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Celebrate Pride Month!

Pride is a celebration of our amazing LGBTQ+ friends, colleagues, family members, and community, but it's also an important time to reflect on, understand, and address the [challenges that this community faces](#). Over 50% of LGBTQ+ people have experienced violence because of their sexuality or gender identity. LGBTQ+ individuals are more than twice as likely as their heterosexual counterparts to have a mental health disorder in their lifetime. While we've come a long way, there's still a lot of work to be done to support, advance, and protect the LGBTQ+ community. Follow these [tips to be an ally](#) and read below for opportunities to show your support.

Pride 365+ Resources

[Click here](#) to visit Pride365+ where you can access fact sheets, terminology tips, and more. In addition, this site has resources for those in the LGBTQ+ community that may need support. This site is open to the public year-round.

Pride March

Saturday, June 17th starting at 10:30am
The Pride March is a great opportunity to support and celebrate the accomplishments of the LGBTQ+ community. All are welcome! [Click here](#) for details.

[Click here](#) for other Pride events taking place around Columbus throughout June, including a resource fair, City Hall Illumination, and more!



Summer Fun at Columbus Commons

Whether you enjoy music, food, fitness, movies, or all the above, the Columbus Commons has fun activities for everyone this summer!

FREE Fitness Classes

Join in the fun with yoga and cardio classes at Columbus Commons every Tuesday and Wednesday evening through September. [Learn more](#).

FREE Movie Nights

Bring your lawn chair, blanket, and snacks to catch a family-friendly movie each month. [Learn more](#).

June 23 – The Lion King

July 14 – Shrek

September 9 – Encanto

Food Truck Food Court (through October)

Breakfast Food Court: Wednesdays 7:30am-10:30am

Lunchtime Food Court: Thursdays 11am-2pm

[Click here](#) to see the food truck lineups.

Concert Series

Columbus Commons offers a variety of free and ticketed concerts throughout the summer, including a Shadowbox Live performance, Boyz II Men, and Martina McBride.

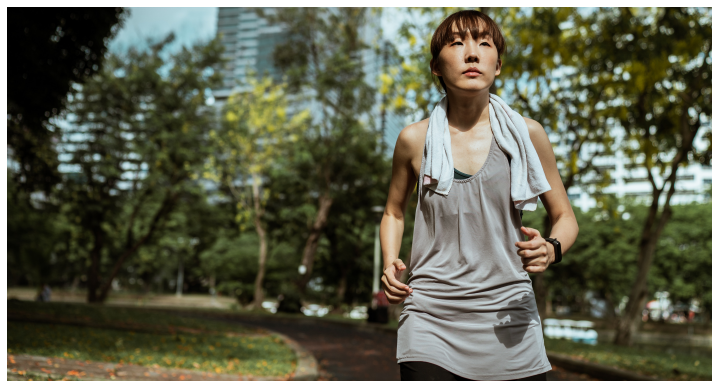
[Click here](#) for a full schedule.

There's also Commons for Kids, free Carousel Rides, Happy Hours, family fun days and more! [Click here](#) to see all that Columbus Commons has to offer this summer.



Help ThriveOn Design the Medal for the 2023 5k!

The Franklin County 5k & ThriveOn Challenge will return this fall! ThriveOn is looking for help in designing the medal for this year's race. Email your design to ThriveOn@franklincountyohio.gov by Friday, June 9th and your design might just be featured at this year's race! Looking for a little inspiration? Pictured above and below are the medal designs from past races.



Beat the Heat While Exercising

It may not technically be summer yet, but the high temperatures and humidity of summer have certainly arrived! It's important to keep a careful eye on some [key safety considerations](#) when exercising outside in the summer.

- **Avoid eating right before the workout.** Food digestion raises the body temperature, which isn't ideal when exercising in the heat. Wait an hour after eating (two hours for heavier meals), and don't eat after exercising until you've completely cooled down.
- **Protect your skin.** Use sweat-resistant sunscreen, wear light and loose-fitting clothing to block the sun, and wear a hat.
- **Wear breathable material.** Not all workout clothes are created equal. Moisture-wicking fabrics are a must. Wearing light-colored, loose-fitting clothing can also help keep you cool.
- **Hydrate, hydrate, hydrate.** Drink water before, during, and after exercise. Water is all you need for most exercise, but if you're training especially hard, electrolyte-fortified sports drinks are a good idea.
- **Try other types of exercise.** As difficult as it may be to break your routine or try something new, consider a more heat-friendly exercise. If you have access to a pool or natural body of water, swimming is a great way to exercise while staying cool.
- **Aim for optimum locations and times.** Try to exercise in the early morning or late afternoon, when the sunlight isn't so direct. Also, search out shady running routes rather than sun-drenched trails.
- **Acknowledge your limits.** While you may be able to run a 20-minute 5k in the fall, you may find that your usual pace isn't sustainable in the summer heat. Be realistic and know that it's better to stay safe than to get a new PR and wind up in the hospital.
- **Beware of heat exhaustion.** Familiarize yourself with the [warning signs](#), which include fatigue, extreme thirst, nausea, headache, shortness of breath, rapid breathing, muscle cramping, and lightheadedness. The affected person should be brought inside immediately and cooled down. If there are signs of heatstroke, like confusion, call 911.
- **Listen to your body.** There is always a line between challenging yourself during a workout and courting injury, and this line gets a lot closer during the summer. Check in with yourself. Give yourself time to adjust, both within any given workout and throughout the first days and weeks of summer.



2021 Medal

2020 Medal



2019 Medal