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Register for the 5th Annual 5k by Monday, July 31 to Receive Swag!

The annual Franklin County 5k & ThriveOn Challenge is back with new and exciting opportunities! Be sure to register by July 31st to receive swag.

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.

Visit runsignup.com/franklincounty5k to learn more and sign up today. Check out our [training guide](#) for all things 5k, from picking the right gear and pre-race snack to a training calendar and post-race stretches.

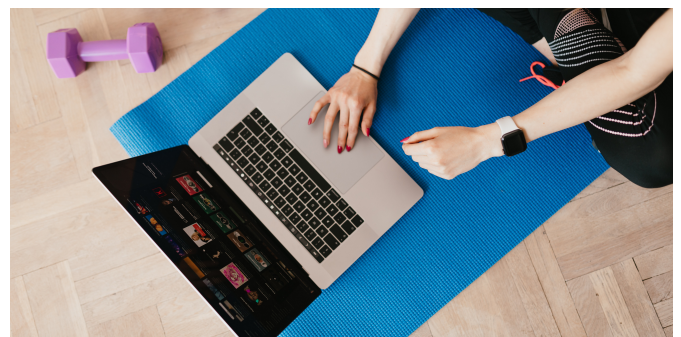
For questions, contact ThriveOn at 614-525-3948 or ThriveOn@franklincountyohio.gov.

meQ

Practice Self-Care with meQ

Self-care is not selfish, and self-care looks different for everyone. When you build a few minutes a day to take time for yourself, you can feel more energized and less stressed. But it's not always easy. meQ helps you identify the barriers you face and helps you create an action plan that fits into your regular routine. Say 'yes' to prioritizing yourself and let meQ help!

Log in to your ThriveOn portal at fccThriveOn.com, click 'Wellness Hub' at the top of the page, and then select the card that says 'Beat Stress with meQ' to get started. You can earn a \$50 Well-Being Activity incentive through ThriveOn's Wellness Your Way program by engaging with meQ!



Beat the Heat with Free Virtual Fitness Classes (and earn \$50!)

Finding time to be physically active, let alone go to a class at the gym, can be difficult. ThriveOn's Virtual Group Fitness program brings the gym right to you, with access to free live and on-demand virtual fitness classes, including Bootcamp, Cardio Circuit, Yoga and more. You can even earn a \$50 Well-Being Activity incentive by participating in at least 8 live classes in a month. [Click here](#) to view the current schedule, which is valid through September 29th.

If you are not able to attend any of the live classes, check the [on-demand group fitness library](#) (password: Dumbbell). Participate anytime that fits your schedule.

Maddie's Culinary Commentary

Provided by OhioHealth

National Berry Month

July is filled with fruit salad and berry cobblers, but did you know these are “jam”-packed with micronutrients?

Micronutrients are vitamins and minerals that support our organ systems and keep us functioning at full capacity.

Berries like strawberries, blueberries, and raspberries are high in vitamin C, manganese and even vitamin K. These boost the immune system, aid in blood clotting, and support our musculoskeletal system.

Check out farmerspal.com to learn about local farmer's markets in Franklin County to get all your berries this month.

Coming Up

- Food is Medicine: A Deep Dive Into Gut Health registration is open on the ThriveOn Portal
- Session 1 starts September 6th from 12-1PM

Berry Spinach Salad

- 6 cups baby spinach**
- 1 cup halved strawberries**
- ½ cup raspberries**
- ½ cup blueberries**
- 1/3 cup goat cheese**
- 1/3 cup sliced red onion**
- ¼ cup pecans**
- ½ cup raspberry vinaigrette**



Maddie Bidwell, RD, LD
Wellness Consultant
maddie.bidwell@ohiohealth.com
614-566-0183

Schedule a nutrition counseling session with Maddie by visiting [this link](#).