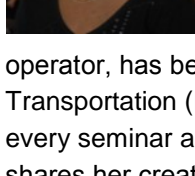


January Well Aware eNews

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

- ◆ this month's wellness champion, who left her comfort zone to encourage others;
- ◆ strategies for setting and meeting effective, yet realistic wellness goals;
- ◆ a survey to find out what you most need and want from the wellness program;
- ◆ a Million Mile Challenge incentive for the New Year;
- ◆ the Healthy Holiday Bake Off winners and their winning recipes;
- ◆ and more!

Wellness Champion "Fuels" Department of Transportation's Wellness Effort



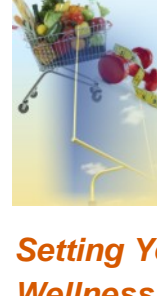
Meet Blossom Daley : Bus Operator, West Farm Transportation Depot

Blossom Daley, MCPS on the Move Spirit Award Winner and school bus operator, has been called the "fuel" of the Department of Transportation (DOT) wellness program. She attends every seminar and wellness activity at her depot and shares her creative wellness ideas with DOT's wellness committee. Even though she is very high energy, she happily participates in low-impact classes to help motivate others to join in.

"I like to exercise at work because it is about getting together," Ms. Daley said. "It is more fun, we motivate each other, and I look forward to it. I enjoy encouraging my coworkers."

Ms. Daley started the West Farm walking club by mapping out a safe route, preparing a protocol of walking stages to help both beginners and more advanced walkers to progress, and motivating many coworkers to join. Not only has Ms. Daley lost weight and gained a tremendous amount of energy as a result of the wellness program, she also has stepped out of her comfort zone. Ms. Daley put aside her fear of public speaking to share her positive experiences in the wellness program in front of 500 coworkers at a Code of Maryland Regulations meeting.

"I know that [exercise] is hard in the beginning," Ms. Daley said. "Maybe some don't participate here at work but they are thinking about it and have started making changes on their own. That is what matters and I am happy about that."



Don't miss it—

Free Seminar/ Webinar
This month:

Setting Your Personal Wellness Goal for Success

"I will lose weight. Eat healthy foods. Drink more water. Exercise daily." If you are like many people, you have made these or similar pledges to yourself. Setting an appropriate goal and staying on course can be very challenging for most of us. Attend this seminar to learn strategies for setting effective, yet realistic wellness goals; overcoming roadblocks and setbacks; and setting up a healthy support system.

Tuesday, January 8, 2013
Randolph Bus Depot
1800 Randolph Road
Silver Spring, Maryland 20902
10:00–11:00 a.m.

Thursday, January 24, 2013
Webinar
4:00 p.m.–5:00 p.m.

Monday, January 28, 2013
West Farm Depot
11920 Bournefield Way
Silver Spring, Maryland 20904
10:00 a.m.–11:00 a.m.

Wednesday, January 30, 2013
Carver Educational Services Center Cafeteria
850 Hungerford Road
Rockville, Maryland 20850
4:30 p.m.–5:30 p.m.

Please register for the seminar and/or webinar by e-mailing [Well Aware](#) with the date and time you plan to attend. If you register for the webinar, you will be sent a link to it as well as an Outlook calendar reminder.

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

Presented by: UnitedHealthcare

New Year's Resolution Incentive

Resolve to Get Active and Log Your Fair Share of Miles!

Welcome to the New Year! As tradition would have it, 2013 provides you with yet another opportunity to make (and keep) your New Year's resolutions. Among them, you may choose to set wellness goals that, if met, will lead to more energy, better health, and less risk of serious illness. Along the way, you also could help MCPS log one million miles of activity this school year as part of the Well Aware Million Mile Challenge (MMC)!



To encourage you to add wellness to your list of New Year's resolutions, we soon will enter the second phase of the MMC. MCPS employees now are invited to participate in the New Year's resolution incentive, which will begin January 14, 2013, and continue for six weeks. Each week, the individual who logs the most miles for that week will win a six-week exercise class for his or her school or office. Every 15 minutes of activity equals one mile, so everything from swimming, Zumba, yoga, and shoveling snow counts! Visit the [program guide](#) for complete program rules.

Already participating in the MMC? Maintain your active lifestyle and continue to log your activity in the online [Well Aware fitness log](#). Resolved to join us? Learn more by visiting the [Million Mile Challenge web page](#), and then visit the [fitness log](#) to register. Help us reach our goal of 1,000,000 miles of activity before the end of the school year.

Million Mile Challenge

Fall Incentive Awards Ceremony Planned

Well Aware will recognize winners of the Million Mile Challenge fall incentive and award their prizes during the Well Aware Awards Ceremony on Wednesday, January 23, 2013*, from 4:30 to 5:30 p.m. in the Rockville High School auditorium. 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.

*In case of inclement weather, the event will be held at the same time and location on Thursday, January 31, 2013.

Wellness Survey

Share Your Wellness Ideas & Interests With Us!

You now have a chance to tell Well Aware about any programs, activities, and/or incentives you would like us to consider in the coming year. Click [here](#) to complete a survey so we can offer wellness programming that interests you.

Please let us hear from you whether or not you have participated in wellness activities in the past. Your responses will be kept confidential. Help us provide you with the wellness program you most need and want.

MCPS is Now a Healthiest Maryland Business



You soon will see another logo gracing the Well Aware web page. Montgomery County Public Schools (MCPS) has joined the [Healthiest Maryland Businesses](#) initiative to support efforts to promote health and wellness throughout the school system.

"By joining Healthiest Maryland Businesses, we hope to show that MCPS is a workplace that is committed to building and maintaining a culture of wellness," said Lisa Cooperstein, MCPS wellness coordinator. "MCPS and its associated unions are dedicated to promoting lifelong exercise and healthy eating habits."

According to its website, Healthiest Maryland Businesses is a statewide recognition program that aims to create a culture of wellness within the state. The goals of the effort include engaging leadership in promoting health initiatives within their organizations, reducing health care costs, and "raising awareness about the importance of a healthy workforce."

There is an added benefit resulting from MCPS's wellness program.

"In addition to doing our part to ensure a healthier workforce and contain healthcare spending, we are creating healthy role models for the children of Montgomery County," Mrs. Cooperstein said.

Healthy Holiday Bake Off Winners Take the Cake

Some people get all the perks.

On December 7, 2012, 10 judges reviewed revised recipes, observed the final products, smelled their tempting aromas, and sampled the tasty, healthy desserts submitted to the Well Aware Healthy Holiday Bake Off.

After sampling the still-sweet confections, the judges selected the top five recipes based on taste, appearance, evidence that the modified recipe is healthier than the original, and how easily the recipe can be replicated.

The winners of the bake off and their prized recipes are as follows:

First Place

Elizabeth Richardson, Cashell Elementary School, Chocolate Banana Nut Ice Box Cake

Second Place

Coree Ogden, John Poole Middle School, Grandpa's Peanut Butter Fudge

Third Place

Ann Plummer, Little Bennett Elementary School, Pumpkin Bread Pudding

Fourth Place

Jaime Marchese, Winston Churchill High School, Whole Wheat Bread Pudding

Fifth Place

Corinne Whited, John T. Baker Middle School, Buckwheat Spice Cake

Montgomery County Public Schools employees who entered the bake off modified a favorite holiday dessert recipe to make it healthier. Desserts including breads, cakes, and candies were entered in the contest.

For proving that healthy still can mean good, the bake off winners have each won a professional cooking demonstration and tasting for their school or office hosted by UnitedHealthcare. The winning recipes are available [here](#).

Quit for Good

Smoking Cessation Classes Scheduled for January

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 the Well Aware class and your MCPS coworkers already have taken advantage of the Quit for Good class and agree it was beneficial. Read what they have 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](#).

Online Resources to Help You Keep Your New Year's Resolutions

At the start of a new year, many of us look forward to a fresh start in life and resolve to improve our health. However, our good intentions often are derailed within a few weeks. Here are some resources to help ensure your success in 2013:

- ◆ Take a simple [quiz](#) from Carefirst and learn more about healthy choices. The quiz can help you determine any areas you need to learn more about.
- ◆ Create a [Well Aware online fitness log](#) account. Studies show that a journal does not just aid weight loss—it turbo-charges it. When researchers from Kaiser Permanente Center for Health Research followed more than 2,000 dieters who were encouraged to record meals and snacks, they found that the single best predictor of whether a participant would drop weight was whether the person kept a food diary. It trumped exercise habits, age, and body mass index. The Well Aware Online Fitness Log has an excellent food diary in addition to the exercise tracker, and it is free to you as an MCPS employee!
- ◆ Will you manage your stress better this year? Try guided imagery. Guided imagery engages your mind, body, and spirit to help you reduce stress, focus on healthy changes, and promote healing. Kaiser Permanente has an entire [library of podcasts](#), and you do not need to be a member to listen.

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.