



# Virtual Corporate Wellness

## Let's build a Healthy Dublin together, one employee at a time.

There are a lot of unknowns in the world right now. While your workforce may look different, attending to the health and well-being of your employees is more important than ever. That's why the City of Dublin is excited to provide virtual wellness programs to help your employees stay connected and take care of themselves, no matter where they are.

Choose from fitness classes offered as single sessions or in a 4-6 week series, or join our Ohio State and Syntero partners for an educational wellness presentation. Show your employees you care about them during these difficult times and help protect your most valuable asset— your people.

**Contact Mollie Steiner at 614-410-4553 or email [msteiner@dublin.oh.us](mailto:msteiner@dublin.oh.us) for pricing information and to get started.**



**THE OHIO STATE UNIVERSITY**

WEXNER MEDICAL CENTER



**THE OHIO STATE UNIVERSITY**  
HEALTH PLAN

## City of Dublin Virtual Fitness Classes

### Barre

Fusing the best of Pilates, yoga, aerobics and elements of the strength training exercises professional dancers do, this full-body blend of movements challenges your core, strength and stability.

### Boot Camp

Workout challenges using bodyweight exercises and cardio intervals to improve overall fitness – strength, cardio, speed, agility, balance and core

### Butts & Guts

A 45-minute glute, leg and abdominal workout geared toward strengthening and defining the muscles of the lower body and core.

### Cardio Jam

A fun, high energy, fat burning class with easy to follow dance routines.

### Cardio Kickboxing

A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout. Increase your aerobic capacity while also improving your strength, agility, and quickness.

### Core & More

Improve your posture and strengthen your core with low-impact, bodyweight exercises that target the abs, back, glutes and hips.

### Functional Fitness

This low-impact class combines stretching, cardio training and bodyweight strength exercises to help improve muscular strength and endurance, bone density, balance and flexibility.

### H.I.I.T (High Intensity Interval Training)

Train with quick bursts of intense exercise followed by short, sometimes active, recovery periods to blast calories in a short period of time.

### Mindful Movement

Tune into your body and mind with a focus on breathing and moving. Class will focus on the breath and then move from sitting to standing poses.

### POUND®

A full-body cardio jam session combining light resistance with constant drumming. It fuses cardio, Pilates, strength, plyometrics and more using light weight drumsticks which add an element of fun.

### Relaxing Flow Yoga

Connect your mind, body and breath with gentle poses that create an experience as unique as you. Embrace the calmness of this class as you increase strength and flexibility and reduce daily stress.



## Strength & Stability

A full body strength and conditioning class using a variety of body weight and strengthening exercises that help build muscle, core stability, and balance.

## Tension Release Breaks

Improve productivity, alleviate stiffness and increase your energy level in just 15 minutes. Take a break from sitting and join your co-workers by doing gentle stretching and movement exercises that will get you on your feet and feeling refreshed! Tension Release Breaks can be done as a group or for individual work departments.

## Yoga for Every Body

Whatever your fitness level, you can enjoy the benefits of yoga. Yoga increases flexibility and strength while reducing stress and tension.

## Zumba®

A dance fitness workout that anyone can do. Leave your inhibitions at the door, grab a hold of some attitude and enjoy the sounds of Latin and international rhythms. Combine simple moves with motivating music and experience an exhilarating calorie burning, body energizing class!

## Virtual Wellness presentations offered by Health Coaches from The Ohio State University Wexner Medical Center and The OSU Health Plan

- *All virtual presentations are 30-45 minutes and include a recording of the presentation.*

### **Breathe Better, Feel Less Stress – NEW!**

Control your body's response to stress with various breathing techniques to help react to stress in a positive way!

### **Build your Own Exercise Program**

Put together a workout program without fancy equipment that works for you.

### **Building Habits and Motivation – NEW!**

Learn about building health and wellness habits! Participants will explore their stage of change for personal habit goals, map out habit actions, and determine habit rewards.

### **Chair Yoga**

Practice gentle stretching and chair yoga with resources to continue on your own.

### **Creating Healthy Habits**

Discuss strategies to create habits that are realistic, rewarding, and sustainable.

### **Everyday Mindfulness**

Explore how you can apply the art of mindfulness into your life to increase calm and well-being.

### **Exploring Gut Health – NEW!**

Explore the importance of gut health and how it can impact many aspects of living a healthier lifestyle and feeling your best. Learn what it takes to keep your gut in proper balance with good nutrition.

### **Fall into Fitness and Health**

Check out some tips for recipes and activities to keep you going this fall.

### **Finding Your Happy Weight – NEW!**

The scale isn't the only source of success when it comes to weight loss. Find balance in life in the areas of nutrition, exercise and stress, all of which have an impact on our weight and happiness.

### **Fueling your Family**

Discuss tips on keeping your family fueled and ready for the day.

### **Getting Ready for Summer**

Share tips for outdoor activities, grab and go breakfasts, and fast grill friendly meals.

### **Getting Started with Physical Activity – NEW!**

Is staying active a struggle? You're not alone! Identify barriers to being active, and create a personalized plan that fits your energy, interests and schedule.

### **Healthy Eating on a Budget**

Learn tips to save at the grocery store, create shopping lists, and plan meals.

### **How to Stay Active at Home**

Get creative with ideas to fit in exercise and boost productivity when working from home.



**Improving Your Posture – NEW!**

We will look at “good posture” and how to correct “poor posture”. Learn exercises to keep your posture in top shape.

**Meal Planning**

Plan and prep weekly meals to control portions, save time, and avoid eating hidden calories.

**Overcoming a Weight Loss Plateau – NEW!**

Do you feel like you have been doing everything right, but it seems like you are not making progress? Learn four factors that could be your key to weight loss.

**Spring into Wellness**

As we move into the spring season, let’s spring into action with goals to re-energize your fitness, nutrition, and overall well-being.

**Strengthening Your Immune System – NEW!**

Day to day choices can impact our immune system response more than we think. In this session, learn how and what you can control to strengthen your immune system.

**Take a Relaxation Break**

Learn about and try relaxation strategies for stress management.

**The Gift of Gratitude – NEW!**

Learn how to meaningfully incorporate gratitude into your everyday life! Participants will review research on gratitude, try a few simple practices, and identify realistic gratitude routines.

**Tobacco Cessation**

Discuss strategies and create a plan to quit for good.

**Tracking: Tools to Maintain Motivation – NEW!**

Learn the many ways tracking can support your health goals, and create personalized tracking systems to visualize your progress!

**Weight Loss: Looking Beyond Diet and Exercise – NEW!**

Have you tried to change your diet and exercise but the weight just won’t come off? We will discuss other factors that can help you budge the scale in the right direction.

**Well-being and Resilience at Work – NEW!**

Discover strength-based strategies individuals and teams can use to increase well-being and resilience at work.

**Winter Well-Being**

Get ready to navigate the winter holidays with healthy party ideas, exercise, and mood boosters.

## Virtual Mental & Emotional Wellness presentations offered by Syntero

- *All virtual presentations are 45 minutes with 15 minutes of Q & A.*

### General Topics:

#### **Caring for Yourself While Caring for Others: Combating Compassion Fatigue and Burnout**

Learn about mental and emotional wellness, the different types of stress reactions and their impact on functioning, and strategies to reduce the risk of burnout and compassion fatigue.

#### **When Home Becomes the Workplace: How to Manage Stress when Working Remotely**

Participants will normalize common challenges of working from home, learn how to recognize when stress is becoming too much, and will be taught techniques for coping with specific working from home stressors and developing a healthy work routine.

#### **Grief & Loss in the COVID-19 Era**

Explore common reactions to grief and loss, stages of grief, and the tasks of mourning and how to manage the unique considerations and challenges in our grief process due to the pandemic.

### Parenting:

#### **Leaving the Nest: Resiliency . . . Let them Fall and Watch them Soar**

Learn how to define resiliency, increase your understanding of developmental tasks and brain development throughout childhood and adolescence, and identify factors that increase resiliency and align with each developmental stage. Identify practical strategies to support a resilient child, and discuss the difficulty of “letting go” and the importance of allowing children to make mistakes on their own.



## [How to Talk to your Kids Series \(offered as a series or by individual topic\):](#)

### **How to talk with your child about race**

Learn how to talk to your child about racism, cultural diversity, and inclusiveness.

### **How to talk with your child about sex**

Learn how to make talking about sex with your child less scary and more comfortable. Discuss the importance of being an “askable parent” and how to become one, and learn how to keep the conversations around sexual health more positive and less shameful.

### **How to talk with your child about substance use and refusal skills**

Learn how to talk with your child about drug and alcohol use and how to say “no” to peer pressure.



***\*\* Additional topics and custom content in all program areas can be developed upon request.***

