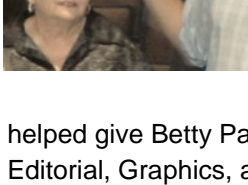


## December Well Aware eNews

Welcome to the December issue of the Well Aware eNews! Read on to learn about—

- ◆ this month's wellness champion, who is literally taking steps to improve her health;
- ◆ next week's free health screenings;
- ◆ ways to stay healthy over the holidays;
- ◆ an awards ceremony to recognize our Million Mile Challenge winners;
- ◆ and more!

## Wellness Champion Walks Her Way to Wellness



**Meet Betty Payne:**  
**Administrative Secretary,**  
**Editorial, Graphics, and**  
**Publishing Services Unit**

Participation in last year's Walk this Way wellness challenge

helped give Betty Payne, administrative secretary, Editorial, Graphics, and Publishing Services (EGPS) Unit, the motivation she needed to commit to regular walking. For Betty, it was critical that she develop and maintain an active lifestyle. As a survivor of triple bypass surgery, she was urged to walk to improve her heart health and lower her blood pressure. She also saw the program as a way to lose some weight.

Betty tracked every step she took and reached her goal of 10,000 steps per day. Fast forward six months, and Betty is still keeping up with her walking routine. She walks twice a day, even if there's inclement weather.

"Whether it's morning or afternoon, rain or shine, Betty will walk outside or inside," said EGPS Graphic Designer Lisa Romano. "She encourages us to walk with her, and marches out when we don't!"

Coworkers have even remarked that her pace has gotten quicker, and they have a hard time keeping up!

"Betty is dedicated and persistent in her commitment to walking each and every day," said Communications Specialist Donna Marks. "She inspires those of us in her office and often gets one or two of us to join her in her daily routine."

## Win and Lose!

### Could this be the start of a healthier holiday season?

Well Aware's Healthy Holiday Bake Off judges are busy reviewing recipes and sampling the healthy desserts submitted to the contest by MCPS employees. Those who entered are eager to learn if their modified recipe will win recognition for their school or office.

You may wonder: Once the entries are judged, the winners announced, and recognition given, what's next? This was a fun and creative challenge to be sure, but can it become a habit? Will you make recipe modification a regular part of your healthy lifestyle? Will any unwanted pounds begin to drop off as a result?

Incentives like the Bake Off can help get you started on the road to healthier eating during the holidays and beyond. Helpful ideas from online and printed sources also can help. CareFirst offers tips for recipe modification [here](#), along with suggestions for resisting tempting, but unhealthy foods. You'll find Kaiser Permanente's tips for healthy holiday eating [here](#).

## More Than 5,800 Participate in the Million Mile Challenge Fall Incentive!

### Awards Ceremony Planned to Recognize Winners

For the past 10 weeks, MCPS employees have walked, danced, and cycled their way to prizes and better health as part of the Million Mile Challenge.



Across MCPS, employees have experienced better health and morale because of their involvement, whether they participated as individuals or as members of a team. More than 5,800 employees have participated in this first part of the challenge.

#### Stay tuned

Activity totals are being tabulated! Grand prize winners will be announced in the December 18, 2012 issue of The Bulletin!

#### Attend the Awards Ceremony

All winners will be recognized and prizes will be awarded during the Well Aware Awards Ceremony on Wednesday, January 23, 2013, from 4:30 to 5:30 p.m. at Rockville High School. In case of inclement weather, the event will be held at the same time and location on Thursday, January 31, 2013. All employees are encouraged to attend the event to cheer on their colleagues who have won and, more importantly, to celebrate their own victories through the program. Don't forget to RSVP! E-mail [Well Aware](#) if you plan to attend.

#### Keep Logging Your Activity or Register Today

The Million Mile Challenge doesn't end here! Maintain your active lifestyle and continue to log your activity in the online [Well Aware fitness log](#) to help us reach our goal of 1,000,000 miles of activity before the end of the school year. Starting January 14, 2013, we will continue with weekly individual incentives. If you have not registered yet, learn more about the program on the [Million Mile Challenge web page](#) and then visit the [fitness log](#) to register.

## Quit for Good!

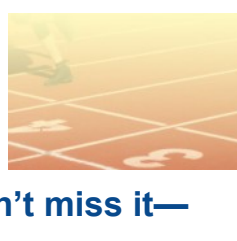
The Centers for Disease Control and Prevention estimates that 70 percent of all current smokers want to quit. Are you among them? If so, take advantage of the Quit for Good program offered by Well Aware. Some of your MCPS coworkers already have taken this class and agree it was beneficial to them. Read what they had to say about the program:

- ◆ "I feel so appreciative of this class and kudos to MCPS and Kaiser for providing this life changing opportunity."
- ◆ "The class played a major role in my quitting for good ... one day at a time."
- ◆ "I felt very cared about and very cared for. My success was celebrated and that really helped me continue my success."
- ◆ "Not only did I quit, but I encouraged my husband (who was overseas at the time) to do the same with all the information and support from the class. Now we have a smoke-free home!"

January classes are now forming! For more information on the Quit for Good Tobacco Cessation Program, visit the [wellness website](#).

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our [website](#). To view this e-mail message as a .pdf document, click [here](#).

Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).



## Don't miss it—

### Free Health Screenings

### Wednesday!

### Know Your Numbers

*The holiday season can be tough to navigate with celebratory feasts tempting you at every turn. To help you stay or get back on track, Well Aware, UnitedHealthcare, and CareFirst will offer health screenings for MCPS employees.*

#### Wednesday, December 12, 2012

Carver Educational Services Center  
 850 Hungerford Drive  
 Rockville, Maryland 20850  
 1:00–5:00 p.m.

Your cholesterol, blood pressure, blood sugar, body mass index, and bone density screening results are key indicators of risk for serious illness. If you know these important numbers, you can make any needed changes to improve your health and reduce your risk of developing heart disease, diabetes, and other serious illnesses.

The screenings are available to MCPS employees by appointment.

Participants must register [here](#) using key code: Mo-81784-2. You also will need the last four digits of your Social Security number, date of birth, first and last name, gender, address, and phone number.

If you provide your e-mail address, you will receive appointment confirmation and reminder e-mails.

Spread the word with our [printable flyer](#).

Presented by: UnitedHealthcare