

SEPTEMBER 2026

WELL
NESS

COUGARS WELLBEING

Newsletter

PHYSICAL

OCCUPATIONAL

FINANCIAL

ENVIRONMENTAL

EMOTIONAL

CULTURAL

SOCIAL

SPIRITUAL

INTELLECTUAL

A Word from Dr. Nic

KNOW YOUR NUMBERS

Taking care of our wellbeing begins with awareness. We often think about health in terms of how we feel, but some of the most important indicators aren't always visible.

Knowing key health numbers such as your blood pressure, cholesterol, and blood sugar can help you better understand your overall health and have more informed conversations with your healthcare provider. Conditions such as high blood pressure and high cholesterol may have few or no noticeable symptoms, which is why routine screenings matter.

But knowing your numbers isn't about achieving a perfect score. It's about having information you can use. Small, consistent choices moving your body, choosing nourishing foods, getting adequate rest, and following the recommendations of your healthcare provider can support your health over time. Regular physical activity, for example, can help support healthy blood pressure, cholesterol, and blood sugar levels.

The September 24 **Know Your Numbers Health & Wellness Fair** is an opportunity to take that first step. I encourage you to make time for yourself, learn more about the resources available to you, and use the information you receive to support your own wellbeing.



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KNOW YOUR NUMBERS HEALTH & WELLNESS FAIR

September 24, 2026, 8:30 a.m. to 3:00 p.m.

WD, 4th Floor

Make time for your wellbeing at this year's **Know Your Numbers Health & Wellness Fair**. All employees are welcome to attend and explore resources designed to support all eight dimensions of wellness.

What's Happening

- **Biometric Screenings - [Register Here](#)**
 - Appointment reservations from 8 a.m. to 3 p.m.
- **Flu & COVID Vaccines**
- **Mammogram Van**
 - Appointments available at go.osu.edu/mammographyscreening or call (614) 293-4455
- **Education Sessions & Cooking Demos**
- **Sound Bath Sessions**
- **Chair Massages**
- **Therapy Dogs**
- **Resource Fair**
- **Healthy Snacks**
- **Raffles**

MEET YOUR WELLNESS CONSULTANTS

We are excited to introduce our two OhioHealth Wellness Consultants. Together, they bring expertise in wellness programming, health education, and individual wellbeing support to our community.

Please feel free to reach out with any questions.



Brianna "Bre" Newman,
Wellness Consultant
OhioHealth

Bre is an exercise physiologist and certified personal trainer with expertise in exercise, fitness, and wellness programming.

Brianna.Newman@ohiohealth.com

Paige has a background in health promotion and fitness and is certified in Mental Health First Aid. She brings experience in health education and individual wellness support.

Paige.Boyer@ohiohealth.com



Paige Boyer,
Sr. Wellness Consultant
OhioHealth

Together, Bre and Paige support individuals with a variety of health and wellness goals, including nutrition, exercise, sleep, stress management, and healthy habit development.

Sign Up Now! Wellness Consultations & the September Webinar

Looking for personalized support? Schedule a **free Wellness Goal-Setting Consultation** with an OhioHealth Wellness Consultant to discuss your goals and identify practical steps for supporting your wellbeing. **[Use this link to schedule your free Wellness Goal-Setting Consultation today!](#)**

Looking for a way to add energy to your ever-busy workday? Register for the **Creating Energy in the Workplace** education session on September 9 at 12 p.m. **[Sign up with this link.](#)**

WELLBEING 360

September Sessions



Wellbeing 360 sessions give employees opportunities to focus on multiple dimensions of wellbeing, including physical, nutritional, emotional, and professional wellness. Explore what's available this month and choose the sessions that support your goals.

MOVE

5-Part Progressive Movement Series

[REGISTER NOW](#)

SEPTEMBER 1

Join OSU Health Coach Adam Roberts for a 30-minute, equipment-free bodyweight workout.

NOURISH

Back-to-School How to Pack a Lunch

[REGISTER NOW](#)

SEPTEMBER 3

Get practical ideas for building balanced, kid-friendly lunches that adults can enjoy too.

Do You Need to Be a Vegetarian to Be Healthy?

[REGISTER NOW](#)

SEPTEMBER 16

Explore the evidence behind vegetarian, vegan, and omnivorous eating patterns.

CONNECT

Building Your Support Circle

[REGISTER NOW](#)

SEPTEMBER 24

Learn practical ways to build a support system that makes self-care more sustainable.

PROFESSIONAL WELLBEING

Everything DiSC® Agile EQ™

[REGISTER NOW](#)

SEPTEMBER 2

Build emotional agility by learning to recognize what a situation needs and adapt your response.

Everything DiSC® on Catalyst™

SEPTEMBER 4:

[REGISTER NOW](#)

SEPTEMBER 4 & 17

SEPTEMBER 17:

[REGISTER NOW](#)

Strengthen workplace relationships, collaboration, and engagement using personalized DiSC® insights.

DiSC® Productive Conflict

[REGISTER NOW](#)

SEPTEMBER 16

Recognize your responses to conflict and develop more productive workplace behaviors.

ENGAGEMENT & REWARDS

Wellbeing that rewards you

Through the **Wellbeing 360 Rewards Program**, eligible wellbeing activities can help you earn gift cards while building habits that support your health.

[Visit Wellbeing 360](#)

*Engagement and Rewards Program activities are available to eligible full-time employees.
Wellbeing resources and many activities throughout this newsletter are available to all employees.*



Rewards Challenge

FIVE TO THRIVE

The **Five to Thrive Rewards Program Challenge** encourages you to fuel your body with five or more servings of fruits and vegetables each day. Adding fruits and vegetables to your meals can support energy, digestion, and overall health, and this month's challenge gives you a little extra motivation to make it a daily habit.

Track your daily goal from September 16 to October 13 and **earn 25 rewards points to count towards redeeming gift cards.**

- Registration opens: September 9
- Challenge begins: September 16
- Challenge ends: October 13

[Click here to join the Five to Thrive Challenge on the Wellness Portal!](#)

EAT WELL + MOVE WELL

Your everyday food choices can support your energy, focus, and overall wellbeing. Aim for variety: colorful fruits and vegetables, whole grains, lean proteins, and healthy fats, and choose foods you genuinely enjoy.



Wellness Reminder

You don't need to train harder; you need to train smarter.

Listening to your body, managing stress, and staying consistent matter as much as the workout itself.

GET MOVING!

Movement doesn't have to be intense or happen all at once to make a difference. Look for small opportunities throughout your workday to get up, stretch, and move.



FIVE EASY WAYS TO MOVE MORE

Take the long way.

Walk to a water station on the opposite side of the building.

Take the stairs.

Use a restroom on another floor to add a few extra steps.

Put movement on your calendar.

Set reminders to get up and move throughout the day.

Keep ideas handy.

Create a short list of quick movement activities you can do in a few minutes.

Find a movement buddy.

Team up with a colleague and encourage one another to stay active.

Recipe Feature

WATERMELON FETA SALAD

Ingredients:

- 3 cups arugula
- 4 cups watermelon, cubed
- 1 red onion, sliced
- ½ cup feta cheese, crumbled
- ¼ cup fresh mint, thinly sliced
- 1 Tbsp. balsamic glaze
- Salt and pepper to taste

Directions:

Arrange the arugula in a large bowl or serving dish. Top with the watermelon and sliced red onion. Sprinkle with feta and fresh mint. Drizzle with balsamic glaze. Season with salt and pepper to taste, and gently toss before serving.



WELLBEING RESOURCES

Celebrating Student Support

September 10, 12 p.m. to 4 p.m., AEP Boardroom

Recharge and reflect with an afternoon of gratitude for our student support colleagues. All employees are welcome to take time to engage in wellbeing at the **Celebrating Student Support** event. There will be chair massages, therapy dogs, coloring, puzzles, and light snacks provided.

From 4 to 6 p.m., join Leadership at Degrees for an afternoon social. We will continue the day of gratitude with heavy appetizers and connection.

Mental & Emotional Wellbeing

Weathering emotional highs and lows in the office.

Key Steps: Be aware of your moods; Take a break to calm down; Practice bad mood prevention; Recognize other people's moods before you react; Understand that depression is more than a mood swing; Take charge.

We wouldn't be human if we didn't have moods. But we wouldn't be smart if we let our moods influence our actions negatively (Matrix Psychological Services).

Matrix Counseling resources are available to support employees.

[Explore Matrix Resources](#)

Financial Wellbeing

Doing a financial wellness check-in can reduce stress. By reviewing your financial situation, you can spot money issues before they grow out of control.

Start with one manageable step: review your budget, revisit a savings goal, check your retirement contributions, or learn more about a benefit available to you (BMI Federal Credit Union).

[Explore Financial Wellbeing Resources](#)

You support student success.

WE SUPPORT YOUR SUCCESS.

