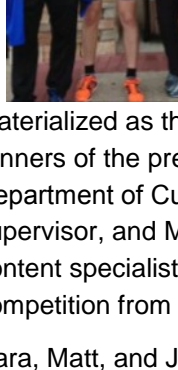


March Well Aware eNews

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

- this month's wellness champions, members of a Just 10 Challenge team whose hard work earned them the Golden Sneaker trophy;
- a seminar/webinar from Cigna with lifestyle tips for managing your weight;
- how you can and why you should do Just 10 More;
- the importance of making informed food choices and developing sound eating and physical activity habits; and
- more!

Wellness Champion Support Each Other and Claim the Golden Sneaker



Team "Exercise?... Probably Should!," Department of Curriculum and Instruction

Team "Exercise?... Probably Should!" worked tirelessly in the fall Just 10 Challenge to make sure that they came out on top. All of their hard work materialized as they walked away from the challenge as winners of the prestigious Golden Sneaker trophy. The Department of Curriculum and Instruction's Cara Grant, supervisor, and Matt Augustin and Jeffrey Mehr, pre-K content specialists, took the number one seed after stiff competition from many other teams.

Cara, Matt, and Jeffrey decided to form a team and join the Just 10 Challenge, in part, because they believed it would be a great way to build team cohesion in the workplace.

"This challenge was a way for us to hold each other accountable to one another by following through to achieve our fitness goals," Matt said. "It forced us to be reflective and look at our current exercise routines and figure out how to up the amount of physical activity in our daily lives."

Cara, Matt, and Jeffrey strive to live healthy lifestyles for many reasons. Their biggest motivation to stay fit is to promote an active, healthy lifestyle for their families, friends, and colleagues.

"We also set individual fitness goals that we wanted to achieve by the end of the challenge, such as a 100-mile bike ride, a 10-mile run, and a marathon," Matt said. "We supported each other throughout the challenge by training together and competing together in running events."

Indeed, the three participated in the Army 10-miler, Rehoboth Marathon, and Montgomery County Road Runners Club events.

These Golden Sneaker Trophy winners have expanded their scope of interest in health and wellness. Now, they intend to share their motivation to live healthy lifestyles with other Montgomery County Public Schools (MCPS) employees.

"Why do we think all MCPS employees should form teams and participate in the Just 10 More Challenge," Matt asked? "There are many reasons, but several come to mind:

- to increase the sense of collaboration in the workplace;
 - to work together towards common goals;
 - to have fun;
 - to enjoy the benefits of good health and fitness;
 - to access free resources that other people pay monthly fees for, like tools to track your weight and activity; and
 - to hold each other accountable along the way while providing positive peer pressure."
- So take their advice, and join a team, but get ready to compete! Cara, Matt, and Jeffrey averaged just under two hours of activity per day in the Just 10 Challenge!



Don't Miss It

This month's free seminar/webinar—

25 Tips to Jump Start Your Weight Loss

Can a small change produce a big change? The right change can. Join Well Aware and Cigna to learn about 25 lifestyle tips for successful weight management.

Thursday, March 6, 2014

10:00–11:00 a.m.

Randolph Bus Depot
1800 Randolph Road
Silver Spring, Maryland 20902

Tuesday, March 18, 2014

4:00–5:00 p.m.

Webinar

Thursday, March 20, 2014

4:30–5:30 p.m.

CESC Cafeteria
850 Hungerford Drive
Rockville, Maryland 20850

Friday, March 21, 2014

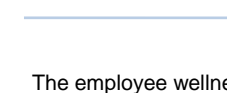
10:00–11:00 a.m.

West Farm Bus Depot
11920 Bournefield Way
Silver Spring, Maryland 20904

Please register for the seminar/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](#). See the [Wellness Webinar Library](#).

Presented by:



Well Aware Webinar Library

Well Aware is proud to have built a diverse library of webinar recordings from the past year.

[Click here](#) to watch a great webinar on Sugar Cravings, or scroll through the list of other webinar choices. This is a great option for watching on your own, or with a group at a staff or Professional Learning Community meeting.

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 newsletter as a .pdf document, click [here](#).

Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or wellness@mcpsmd.org.

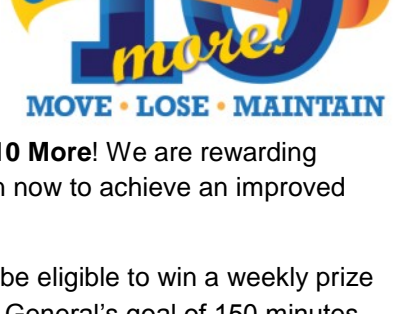
Are You Doing Just 10 ... More?

Well Aware's Just 10 More Challenge is now underway, but you can still participate! For this physical activity challenge, Well Aware is asking you to continue adding to the fitness gains you made last fall by doing **Just 10 More**. If you did not participate last fall, now's your chance to get started. Find your baseline activity level, then do **Just 10 More!** We are rewarding both physical activity challenge veterans and those who begin now to achieve an improved level of health and wellness.

If you exercise and log at least 60 minutes per week, you will be eligible to win a weekly prize in the Activity Novice category. Those who meet the Surgeon General's goal of 150 minutes of activity per week and log this activity will be eligible for an Activity Expert weekly prize. School and office teams will need to average a minimum of 30 minutes per day to be eligible for grand prizes.

To participate, log your activity in the [Well Aware Online Fitness Log](#). If you have used the fitness log previously, you do not need to register for a new account. If you are having trouble with your login, please e-mail wellness@mcpsmd.org.

For more information on **Just 10 More** including detailed rules and prize information, visit the [Well Aware website](#) and the [Just 10 More spring challenge web page](#). Or, type "Just 10 More" into the search bar of any Montgomery County Public Schools web page.



Know Your Numbers

Health Screenings Planned for March

When it comes to preventing and treating heart disease, it's all about early detection. The sooner you know and understand your risk for the number one killer of women and men, the sooner you can take preventative steps to keep it from entering—and perhaps ending—your life.

Some of the risk factors for cardiovascular disease include high blood pressure, high cholesterol, body weight/body mass index and high blood glucose. Knowing these numbers can serve as a wake-up call for you to jumpstart a healthier lifestyle.

Well Aware invites you to get your free health screenings in March. Know your numbers.

Wednesday, March 12, 2014

3:00–7:00 p.m.

45 West Gude Drive
Maple Room
Rockville, Maryland 20850

Schedule your health screening appointment for March 12 [here](#). Enter login: mcps and password: healthy

Friday, March 21, 2014

10:00 a.m.–2:00 p.m.

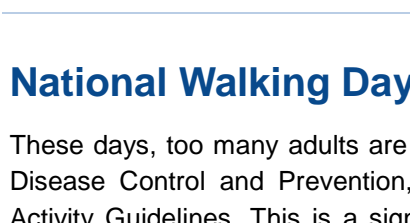
45 West Gude Drive
Maple Room
Rockville, Maryland 20850

To register for a screening on March 21, e-mail [Well Aware](#) to reserve a time.

Getting regular checkups and learning about the factors that put you at risk for heart disease can be lifesaving. Knowledge is power, and once you've got it, you can start making positive changes to your lifestyle. Factors like age, gender, and family history are obviously beyond anyone's control, but there are still a lot of things you can do to minimize your risk.

Knowing your numbers is one of them.

March is National Nutrition Month



National Nutrition Month is a nutrition education and information campaign held annually in March by the Academy of Nutrition and Dietetics, formerly the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme for National Nutrition Month is "Enjoy the Taste of Eating Right."

The Academy of Nutrition and Dietetics encourages everyone to choose the most nutritionally packed foods possible from each of the five MyPlate food groups every day. Nutrient-rich foods and beverages provide vitamins, minerals, protein, carbohydrates and other essential nutrients that offer health benefits with relatively few calories.

What is MyPlate? In June 2011, MyPlate replaced the Food Guide Pyramid as the United States' primary food group symbol. It is an easy-to-understand visual cue to help adopt healthy eating habits consistent with the 2010 Dietary Guidelines for Americans.

The United States Department of Agriculture's MyPlate website offers a variety of interactive tools that make it easy to get a personalized recommendation for daily calorie level by entering age, gender, and physical activity level. Learn more about [MyPlate](#).

Are you eating right? [Rate your plate](#) with this easy quiz.

National Walking Day: April 2, 2014

These days, too many adults are living sedentary lives. In fact, according to the Centers for Disease Control and Prevention, less than half (48%) of adults meet the 2008 Physical Activity Guidelines. This is a significant problem when you consider that physical inactivity doubles the risk of heart disease.

But take heart! It is a problem you can help fix by encouraging your family and coworkers to take part in the American Heart Association's National Walking Day to be held Wednesday, April 2, 2014.

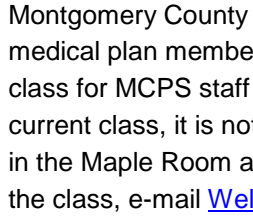
On that day (and on the days that follow), Americans are encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. It is a great way to raise awareness of the importance of physical activity and to get your family, friends, and coworkers started on a healthier way of life.

You can get involved by—

- hosting a walk to show your commitment to living longer and healthier;
- rally your family, friends, and neighbors to walk that day and every day;
- wear your sneakers to work and get in your 30 minutes of walking that day; and
- change one of your meetings to a walking meeting, and let your colleagues know why.

How will your school or office celebrate the event? Send your stories and pictures to [Well Aware](#) for your chance to win a Zumba or yoga class for your school or office.

Are you looking for a [walking path](#) or a [walking club](#)? The American Heart Association has [many resources](#) to help you live a healthy life.



Stop Smoking For Many, Quitting is the Healthiest Decision They Can Make

2014 marks the 50th anniversary of the first Surgeon General's report on the harmful effects of smoking. The Surgeon General's office is working hard to make the next generation tobacco free.

If you smoke, quitting is the best decision you can make to improve your health. Watch [this video](#) on the Center for Disease Control's Tips campaign that encouraged many to quit smoking.

Then, consider joining Quit for Good, a free, eight-week tobacco cessation program offered to Montgomery County Public Schools (MCPS) employees and their spouses regardless of medical plan membership. Well Aware and Kaiser Permanente teamed up to produce the class for MCPS staff and significant others. Although we already are one week into the current class, it is not too late to join us! Classes are being held on Wednesdays at 4:30 p.m. in the Maple Room at 45 West Gude Drive, Rockville. For more information or to register for the class, e-mail [Well Aware](#).