both resources and coverage for managing your health, wellness, nutrition, and diet.

All Cooperative members enrolled in the health program have access to [unlimited visits with an in-network nutritionist or dietitian](#), covered at 100%.

This means you can get the personalized guidance you need to achieve your health goals, at no extra cost to you.

In addition to nutrition support, take control of your financial future with [Enrich](#), a personalized finance program. Join Enrich today and gain access to tailored 1:1 financial coaching, ensuring you have the support and resources needed to achieve your financial aspirations. Enrich can be found under the 'Wellness Hub' tab in your ThriveOn portal. To register your account and get started, head to [fcccThriveOn.com](https://fccc.thriveon.com).

Eating well doesn't have to be expensive. With a few smart strategies—like meal planning, cooking

at home, and shopping for whole foods—you can feed your family [healthy meals on any budget](#) while making use of the incredible wellness and financial resources available through your Franklin County Cooperative benefits!



Q3 GYM REIMBURSEMENTS DUE 10/18

RECEIVE UP TO \$50/MONTH

Did you know that if you attended a gym from July 1 – September 30 you can receive up to \$50/month toward the cost of your membership? Eligible memberships include boutique studios, personal training, at-home/virtual memberships, and more! If you're not sure if your membership qualifies, [contact ThriveOn](#) – we're here to help! All you have to do is use your membership on 8 different days each month. Proof of payment and visits is required. For more information and to [complete your reimbursement request today click here](#). Quarter 3 (July – September) requests are due October 18, 2024. Reimbursements will be processed on the November 29, 2024 payroll.

JOIN THE FITNESS 101 WEBINAR SERIES

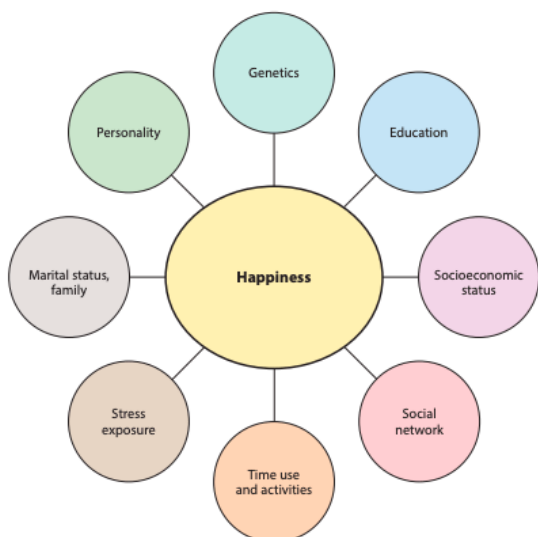
TUESDAYS, OCTOBER 1 – NOVEMBER 5 FROM 12:30-1PM

From the ground up, explore the basic components of exercise techniques and how to fuel an active body while learning how to create a safe, well-rounded exercise routine that works for you! This program has something for everyone no matter your level of fitness confidence. [Attend 4 of 6 sessions](#) to earn a \$50 Well-Being Activity incentive!

EMOTIONAL WELLBEING INSIGHTS

10 Ways To Improve Happiness - Happiness goes beyond just feeling good in the moment; it's a state of well-being that encompasses living a fulfilling life, one with purpose and deep contentment, as noted by Psychology Today. The real question is: how can we create more happiness in our lives?

Research suggests that **happiness is influenced by several factors**—50% is genetic, 40% is determined by our choices, and 10% is based on circumstances. However, newer studies point to happiness being more of a multi-faceted equation, affected by various elements that work together.



One key factor is physical health. Studies show that when we feel good physically, it positively impacts our mental and emotional well-being. In turn, feeling mentally and emotionally strong can boost our physical health. Building habits that promote happiness can compound over time, creating a cycle of positivity. It's common to believe that external forces control our happiness, but in reality, we have the power to shape it through intentional actions and decisions.

Research has also found that happiness can improve overall health. It lowers the risk of high blood pressure and heart disease while enhancing sleep quality, diet, and weight management. Dr. Robert Waldinger noted in 2019 that, while caring for your body is crucial, tending to your relationships is equally important. Over time, close relationships tend to be the most significant factor in long-term happiness, more so than money.

Happiness and longevity are closely connected. Studies have shown that people who are more optimistic tend to live longer, healthier lives. However, happiness isn't a fixed state—it evolves as we age and experience life's milestones. Different phases of life offer various sources of happiness, from career accomplishments to personal relationships and beyond.

Fun fact: in 2024, the title of "Happiest City in America" was awarded to Minneapolis, Minnesota! Globally, Finland continues its seven-year streak as the happiest country, based on factors like governance, economy, and overall well-being.

So, how can we cultivate more happiness in our daily lives? Here are a few strategies:

1. Develop routines to reduce stress and improve outcomes.
2. Seek connections by engaging in hobbies or joining social groups.
3. Create purpose by dedicating your time and energy to meaningful activities, both at work and home.
4. Evaluate your priorities—where are you spending your time and effort?
5. Communicate openly with those around you, expressing your feelings honestly.

These are just a few ways to build a life that fosters lasting happiness.

As a member of the Franklin County Cooperative, you have access to several confidential and free resources designed to support you in various aspects of life. One invaluable resource is Valerie Schenk-Greil, your dedicated EAP Consultant through Optum. Valerie is available to help you navigate challenges such as work-life balance, parenting and family concerns, depression, anxiety, stress, and more.

*Your discussions with Valerie are completely confidential and incur no cost to you. You can reach out to her by calling the Onsite EAP and Health Engagement Nurse Support Line at **614.525.6773** or you can contact Valerie with the prompts below.*



Valerie Schenk-Greil LPCC, LICDC, NCC

[Email Valerie](#) or [Book An Appointment](#)