



## INSIDE THIS ISSUE

CLICK ON THE STORY YOU WANT TO READ

[Embracing Mindful Eating](#)

[Finding Your Fitness Passion](#)

[Preparing and Returning to Work after Parental Leave](#)

[Attend A CancerBridge Webinar](#)



## EMBRACING MINDFUL EATING

### A JOURNEY TO GREATER AWARENESS AND WELL-BEING

Mindfulness is the practice of paying attention intentionally and without judgment. By consistently applying mindfulness, you can break free from habitual patterns of thinking, feeling, and acting. This transformative approach can be applied to all aspects of life, including your relationship with food.

Mindful eating is about removing judgment from your food choices and embracing your individuality. By focusing on the present moment, you can enhance your awareness of the eating experience and your hunger and satiety signals. This practice allows you to make decisions based on inner guidance rather than external influences. Moving from automatic behaviors to conscious awareness is the first step towards meaningful change.

### STARTING A MINDFUL EATING PRACTICE

- 1. Begin with Small Steps:** Start by focusing on one meal or snack each day to practice mindful eating. Whether it's breakfast, lunch, dinner, or a mid-afternoon snack, use this time to engage fully with your food.
- 2. Minimize Distractions:** Create a peaceful eating environment by reducing interruptions like TV or smartphones. If you're in a busy setting, simply focus on the act of eating and enjoy the moment.
- 3. Practice Gratitude:** Before eating, take a moment to appreciate your food and acknowledge the effort that went into preparing it. Reflect on the journey from farm to table and the nourishment it provides.
- 4. Engage Your Senses:** Observe the appearance, smell, and texture of your food. Notice how these sensory experiences influence your enjoyment and satisfaction.
- 5. Eat Slowly and Savor Each Bite:** Take a few deep breaths before you start eating to relax. Chew each bite slowly, savoring the flavors and textures. Pause between bites to fully enjoy your meal.
- 6. Tune Into Your Body:** Pay attention to your body's signals of hunger and fullness. Eat until you feel satisfied, and listen to your needs rather than external pressures.
- 7. Stay Present:** Bring your focus back to the experience of eating whenever your mind wanders. Practice self-compassion and avoid negative self-judgment.
- 8. Reflect on the Experience:** After your meal, take a moment to consider how you feel physically and emotionally. Reflect on any insights gained during your meal.

Starting a mindful eating practice is a gradual process that requires patience, openness, and self-awareness. By incorporating mindfulness into your

eating habits, you can develop a deeper appreciation for food and nourishment, enhancing your overall well-being. Remember to start small, be kind to yourself, and enjoy the journey towards greater mindfulness and health.

Good nutrition is a cornerstone of a healthy lifestyle, but sorting through the vast amount of information about food and diet can be overwhelming. Fortunately, your medical benefits through United Healthcare offer valuable resources and support to help you manage your health and nutrition effectively.

### COMPREHENSIVE NUTRITION SUPPORT

As a Cooperative member enrolled in the health plan, you have access to unlimited visits with an in-network nutritionist or dietitian, fully covered at 100%. This benefit ensures you can receive personalized guidance to make informed food choices and maintain a balanced diet. For more details, visit [bewell.franklincountyohio.gov](http://bewell.franklincountyohio.gov).

### PERSONALIZED HEALTH COACHING

Struggling with nutrition or need extra motivation to achieve your wellness goals? Regardless of your medical benefits enrollment, you can work one-on-one with a trained health coach. This support allows you to set and reach your health objectives through a personalized action plan tailored to your specific health status, medical conditions, and personal goals. Your health coach will help you stay inspired, find the right resources, and track your progress.

To get started, register on the web portal at [fccThriveOn.com](http://fccThriveOn.com), complete the Online Health Assessment, and explore Health Coaching options that fit your unique needs.



## FINDING YOUR FITNESS PASSION

### EXPLORING DIFFERENT TYPES OF EXERCISE

Are you struggling to find an exercise routine that fits your lifestyle and goals? With so many options available, it can be overwhelming. Everyone's fitness

journey is unique, influenced by personal preferences, lifestyle, and fitness level.

### CONSIDER YOUR PERSONALITY

Start by considering your personality. If you enjoy socializing, you might thrive in group fitness classes, walking with friends, or joining a run club. If you're competitive, a sports league could be a great fit. Prefer working out alone? That's perfectly fine too! Your personal style opens up a range of possibilities, and some may overlap.

### TIPS FOR CHOOSING THE RIGHT EXERCISE

- **Define Your Fitness Goals:** Determine what you want to achieve—weight loss, muscle building, endurance, or stress reduction. Clear goals will guide you to the right exercises.
- **Assess Your Fitness Level:** Check your current fitness level before starting. Beginners might start with low-intensity activities like walking, yoga, or cycling and gradually increase intensity as they progress. Always consult your doctor before beginning an exercise program.
- **Explore Different Exercises:** Exercise doesn't have to follow a strict formula. Try various activities like pickleball or dance classes. Any movement is beneficial, and exploring different options can help you stay motivated and improve long-term health.
- **Listen to Your Body:** Pay attention to how your body feels. Stop and seek medical advice if you experience pain to avoid injuries. Start with a manageable routine, increase intensity gradually, and vary your workouts to prevent burnout and boredom.

If you're looking to enhance your fitness routine but still aren't sure where to start, consider walking—a surprisingly effective, low-impact exercise. [Learn how walking could help you lose weight](#), support your wellness goals, and check out three walking plans from WeightWatchers that are designed to get you moving—and help you go farther and faster.

Franklin County Cooperative brings benefits-eligible employees and benefits-enrolled spouses over 75% off WeightWatchers membership plans. To learn more about our partnership, visit [ww.com/FCC](http://ww.com/FCC).

For a fun and flexible fitness challenge, consider joining the 2024 Franklin County 5k & ThriveOn Challenge! While in-person registration is closed, you can still participate by signing up as a virtual

participant. This option allows you to enjoy the event solo or with your family, all from the comfort of your own neighborhood or favorite park. Virtual registration is available until October 13th, so you have plenty of time to get involved. If you'd like to sign up as a virtual participant or volunteer, click the icon below.

[REGISTER FOR THE 5K](#)

## PREPARING AND RETURNING TO WORK AFTER PARENTAL LEAVE

### HELP FROM MAVEN

Returning to work after parental leave can be both an exciting and daunting transition. It's common to feel overwhelmed as you balance the demands of your new role as a parent with your professional responsibilities. Fortunately, you don't have to navigate this transition alone. Maven is here to offer support and guidance.

Maven is hosting a dedicated webinar on August 21st at 12pm designed specifically for parents who are preparing to return to work or have recently come back from parental leave. This valuable session will be led by Maven Career Coach Erika Price, who brings extensive expertise in helping individuals manage career transitions smoothly.

During the webinar you will gain insights into strategies for a smooth transition back into your professional role. Discover actionable tips for effective time management, balancing work, and family responsibilities, and setting realistic expectations as you reintegrate into the workplace. Additionally, learn techniques to boost your confidence and alleviate any anxiety about returning to work.

This webinar is an excellent opportunity to prepare for your return to work with clarity and confidence. Whether you're nearing the end of your parental leave or have recently transitioned back into the office, the session will provide the tools and support you need to make this transition as smooth and successful as possible.

Join Maven's webinar to equip yourself with the knowledge and strategies to navigate this important life change effectively. For more information and to register, visit [Maven's webinar registration page](#).

# ATTEND AN UPCOMING WEBINAR

Join us every month for a series of engaging educational webinars brought to you by Franklin County Cooperative and ThriveOn, featuring a diverse range of topics including nutrition, financial support, health-related discussions, and much more from our trusted vendors.

CancerBridge

### Mindful Communication and Connection

Thursday, August 22nd, 2024 at 11am

Discover how to use mindful attitudes and practices to connect more positively with those around you.

[REGISTER WITH CANCERBRIDGE >](#)

EAP

### EAP Group Session: Mindfulness

Friday, August 23 from 1-2pm

Mindfulness practices, such as meditation, have become more mainstream in recent years. This training program uses lecture, guided meditation exercises, written exercises and group discussion as an introduction to how mindfulness practices can be incorporated into one's routine and help improve overall health.

[JOIN THE MEETING >](#)

[DOWNLOAD WORKBOOK >](#)

Healthy Lifestyle Programs

### Wellbeing Leadership Forum

Wednesdays, September 4-18 from 12-1pm

These forums are designed to support what's coming up for you as a leader around critical wellbeing topics. Join fellow Franklin County Cooperative leaders to share challenges, successes, experiences, and ideas to best support your own wellbeing and the wellbeing of your teams. Topics include the power of recognition, leading with healthy boundaries and what can you control?

[REGISTER WITH OHIO HEALTH >](#)

### Food is Medicine: Vitamins & Minerals

Wednesdays, September 4-25 from 11-11:30am

Micronutrients, did you know they support every organ system in the body? Over the course of this program, learn about the vitamins & minerals that power our bodies, how they benefit us and how to optimally fuel up.

[REGISTER WITH OHIO HEALTH >](#)