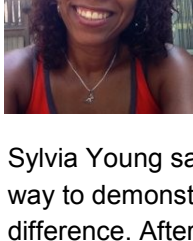


## September Well Aware eNews

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

- how this month's wellness champion walked the walk,
- a challenge for all staff to reach one million miles of activity,
- a free grocery store tour seminar,
- how to Quit for Good,
- and more!

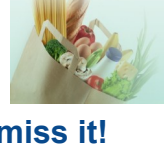
## Wellness Champion Walks the Walk



**Meet Sylvia Young:**  
Administrative Secretary,  
Longview School

Sylvia Young saw the *Walk This Way* competition as her way to demonstrate how healthy changes can make a big difference. After an annual physical with her doctor, Sylvia was motivated to drop some unwanted pounds. She did not want to be on medication for health problems due to weight gain. "I joined a gym, started Zumba, and in six months I was at my goal weight. I know it's a lifestyle change, because if I don't continue to exercise and eat right I will gain back those unwanted pounds." Sylvia saw the *Walk This Way* competition, which challenged staff in the spring of 2012 to increase physical activity, as a golden opportunity to help lead her coworkers to similar success.

Sylvia quickly became a model for the staff at Longview by eating healthier and exercising regularly. In February, Sylvia decided to introduce her coworkers to Zumba by holding a class at the school two times a week. Twenty four staff members signed up for the class, many of whom were just starting to be physically active. Not only did they enjoy themselves, but the successes they saw from the class have enabled them to continue their motivation into the new school year. "We will continue with fitness classes twice a week, starting in September and continuing until the end of the school year. The staff has encouraged me to live outside of my comfort zone and lead the fitness class. Wish me luck!"



### Don't miss it!

#### Free Seminar: Grocery Store Tour

Tuesday, September 11, 2012  
10:00–11:00 a.m.

Shady Grove Bus Depot  
16651 Crabbs Branch Way  
Rockville, MD 20855

Tuesday, September 18, 2012  
4:00–5:00 p.m.

Seneca Valley High School  
Cafeteria  
19401 Crystal Rock Drive  
Germantown, MD 20874

Thursday, September 20, 2012  
4:30–5:30 p.m.

Carver Educational Services  
Cafeteria  
850 Hungerford Road  
Rockville, MD 20850

Monday, September 24, 2012  
10:00–11:00 a.m.

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

Tuesday, September 25, 2012  
4:00–5:00 p.m.

Springbrook High School  
Cafeteria  
201 Valley Brook Drive  
Silver Spring, MD 20904

Spread the word with our

[printable flyer.](#)

Presented by:



## Well Aware Challenges You to One Million Miles of Activity

### Where Will One Million Miles Take You?

Around the world 40 times. To the moon and back—twice. A million miles can take you pretty far. How about looking at it this way—



a million miles can get you to your goal weight. It can put a lot of distance between you and diseases like coronary heart disease, osteoarthritis, cancer, and high cholesterol. A million miles can take you about as far away from type 2 diabetes as you can get.

And that is exactly where Well Aware wants you to be—as far away from those diseases as possible and closer than ever to the healthy lifestyle you want to lead. That is why Well Aware is challenging all MCPS employees to one million miles of activity during the 2012–2013 school year.

All employees are invited to join this challenge **starting now!**

- Register now on the [Well Aware Fitness Log.](#)

If you have registered on the Fitness Log for a previous challenge, you do not need to register again. Simply begin logging your activity. Approximately 15 minutes of activity equals one mile. Any activity can count toward our goal of one million miles, whether you are walking your dog, gardening, or training for a marathon. As long as you are moving, your activity can count toward our collective goal.

### Incentives

If putting some distance between you and diseases like type 2 diabetes is not motivational enough, Well Aware will offer three incentive competitions throughout the course of the school year. These competitions will offer you the chance to continue participating as an individual or to band together with coworkers and participate as teams. Either way, you will have the chance to win fun prizes and be recognized for your efforts.

The first incentive competition begins Monday, October 1. You can form your teams starting Tuesday, September 18. [Click here](#) for a video that walks you through the steps of forming a team.

Visit the [Million Mile Challenge web page](#) to learn all the details, including:

- How to use the Well Aware Fitness Log to register for the challenge and form a team
- When to log activity to count toward weekly prizes
- Competition prizes

### Start now. Log your activity. Where will one million miles take you?

Have you been trying to put some distance between you and unhealthy habits? Are you excited to pitch in for our school system to reach the moon? Tell us where one million miles of activity will take you—we want to hear your goals and stories about how you are going to get there! Email [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org) today!

## Join Well Aware in Making Strides Against Breast Cancer

### Noncompetitive 5K Walk Aims to Save Lives

Well Aware is forming a team to walk in the American Cancer Society's (ACA) "Making Strides Against Breast Cancer." The noncompetitive 5K walk will support the ACA's mission to "save lives by helping people Stay Well, Get Well, Find Cures, and Fight Back!" The walk will help raise awareness and funds to support this mission.

**Where:** Sylvan Theater, National Mall, Washington, DC

**When:** Saturday, October 20, 2012  
Registration Begins: 9:00 a.m.  
Walk Begins: 10:00 a.m.

### Next Steps:

- Learn more about the walk by clicking on this [link](#)
- Collect donations! Ask everyone you know to help fight breast cancer by supporting a walker; every dollar counts!
- Learn more about the MCPS team and make sure you have spot by emailing [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).

## Quit for Good with the MCPS Tobacco Cessation Program

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.



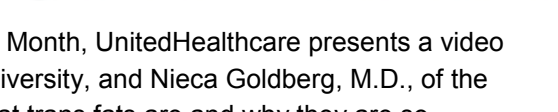
The next Quit for Good session begins Thursday, September 27. Meetings occur weekly. Two times and locations are offered for your convenience:

- 10:00 a.m. in the Training Room of the Shady Grove Transportation Depot, Rockville
- 4:30 p.m. in the Maple Room of 45 West Gude Drive, Rockville

You must register to participate by e-mailing [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).

The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Discussion topics will include 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, peer sponsors who understand what it takes to quit, and other resources. Learn more about the program by visiting the [wellness website](#).

## The Danger of Trans Fats



In honor of National Cholesterol Education Month, UnitedHealthcare presents a video with Marion Nestle, Ph.D., of New York University, and Nieca Goldberg, M.D., of the American Heart Association, to explain what trans fats are and why they are so dangerous to your health.

- [Watch it now.](#)

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).