

## June Well Aware eNews

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

- this month's wellness champions—several Gaithersburg Middle School employees who each lost at least 3 percent of their body weight during an 11-week weight-loss challenge;
- a webinar from Cigna that's worth another look on how to protect yourself and your family from damaging ultraviolet rays to lower your risk of melanoma and other skin cancers;
- a chance to get InSTEP with Diabetes this summer;
- opportunities to celebrate the men in your life by raising awareness about their health;
- how exercise can improve your sleep patterns; and
- more!



### Miss It the First Time?

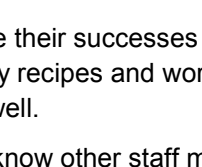
**This month's free webinar repeat— Save Your Skin**

This month, view an oldie but goodie. A year ago, Cigna presented *Save Your Skin*, a webinar that showed us how to protect ourselves and our families from damaging ultraviolet rays to lower the risk of melanoma and other skin cancers.

In lieu of a full seminar/webinar schedule this month, Well Aware invites you to **view the recorded *Save Your Skin* webinar. Learn more!**

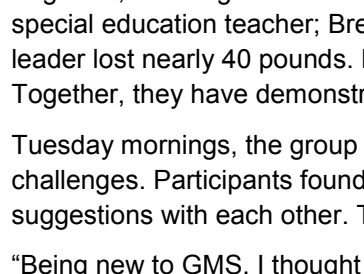
Be sure to visit the **Wellness Webinar Library** where you will find links to other Well Aware hosted webinars.

Presented by:



## Wellness Champions Work Together to Lose Weight

### Weight Loss Challenge Group, Gaithersburg Middle School



*From left to right: Crystal Stottlemeyer, Mike Bokal, Brent Cook, Anne Isleib*

Gaithersburg Middle School (GMS) Principal Ann Dolan Rinder could not be more proud of a group of her staff members who worked together for 11 weeks in a weight-loss challenge. Together, challenge winners Crystal Stottlemeyer, middle school team leader; Mike Bokal, special education teacher; Brent Cook, ESOL teacher; and Anne Isleib, middle school team leader lost nearly 40 pounds. Each participant lost at least 3 percent of his/her body weight. Together, they have demonstrated that worksite support leads to success.

Tuesday mornings, the group got together to weigh in and share their successes and challenges. Participants found it very motivating to share healthy recipes and workout suggestions with each other. They benefitted in other ways as well.

"Being new to GMS, I thought it would be a great way to get to know other staff members," Crystal D. Stottlemeyer, team leader—middle school, said. "I've lost 25 pounds to date and just feel better in general! I sleep better at night and have a lot more energy."

Michael (Mike) A. Bokal, special education teacher at GMS and the weight-loss challenge winner, had another reason for joining the group. He noticed he had gained weight and was hoping to look and perform better at a reunion basketball game.

"Because of the challenge, I am much more responsible for what and how much food goes into my body," Mike said. "I got rid of the couch potato mentality and am more active; I ride my bike, run, and walk regularly. The competition, companionship, and desire to hit that weigh in every Tuesday kept me motivated."

Crystal and Mike encourage other MCPS employees to participate in similar challenges and offer some advice to those who would benefit from a team effort to increase their physical activity.

"Make a plan, set a goal, and don't quit," Mike said. "Even on those days you don't want to get on that bike—you have to push through, get in your workout, and eat healthy snacks."

Crystal's advice is equally important.

"Make sure it stays supportive and fun," she said.

## InSTEP with Diabetes to Return This Summer

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes? Join Well Aware and Kaiser Permanente for an eight-week on-site program to better understand diabetes and learn skills for healthy living, including: diabetes facts, nutrition and food choices, physical activity, testing your blood sugar, diabetes medicines, and recommended care. You do not need to be a Kaiser Permanente member to participate.

For more information or to register for an upcoming class, **e-mail Well Aware.**

## Get and Stay Active This Summer

Summer is a great time to get back into walking, biking, jogging or just playing outside with your kids. Getting active now will make it easier to keep it up when you go back to school in the fall. Well Aware and Cigna are offering you some options to help you get fit this summer.

To register for any of these classes, **e-mail Well Aware.**

### Seated Yoga

Wednesdays—  
 June 7, 14, 21  
 July 5, 12, 19, 26  
 August 2, 9, 16, 23  
 4:30–5:30 p.m.  
 Café 45  
 45 West Gude Drive  
 Rockville, Maryland 20850

### Sit and Be Fit

Sit and Be Fit is a total body resistance training workout for beginners that may have limited mobility or those that just aren't ready for a traditional "body pump" gym class.  
 Mondays—  
 June 19, 26  
 July 3, 10, 17, 24, 31  
 August 7, 14, 21  
 4:30–5:30 p.m.  
 Café 45  
 45 West Gude Drive  
 Rockville, Maryland 20850

### Tai Chi

Thursdays—  
 June 8, 15, 22, 29  
 July 6, 13, 20, 27  
 August 3, 10, 17  
 4:30 p.m. and 5:00 p.m.  
 Café 45  
 45 West Gude Drive  
 Rockville, Maryland 20850

### Zumba

Tuesdays, Wednesdays, and Thursdays  
 beginning June 20  
 5:00 p.m.  
 Clinic Room (first door, straight ahead after entering the building from the front)  
 Rocking Horse Road Center  
 4910 Macon Road  
 Rockville, Maryland 20852

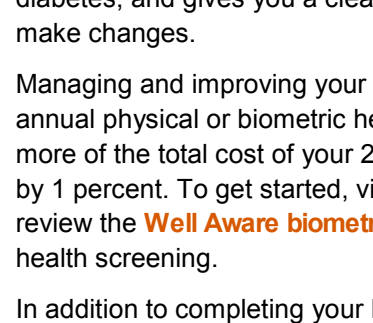
To register for any of these classes, **e-mail Well Aware.**

## Men's Health: Are You Maintaining Your Car Better Than Your Health?

Perhaps you know a man who follows through with scheduled maintenance on his car while neglecting to make or keep his health exam appointments. Maybe you are one of those men! If so, isn't it time to give your body the same care and attention you do your car?

In June, we celebrate Father's Day and honor the men in our lives. What better way than to give them the gift of good health? **Review [checkup and screening guidelines for men](#)**, and encourage your husband, father, brother, son, etc., to stay on top of his health.

On Friday, June 16, wear blue to raise awareness about the importance of men's health. Wear Blue was established by Men's Health Network to encourage men to live longer and healthier lives by making healthy lifestyle choices, having a physical each year, and getting educated about heart disease and diabetes. You can help by having conversations with your male family members and friends about health topics in general.



## Thinking about Quitting or Need Help Staying Tobacco-free?

MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. The free program is available to employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or if you participate with Kaiser.

The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente health educators. Participants will learn the skills necessary to successfully live tobacco-free. Discussion topics will include risk assessment, stress management techniques, healthy weight management strategies, and more. In addition to the class meetings, participants will receive support through a help line. In peer sponsors who understand what it takes to quit, and other resources. Learn more about the program by visiting the **Well Aware website**.

Ready to register for the next class? **E-mail Well Aware.**

## Wellness Initiatives: Don't Miss the Opportunity to Attend a Free Summer Health Screening

Having a yearly physical or biometric health screening gives you the information you need to take better control of your health and well-being. And that's important, because when you are running at 100 percent, being fit and in good spirits will go a long way to help you perform at your best.

Learning more about your blood pressure, cholesterol, blood sugar, and body mass index will give you much more information about your current health status. It allows you to learn your risk levels for common health problems, including heart disease, colon cancer and diabetes, and gives you a clear picture of your current health status, and where you need to make changes.

Managing and improving your health has never been easier. And, if you complete your annual physical or biometric health screening by October 6, 2017, MCPS will pay 1 percent more of the total cost of your 2018 health insurance premiums—reducing your contribution by 1 percent. To get started, visit the **Wellness Initiatives for Employees web page**. Then, review the **Well Aware biometric health screening schedule** and sign up for your summer health screening.

In addition to completing your biometric health screening or physical exam, you can save another 1 percent of the cost of your health insurance by completing your medical plan's online risk assessment by October 6, 2017. **Learn more.**

## Sleep Solutions Work Out, Sleep Better

Are you having a hard time getting to sleep and staying asleep? The solution may be as simple as taking a walk. Research has shown that exercise improves sleep patterns. Exercise can strengthen the circadian rhythm, promote alertness during the day, and help prepare you for sleep. Exercise has also been shown to improve sleep for those with sleep disorders including insomnia and sleep apnea.

Learn more by reading **this article** on exercise and sleep.