

February 2023



Metcon^{LD}

The Concrete Truth

February Work Anniversaries

Cory A Morris	3rs
Marlan G Hart	3yrs
Cory M Hart	3yrs
Gary R Frisk	7yrs
William D Banks	8yrs



Jarrold K Schaurer	02/03
Nicholas C King	02/05
Zachary Pridemore	02/08
Jacob M Bishop	02/09
Marlan G Hart	02/11
Michael R Miller	02/18
Andrew J Brown	02/19
Dalton Hoerner	02/22
Calob W Perkins	02/24
William Drawing	02/24

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LVI

SUPER BOWL

EAGLES VS **CHIEFS**

WIN THIS SUPERBOWL SNACK PACK- JUST TEXT HR THE NAME OF THE TEAM YOU THINK WILL WIN AND WE WILL ADD YOU TO THE DRAWING THAT WILL TAKE PLACE ON 02/08/2023

*. HAPPY.
Valentine's
Day*



Building a motivated culture where we can achieve more together!

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Metcon[™]



ALL-Team Meeting 2023

All team meeting was on Jan. 20th and it was great to see everyone in one room catching up! The Metcon team shared a lot of great information, from the drug & alcohol training to 401K benefits but overall the four words that stuck in my head were- See it! Own it!

Are we all striving for perfection in our lives? I would presume most of us would prefer near perfection over average in almost every aspect of our lives. When we go to a restaurant, do we want average food with average service or perfectly prepared food with perfect service? The same could be said about a sporting event we go to, a concert, or a pastor's sermon. Let's take a slightly deeper dive into this topic by looking at our work life. Yes, we all want to strive to do the best we can do. For the most part all of you do, as seen throughout employee reviews. On a project there may be things that go wrong, some of those we don't have full control over the outcome. But we do have control * influence over issues that may come due to lack of safety, communication, attitude, cooperation. Do we "own" these short - comings, communicate effectively as to what the short-coming was, and strive to improve? Or do we make excuses, blame others, or — worse yet — accept mediocracy? If we choose to own it, the final result will be better for all parties involved!

See it! Own it!



Building a motivated culture where we can achieve more together!

Metcon 2023 Wellness

We started the 2023 Metcon Wellness challenge with the Health Fair that took place during the All-Team Meeting. All participants of the health fair will be given 30pts (HR will track your points).

February is 20*20/mile a day challenge which means that you can either begin 20 minutes a day of cardio/strength training or walk/run a mile a day (2 days off a week). You will need to track this on any health

app, or any other way you prefer to track once completed—you will need to submit to HR so we can award the points for February.

Have fun and get moving!

Metcon Wellness

Road to FITNESS CHALLENGE 2023

Month	Challenge	Points
January	Metcon Health Fair	30 pts.
February	20x20/ Mile a day	10pts. /10pts.
March	Metcon vs Ernst Basketball Game	10 pts.
April	10 to Zen	10 pts.
May	Metcon Team Soccer Game	10 pts.
June	Savage Race, Zanesfield, Ohio/	40pts/10 pts.
July	Metcon Volleyball Game	10 pts.
August	H20	10 pts.
September	Flu Shot, Smoke Out	10 pts.
October	Making Strides Cancer Walk 5K, Dayton Ohio	10 pts.
November	21 days of gratefulness	10 pts.

Point System

Total Points	Prize(s)
50pts.	Metcon Water bottle
80pts.	T-shirt & Entered into raffle to win prizes
120pts.	Pullover & Entered into raffle to win prizes



Uniform Shirts

Some of you ordered the new hi-viz uniform shirts and have asked when they will be coming in– they should be in by no later than 2/17/2023.



Attendance Points Record

Effective 02/01/2023, if you have attendance points you will be receiving an email every 1st of the month that will contain a list of all your absences and points.

Be present every day

February is National Heart Month

Heart Smart Basics

What to Know to Keep Yours Healthy



Being smart about your heart means knowing what causes heart disease and what your individual risk factors are. This fact sheet defines common heart-related terms you should know and sample questions to ask your healthcare provider to help keep your heart healthy.

General Heart Terms

- Heart
- Heart rate
- Heart health
- Heart disease
- Cardiovascular disease
- Coronary heart disease

The **heart** is a strong, muscular organ that pumps blood throughout your body.

Heart rate, also referred to as your pulse, is the number of times your heart beats in one minute. Resting heart rates vary from person to person.

Heart health is the overall well-being of your heart. [Heart-healthy living](#) involves understanding your risk factors, making healthy choices, and taking steps to reduce your chances of getting heart disease.

Heart disease is a catchall phrase for a variety of conditions that affect the heart's structure and function.

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels.

Often simply referred to as "heart disease," **coronary heart disease** is the most common form and occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. The plaque reduces the amount of oxygen-rich blood getting to your heart.



Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

