



## November 2011 Well Aware eNews

Welcome to the November issue of the Well Aware eNews!

Read on to learn about—

- how this month's wellness champion uses past experience to motivate for the future,
- diabetes information and management techniques,
- strategies to quit smoking for good,
- the Great American Smokeout,
- and more!

## Wellness Champion Focuses on Positive Change



### Meet Jerry Miller, Plant Equipment Operator, Clarksburg High School

Jerry Miller vividly recalls being an overweight child—that is, until he took a weight lifting class in middle school that motivated him to make a positive change. He has lived an active, healthy life ever since. After being active in high school, Jerry joined the Marines and worked as a personal trainer and soccer coach. Now Jerry is a motivation to his coworkers.

Jerry leads the Clarksburg High School staff in exercise classes every morning before school and twice a week after school. Jerry believes the key to wellness is the balance between discipline and indulgence. "Since I was overweight, I can empathize with people. I know that it is hard and challenging, but with good leadership, encouragement, and motivation, I have seen people rise above their self-imposed limitations."

**In the above photo:** Jerry, upper right corner, appears with his Clarksburg High School coworkers, dubbed the "Workout Club."

## Don't miss it!

### The Dynamics of Diabetes

#### Wednesday, November 2

10:00–11:00 a.m.  
Clarksburg High School  
Wrestling Room  
22500 Wims Rd.  
Clarksburg, MD 20871

#### Tuesday, November 8

4:30–5:30 p.m.  
Carver Educational Services  
Center Auditorium  
850 Hungerford Dr.  
Rockville, MD 20850

#### Wednesday, November 9

10:00–11:00 a.m.  
Bethesda Bus Depot  
Maintenance Room  
10901 Westlake Dr  
Rockville, MD 20852

#### Tuesday, November 15

4:00–5:00 p.m.  
Northwest High School Cafeteria  
13501 Richter Farm Rd.  
Germantown, MD 20874

#### Wednesday, November 16

4:00–5:00 p.m.  
John F. Kennedy High School  
Cafeteria  
1901 Randolph Rd.  
Silver Spring, MD 20902

Presented by:



## Fitness Challenges are Underway: First Prizes Have Been Awarded and More to Come!



MCPS *on the Move* and the *Work It Circuit Challenge* are well underway. Not only are staff members enjoying the camaraderie of the competition, but they have already begun to reap the rewards as well.

Staff members have been walking, hiking, circuit training, and otherwise exercising their way toward fun and prizes. Participants have logged approximately 20,000 hours of activity since the start of the competitions. So far, 40 staff members have won fresh fruit and vegetable deliveries just for participating. Zumba classes and gift cards also have been awarded to individual employees and teams with the highest activity levels.

Let's keep that momentum going—more chances to win are coming soon! Here's a sampling of upcoming prizes:

- For the *MCPS on the Move* competition, all members of the team with the highest average activity from the start of the competition through week six will receive a \$50 gift card from Dick's Sporting Goods.
- For the *Work It Circuit Challenge*, the top five schools with the highest average activity from the start of the program through week six will receive a healthy cooking demonstration and tasting at their locations.
- And more! Check the program details for your competition for other upcoming prizes.  
Program details for [MCPS on the Move](#)  
Program details for [Work It Circuit](#)

Winners are notified via e-mail from the MCPS wellness coordinator, Lisa Cooperstein, and will coordinate directly with Ms. Cooperstein to receive their prizes.

Want to get in on the action? It's not too late! Learn more and get registered:

 [MCPS on the Move](#)

 [Work It Circuit](#)

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## The Great American Smokeout: Make a Plan to Quit on November 17

The Great American Smokeout takes place Thursday, November 17. The American Cancer Society (ACS) challenges you to not only give up smoking for the day, but to make it your personal Quit Day and make plans to quit for good.

The ACS suggests you take the following steps to prepare for your Quit Day—

- Mark November 17 as your Quit Day on your calendar.
- Tell friends and family about your Quit Day. Use these [printable cards](#) from the ACS to remind friends and family to take it easy on you!
- Get rid of all the cigarettes and ashtrays in your home, car, and place of work.
- Practice saying, "No thank you, I don't smoke."
- Ask family and friends who still smoke not to smoke around you or leave cigarettes out where you can see them.
- Think back to your past attempts to quit. Try to figure out what worked and what did not work for you.
- Set up a support system. This could be a group class (such as the MCPS *Quit for Good* program), Nicotine Anonymous, or a friend or family member who has successfully quit and is willing to help you.

### Do you care about someone who smokes?

 [Adopt a smoker](#) during the Great American Smokeout.

 Check out the [guidelines from the ACS](#) on the "Dos and Don'ts" of helping someone quit.

For additional resources from the ACS, visit the [Great American Smokeout webpage](#).

## If At First You Don't Succeed: How to Quit Smoking for Good

**You've tried to quit smoking, but failed. Understanding your addiction may help you put the lights out on your cigarette habit, for good.**

You don't need to see the statistics to know smoking cigarettes is bad for your health. But, you've tried to quit several times without success.

Here's a statistic that may surprise you: Almost 46 million people have quit smoking... for good. And you can be one of them.

### Some motivation

You know that when you stop smoking your health will improve. Here are some other reasons to quit. You will:

- **Save money.** Quitting also helps your wallet. If you smoke one pack of cigarettes a day, you spend about \$150 a month. That's \$1,800 each year. Make a list of other ways you can spend the money.
- **Make the people around you healthier.** Secondhand smoke can harm your loved ones. It can cause breathing problems in kids, and lead to cancer and heart disease in adults.

### For success

Addiction to smoking is two-fold. Not only are you addicted to the nicotine in cigarettes, but you're also addicted to the behavior of smoking.

You can quit smoking. People who use both nicotine replacement therapy and behavior change techniques double their chances of quitting for good. There also are prescription medicines that help some people quit smoking. Talk to your doctor about a program that fits your needs. Everyone is different. Together you can make a plan that is right for you.

Used with permission from UnitedHealthcare, [https://www.uhctools.com/smoking\\_tryagain](https://www.uhctools.com/smoking_tryagain) (Oct. 5, 2011).



### MCPS Wants to Help You *Quit for Good!*

Now that you know that using behavior change techniques can increase your chances of permanently quitting, get involved with a free behavior change program offered by Well Aware.

*Quit for Good* is a free eight-week tobacco cessation program that aims to provide all employees with the tools you need to kick the nicotine habit for life.

Future sessions are now forming! The next course start date and location are based on interest level.

- [Learn more](#) about the program.
- [E-mail](#) the wellness program to express an interest in joining a future class.

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 email 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).