



COUNTY OF SUMMIT
EXECUTIVE SHAPIRO
2025-2026 WINTER ISSUE



WELLNESS

focused

LOCAL EVENTS

Be sure to check out the local events happening year round.

DETAILS PROVIDED ON PG. 4



We encourage a health-giving environment for all County of Summit Employees, including mental well-being, physical, financial, and nutritional health. We offer many health and wellness programs, County fitness facilities, and multiple discounts, amongst other things. Visit our website for more information and enjoy the newsletter.

hreb.summitoh.net

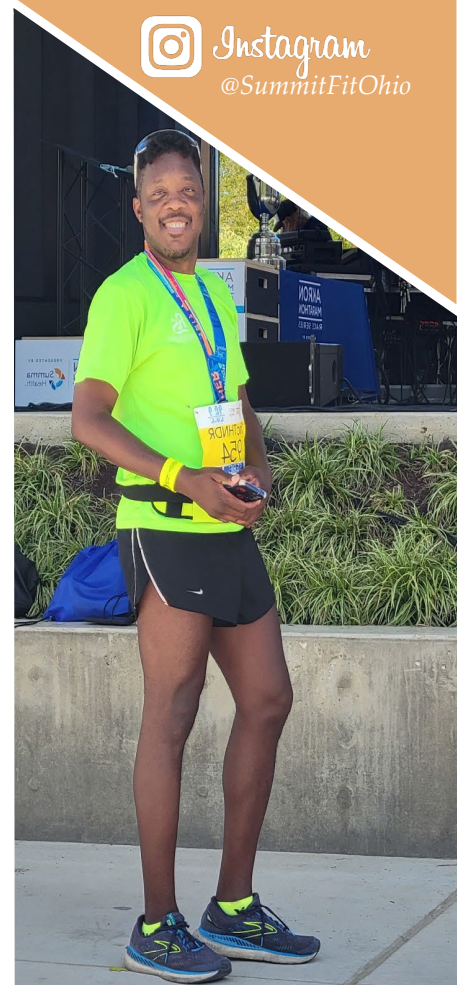
 Instagram
[@SummitFitOhio](https://www.instagram.com/SummitFitOhio)



JOIN PERSONIFY HEALTH TODAY!

Get ready for the Personify Health First Quarter starting January 1. Earn Rewards to help cover medical expenses. Learn more about our wellness platform on our website by visiting the link below.

hreb.summitoh.net/pages/Wellness-Platform.html



BON APPETIT

Create a new dish with your friends and family. Enjoy!

GET THE RECIPE ON PG. 4



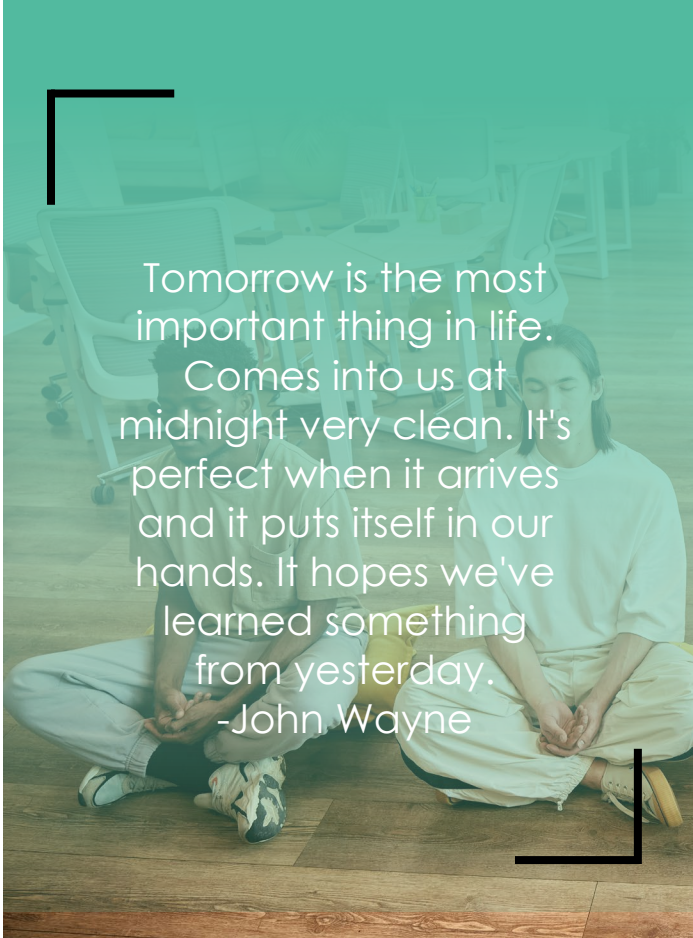


Our eventful year is coming to a close and hopefully you all enjoyed it! We have put some of the events details below for you to see (as of November 1, 2025):

- Akron Marathon Series – 170 Total Series Runner/Walkers
- Biometric Screenings (4 dates) – 225 Participants
- Blood Drive (1 date) – 21 Donors
- Fitness Classes – Average 5/class at North, 3/class at South
- Fitness Facilities – Average 5/day at North, 6/day at South
- Flu Shots (4 dates) – 128 total flu shots
- Health Fair Events (2 dates) – 241 Attended
- Lunch & Learn (38) – 37 Average Attendance
- Mammovan (4 dates) – 49 mammograms
- Mindfulness Mondays (1/quarter) – Average 30/session
- 1st Annual Events
 - Seed Swap Days (2 dates) – 47 Attended
 - The Summit Hiking Challenge – 23 Participated

Be sure to visit our [Events](#) page to sign-up for your 2026 festivities. Lets keep these numbers going up, so grab some co-workers to join in on the fun. Contact the [Wellness Team](#) if you have issues with logging into the Events page.





PERSONIFY HEALTH TIPS

Getting Your Aerobic Exercise

Exercise helps not only keep you staying fit, but it is also good for your heart and overall health. Set a goal for each day, start with trying to get a weekly total of 75 minutes of vigorous cardio (i.e. jogging, swimming or an aerobics class) or even a 150 minutes of moderate cardio (i.e. brisk walking). To help set yourself accountable ask a family member, a coworker or a friend to venture out and experience these activities with you.

Take cleaning to the next level

If your house needs cleaned and you want to also get some physical activity...Here's some good news, you can do both. Cleaning is a simple way to weave fitness into your day while supporting healthy blood pressure. Try getting down on your hands and knees to scrub the floor, adding lunges as you vacuum, or stretching to reach those tricky spots.

Why Try Meditation?

Meditation offers countless benefits, but here are three powerful ones to consider. Feeling overwhelmed? Meditation can ease daily stress and bring calm to your mind. It's also known to help lower blood pressure, reduce worry, and improve the quality of your sleep. Explore meditation today and choose a style that fits your lifestyle. Give yourself the gift of peace and quiet...you deserve it!

Find What Works for You!

The key to achieving your goals is choosing an approach that truly works for you. If you thrive on connection, try activities that bring people together, like joining a recreational league. If you're fueled by energy, opt for aerobics such as jogging or dancing. And if you're seeking calm and stress relief, explore practices like tai chi or yoga. The most important thing to remember is that exercise only benefits you if you actually enjoy and stick with it, so focus on finding what feels right for you.



RECIPE

Costco Connection | Sept 2025

CARAMEL APPLE SMOOTHIE

- 1 cup unsweetend vanilla almond milk
- ¼ cup vanilla Greek yogurt
- 1 Gala apple w/peel, cored and sliced
- 2 Tbsp sugar-free caramal sauce, extra for garnish
- ¼ tsp ground nutmeg
- ½ tsp ground cinnamon, extra for garnish
- 1 tsp vanilla extract
- 1 tsp sweetener of choice
- ½ cup ice
- Whipped cream, for garnish

Add all ingredients into a blender, except whipped cream. Blend for 40 seconds or until smooth. Pour into a glass and top it off with whipped cream, cinnamon and some caramal sauce drizzled on top.

LOCAL EVENTS & ACTIVITIES

Find activities to do around the County. Click the links below. Also, be sure to visit the [Employee Benefits website](#) for our events.

Akron-Summit Public Library
services.akronlibrary.org/events

Akron/Summit Convention & Visitors Bureau
www.visitakron-summit.org/things-to-do/

Downtown Akron Partnership
www.downtownakron.com/calendar

Summit Metro Parks
www.summitmetroparks.org/ProgramsAndEvents.aspx

The best adventures often begin with a single step outside of the comfort zone. -unknown

PLATONIC PALS

Costco Connection December 2025

As we tend to focus on our eating, exercise and medical care, there is just one thing studies show missing that can help us live longer, healthier lives...*friendship*. A 2015 Brigham Young University study points out social connections give us a biological edge to combat many health issues like diabetes and cognitive decline, giving us 50% greater odds of survival.

Friendship offers something special that other personal relationships don't, they are chosen, rather than given. True friendships are based on care, equality, support and growth, along with a certain connection and bond. Lets take a deeper look into what these friendships are about.



LASTING FRIENDSHIPS

The experts are sharing some tips on how to help friendships thrive.

Check In: Are you thinking of someone? Be sure to call or text to say hello.

Prioritize relationships: Plan a monthly get together, put something on the calendar.

Show Grace: Sometimes they may not respond quickly or perhaps it slipped their mind to respond, give them the benefit of the doubt.

Be Kind and Sensitive: It is good to reach out to a friend who is struggling, especially if you are in a good place and also be sure to offer non-judgemental support.