



March 2012 Well Aware eNews

Welcome to the March issue of the Well Aware eNews!

Read on to learn about—

- How this month's wellness champion is driving change in her depot and beyond,
- *Walk This Way*, the latest activity challenge to get you moving,
- New nutrition guidelines from the USDA,
- Tips for using a food journal to help you reach your health goals, and more!

Wellness Champion Drives Change



Meet Mary Joseph :
Bus Route Supervisor,
West Farm Transportation Depot

Mary Joseph knows how to get the most out of a day. She uses every available moment to help her balance her challenging job, pay attention to her personal health,

and actively support her coworkers' health goals. Mary uses her breaks to teach nutrition and exercise classes at the West Farm Transportation Depot, including a class called "Moving with Mary!" She stays in constant contact with her coworkers, promoting wellness opportunities on the two-way radio system and leaving encouraging notes if a coworker has missed an exercise class.

Mary has been dedicated to her own health and has been an avid exerciser for some time now. When the Department of Transportation began offering Well Aware programs, she jumped on the opportunity to share that passion with her colleagues. "It is a great feeling to see someone change their lifestyle," Mary says. "It makes all that I do worth it."

Her passion is driving change in her depot and others, too. West Farm is working on offering a spring 5k walk-a-thon for all depot staff, an event they hope catches on elsewhere as well. Plus, Mary was recently honored as one of seven Well Aware Spirit Award winners. She encourages everyone to pay attention to personal health. No matter your fitness level or pace, Mary says, "Just try, and have fun!"

Don't miss it!

Nutrition Smarts Seminar

Monday, March 12, 2012

10:00–11:00 a.m.
West Farm Bus Depot Training Room
11920 Bournefield Way
Silver Spring, MD 20904

Monday, March 19, 2012

10:00–11:00 a.m.
Shady Grove Bus Depot Staff Lounge
16651 Crabbs Branch Way
Rockville, MD 20855

Thursday, March 22, 2012

4:00–5:00 p.m.
Seneca Valley High School Cafeteria
19401 Crystal Rock Drive
Germantown, MD 20874

Monday, March 26, 2012

4:00–5:00 p.m.
James Hubert Blake High School Amphitheatre
300 Norwood Road
Silver Spring, MD 20905

Wednesday, March 28, 2012

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

Spread the word with a [printable flyer!](#)

Presented by:



Prepare to Make Strides with *Walk This Way*

All Staff Members Challenged to Walk 10,000 Steps a Day

Walk This Way, the latest activity challenge from Well Aware, is an eight-week competition that aims to get **all** MCPS staff members moving toward the goal of walking 10,000 steps a day. Participants will receive a free step counter and free membership to the online Well Aware Fitness Log.



Registration begins: Monday, March 5, 2012
Competition begins: Monday, March 12, 2012
Competition Ends: Friday, May 4, 2012

To keep you moving, competition prizes include fresh fruit deliveries, six-week exercise classes, healthy lunches, and physical education equipment grants.

You may participate individually or you may form a team. If you are a school-based employee and you choose to participate as an individual, the steps you log will count toward your school's total activity. If you choose to form a team, you may be on a team with up to 10 colleagues from across MCPS.

As part of this newest competition, we offer the Well Aware Fitness Log, an online fitness and nutrition journal. The fitness log will be your place to track your daily nutrition and activity, and will remain a consistent online source from one competition to the next, so you are able to watch your long-term habits and progress.

Ready? Visit the *Walk This Way* webpage today to—

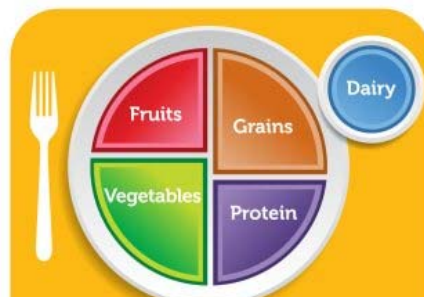
- Read up on the complete program details and prizes in the *Walk This Way* Program Guide.
- Register on the Well Aware Fitness Log (beginning Monday, March 5). You also will receive an e-mail reminder on Monday with the link to the Fitness Log.
- Find video tutorials to help you register, form a team, and track your progress with the Well Aware Fitness Log.

Once you have registered, take your welcome e-mail to the volunteer coach at your location to receive your free step counter. Then use your step counter to track your steps and log your activity in the Well Aware Fitness Log. If you do not wish to use the step counter, or if you prefer to swim, bike, play tennis, or engage in other activities, don't worry! The Fitness Log automatically will convert your chosen activity into steps that count toward competition

➤ [Visit the *Walk This Way* webpage now!](#)

'Choose My Plate' Now Tailored to You

Many of us used the old Food Pyramid, also called My Pyramid, for years to help make sure we were following a balanced diet. Its replacement, called Choose My Plate, was introduced in 2011, along with updated dietary and exercise guidelines. The latest revision includes information on how to increase the amount of fruits and vegetables in your diet, as well as material on healthy and unhealthy fats and carbohydrate choices. It also includes physical activity recommendations. The recommendation to eat plenty of fruits and vegetables



is consistent with past dietary guidelines.

Choose **MyPlate**.gov

If you'd like to update your eating habits, talk with your health care provider or a registered dietitian. You can also visit the USDA's [website](#), which will calculate your daily calorie needs according to your age, gender, and amount of physical activity you get. The website also offers tips and suggestions on good nutrition.

[Read the full article](#) from CareFirst BlueChoice for more information about the new guidelines, tips for making it work for you, and advice on incorporating the new activity recommendations into your daily routine.

Leaving Breadcrumbs: Track Your Way to Your Goals with a Food Journal

Food Journaling can help you understand your starting point and provide realistic mile markers on your weight loss journey.

If your goal is to lose weight, you know you will have to consume fewer calories. But that may be more difficult than it sounds—you will first need a full understanding of your nutritional starting point and an objective way of keeping track of the nutritional changes you make. Keeping a food journal and tracking what you eat and drink during the day is the first step to looking and feeling better.

Food journaling will help you—

- identify if you have a calorie surplus or deficit;
- understand your source(s) of calories;
- get a feel for portion control;
- identify situations when you binge; and
- analyze an objective record of your habits and make the necessary adjustments.

Keeping a food journal is simple and won't cost you a dime. You can choose to keep a journal by hand—any notebook will do—or you can take advantage of the free nutrition journal offered on the online Well Aware Fitness Log. That way, you can track your food and activity in one simple place, see and analyze complete reports about your habits, and—best of all—get credit for your activity toward *Walk This Way* competition prizes.


You can register for the Well Aware Fitness Log beginning Monday, March 5, and the activity you track will be count toward the *Walk This Way* competition beginning Monday, March 12. For a link to the fitness log and a video that walks you through each step of using the nutrition journal, visit the [Walk This Way webpage](#).

No matter which tool you choose to use, follow these simple steps to get started:

- Be honest and precise. Be sure to include what you ate and the portion size. If you are unsure, use a kitchen scale or the [helpful guides on the Choose My Plate website](#) to gauge your portion sizes.
- Don't forget liquid calories! A large flavored latte at your favorite coffee chain could be over 300 calories, and one small glass of wine could be around 100 calories. These calories count, too, and are overlooked easily.
- If you're journaling by hand, include a note about the time of day you ate the food and whether or not you were hungry. This will help you understand when you're consuming your calories.
- Track as you go. Don't think that you will remember everything that you ate at the end of the day. This may sabotage your log.

To get the most out of your food journal, you will need to commit to journaling for at least one week. This way, you will have enough information to analyze your habits and look for patterns. Make your journal work for you! Pay attention to places where you didn't realize you were consuming so many calories, or foods on which you can cut back to reduce your caloric intake. Use your food journal analysis to create a personalized plan that helps you assess where you are, keep track of where you are going, and understand how to reach your weight

where you are, keep track of where you are going, and understand how to reach your weight loss goals.



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MONTGOMERY COUNTY
PUBLIC SCHOOLS

Please login to your account below.

Username

Password

Remember Me

[Forgot your username or password?](#)

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You can use the Well Aware Fitness Log to track your daily food and activity, measure your progress, and even compete toward *Walk This Way* prizes!

Register beginning Monday, March 5!
Visit the [Walk This Way webpage](#) to learn more.

Test Your Nutrition Intuition

You've read about the Choose My Plate guidelines, but are you confident that you're making the healthiest choices? You may be surprised to learn that your intuition is off. For example, do you know which contains more fat: margarine or butter? If you chose butter, you might need a healthy choice refresher. Join Bonnie Taub-Dix, MA, RD, CDN, in this video from UnitedHealthcare as she guides you through the answers to the Nutrition Intuition quiz.



 [Watch now \(6m 30s\)](#)

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