

COMMIT TO BE FIT

Official Newsletter of The City of Franklin Employees Health and Wellness Program



OUR MISSION:

To support employees in making healthy choices with their work and home lives. Encouraging habits of wellness, by inspiring individuals to "Commit to be Fit".



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OUR MISSION

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"Don't wait until you've reached your goal to be proud of yourself. Be proud of every step you take toward reaching that goal"

-UNKNOWN

HAPPINESS BEGINS WITH GOOD HEALTH!

THE CITY OF FRANKLIN WELCOMES YOU TO PARTICIPATE IN ITS NEW HEALTH AND WELLNESS PROGRAM.

COME BY HUMAN RESOURCES AND PICK UP YOUR NEW FREE SMART SCALE TODAY!

ONE SCALE PER EMPLOYEE WILL BE GIVEN



**DOWNLOAD THE "SCALE UP"
APP TO GET STARTED!!**



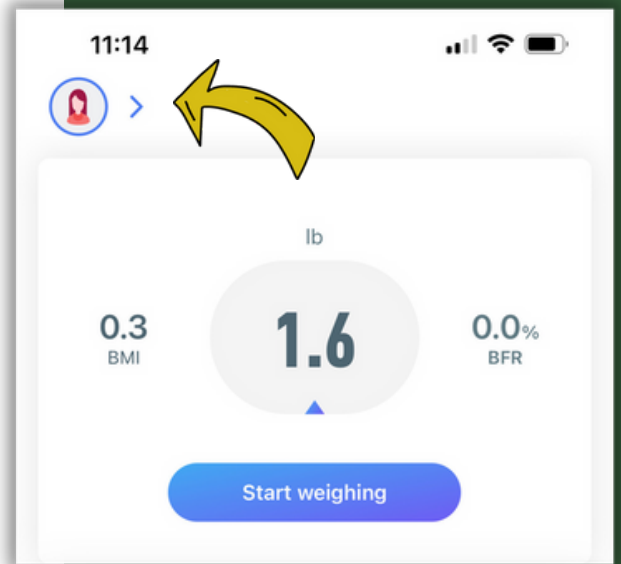
TO DOWNLOAD THE APP, SEARCH FOR "SCALE UP" ON THE APPLE APP STORE OR GOOGLE PLAY STORE.

OR

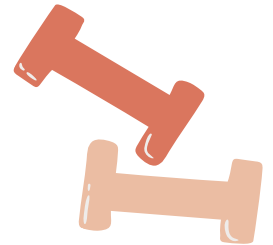
USE THE QR CODE FOR IOS & ANDROID

CHALLENGE YOUR FAMILY MEMBERS TO A FITNESS COMPETITION BY ADDING MULTIPLE USERS TO YOUR SCALE!

CLICK ON THE IMAGE IN THE UPPER LEFT HAND CORNER TO ADD USERS!



WAYS TO GET MOVING IN THE COMMUNITY



Franklin Parks & Recreation is hosting their 2023 Adult Co-Ed Pickleball League. Monday Evenings beginning March 6th - 27th. Registration is \$20 per person. For More Information Contact Andrew Lowe at 757-647-9565.



The City of Franklin will proudly partner with the American Red Cross to hold the first blood drive of the year! The City of Franklin Blood Drive will be hosted on Tuesday, April 11, 2023 from 10:00 AM - 3:00 PM at the Franklin Business Center. For an appointment, please visit redcrossblood.org or contact A'Risha Jones at 757-562-8503.



Get those steps in by walking around the Downtown Franklin Spring Fest on Saturday, April 22, 2023 from 9:00 AM to 3:00 PM! There will be arts and craft vendors, games and more along with the many Downtown Franklin businesses all along Main Street and 2nd Ave.

LETS MIX IT UP

What better way to head into the spring months than with a healthy recipe or two! Make one or both recipes and send a picture to info@franklinva.com to get a shout out in the next newsletter!!

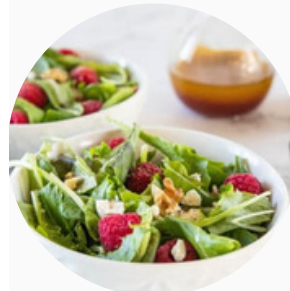
A Healthier Take on the Shamrock Shake

SERVING SIZE: 1/2 cup CALORIES: 103



- 3 cup firmly packed baby spinach
- 1/2 cup nonfat milk
- 3/16 teaspoon mint extract
- 2 cup reduced-fat vanilla ice cream or frozen yogurt

1. In a blender, combine spinach, milk, and extract until spinach is completely incorporated. The mixture will be whipped and frothy.
2. Add ice cream and blend until smooth. Do not over blend or the milkshake won't be as thick.
3. Serve immediately.



Raspberry Walnut Salad

SERVINGS: 6 CALORIES: 142

- 2.5 Tbsp. olive oil
- 1 Tbsp. red wine vinegar
- 1 Tbsp. raspberry jam
- 1.5 oz. package organic baby kale
- 3/4 cup raspberries
- 1/3 cup chopped walnuts
- 2 oz. crumbled goat cheese

1. Whisk oil, vinegar and jam in small bowl or mason jar. Season with salt and pepper, to taste.
2. Combine salad greens, raspberries, walnuts and goat cheese. Drizzle with dressing and toss.
3. Enjoy!

EMPLOYEE ASSISTANCE PROGRAM (EAP)

When life throws you curve balls, our Employee Assistance Program is here to help you balance your life like a pro.

ANTHEM

Anthem provides quick and easy access to confidential counseling and referral services to help you deal with daily work and life challenges. No cost to you, your dependents or household members. Anthem Enrollment is not required to participate in Anthem EAP.

CONTACT: 1-800-346-5484

FOR IMMEDIATE CARE PLEASE SPECIFY "IN THE MOMENT SUPPORT".

<https://www.anthemeap.com/employer-select>

COMPANY NAME: City of Franklin Stand Alone



OPTIMA

Optima offers dynamic services from individual counseling to crisis intervention and are able to respond to a wide variety of needs. You must be enrolled in Optima Health to use this benefit.

CONTACT: 800-899-8174

OR

757-363-6777

www.optimaEAP.com

USERNAME: COVA