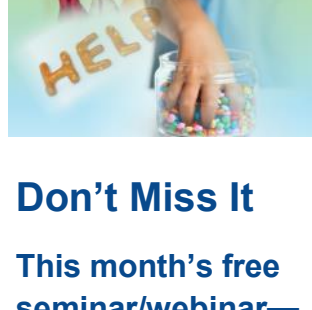


November Well Aware eNews

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

- this month's wellness champion, a middle school guidance counselor, who teaches Beachbody INSANITY LIVE to interested coworkers after school;
- a seminar/webinar on how to help your child achieve and maintain a healthy weight;
- this year's American Diabetes Month;
- getting InStep with Diabetes;
- setting up a sweet-free zone at your school or office; and
- more!



Don't Miss It

**This month's free seminar/webinar—
 Help Your Child Achieve and Maintain a Healthy Weight**

It seems as if a series of articles is published every week about the childhood obesity epidemic. Come learn how to help prevent your child from becoming overweight or obese and how to help an overweight child attain and maintain a healthier weight.

Wednesday, November 15, 2017
 4:00–5:00 p.m.

Webinar

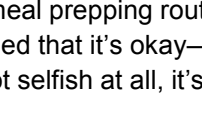
Thursday, November 16, 2017
 10:00–11:00 a.m.

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

Please register for the seminar or webinar by e-mailing **Well Aware** with the date and time you plan to attend. If you register for the webinar, you will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.

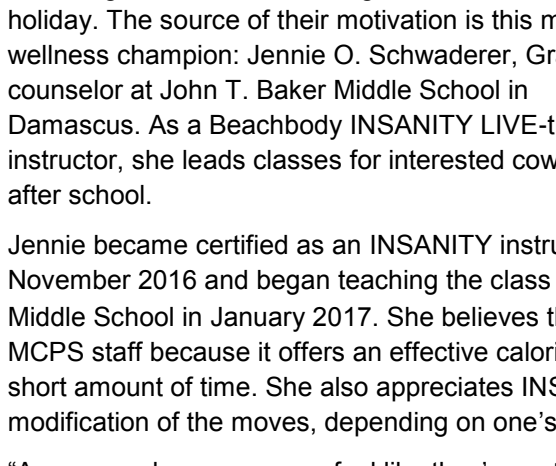
Spread the word with our **printable flyer**. See the **Wellness Webinar Library**.

Presented by:



Wellness Champion Teaches Coworkers INSANITY LIVE Moves

Jennie O. Schwaderer, Grade 7 counselor, John T. Baker Middle School



A number of MCPS staff in Damascus are working hard to counteract the recent influx of Halloween candy and the goodies soon to emerge with the Thanksgiving holiday. The source of their motivation is this month's wellness champion: Jennie O. Schwaderer, Grade 7 counselor at John T. Baker Middle School in Damascus. As a Beachbody INSANITY LIVE-trained instructor, she leads classes for interested coworkers after school.

Jennie became certified as an INSANITY instructor in November 2016 and began teaching the class at Baker Middle School in January 2017. She believes the program is a great exercise option for MCPS staff because it offers an effective calorie-burning and strength-building workout in a short amount of time. She also appreciates INSANITY LIVE because the workouts allow for modification of the moves, depending on one's needs and limitations.

"Anyone and everyone can feel like they've gotten a challenging workout with INSANITY," Jennie said. "Doing your own personal best is all the class asks of you!"

Jennie has learned that prioritizing yourself is the most important component of living a healthy lifestyle. She finds that focusing on her health and wellness enhances her mood and emotional well-being, along with the physical benefits of exercising.

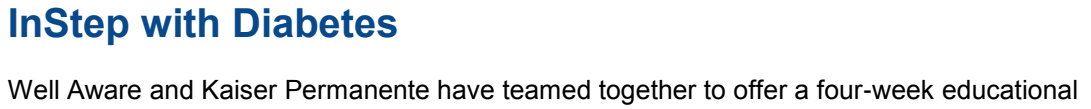
"It took me a long time to get to a point where I made time for myself to exercise and plan my meals," Jennie said. "Now that I have a regular fitness and meal prepping routine, it's my outlet for relieving stress and providing 'me time.'" "I've learned that it's okay—and so very important—to take time to do something for yourself! It's not selfish at all, it's a necessity."

Jennie urges her MCPS coworkers to find a physical activity they enjoy and get started. She understands there will always be a holiday, event, or other activity that can limit me time. But by starting one day at a time, you will soon develop an exercising and healthy-eating practice that can become a regular routine.

"Dive in, jump in, and take the plunge," Jennie said. "Don't wait to find the perfect time to start something, make the time. And don't look too far into the future—that will only overwhelm you. Come up with a plan to walk for 20 minutes after school tomorrow or take that class at the gym. Just do it!"

If it's healthier eating you want to work on, Jennie suggests you start by prepping your lunches for the upcoming week on Sunday. Focus on *that* meal initially. She has found that small actions lead to habits, which can lead to a lifestyle change if you are willing to put in the work.

"Consistency over perfection' is my go-to phrase when I need some positive self-talk in my life," Jennie said. "Throw perfection out the window and don't beat yourself up if you slip up and eat too many sweets or miss a workout. Reflect on it, learn from it, and let it go! Live in a place of consistency, not of perfection."



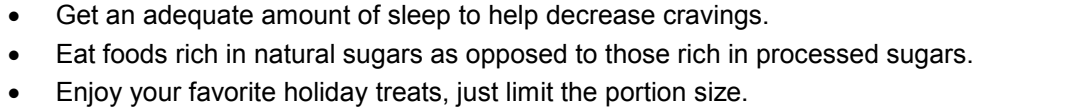
November Is American Diabetes Month

Observed every November, American Diabetes Month is an important element in the American Diabetes Association's efforts to focus our nation's attention on the disease and the tens of millions of people affected by it.

Because there is no cure for diabetes, the focus is on prevention. If you have risk factors or are pre-diabetic, the following are ways to prevent or delay onset of diabetes:

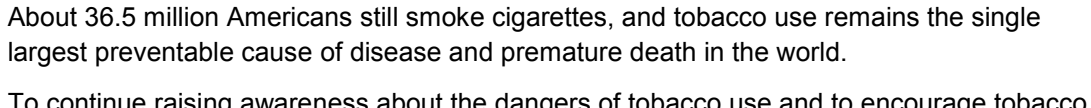
- **Get physically active.** Just 30 minutes of aerobic exercise, five times a week, reduces your risk of diabetes. If you haven't been active, start with 5–10 minutes a day and gradually work your way up to 30 minutes.
- **Eat healthy.** It may seem hard to eat healthy if you are on a budget or always crunched for time. You are more likely to adopt healthy eating habits if you start with small changes. Look for ways to make your meals healthy by choosing:
 - Non-starchy vegetables—carrots, broccoli, green beans, kale, and cauliflower
 - Lean meats—skinless chicken and turkey and lean cuts of pork and beef
 - Low-fat dairy products—skim milk and fat-free yogurts
 - Whole grains—brown rice, barley, farro, and quinoa
 - Healthy fats in small amounts—olive, canola, sunflower, and peanut oil
- **If you smoke or use tobacco—quit.**

Your first step in preventing diabetes is to know your risk. Take the **Diabetes Risk Test**, use the American Diabetes Association **My Health Advisor**, or visit your health care provider and ask about your risk for type 2 diabetes and heart disease.



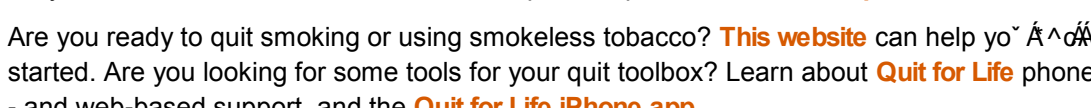
InStep with Diabetes

Well Aware and Kaiser Permanente have teamed together to offer a four-week educational diabetes program called InStep with Diabetes. It is geared towards those diagnosed with diabetes to help control the disease as well as those with pre-diabetes to help prevent a further diagnosis. Are you interested in participating in the next session? **E-mail Well Aware** and we will update you on the dates and locations of upcoming classes.



Hike for Your Health During Well Aware's Fall Physical Activity Challenge

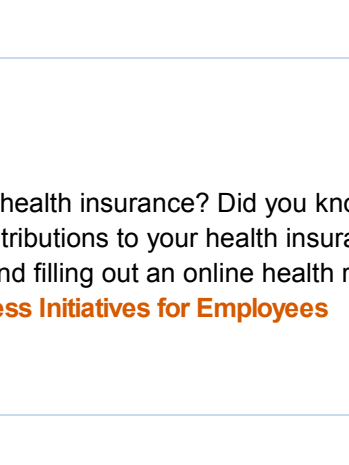
Hike for Your Health, Well Aware's fall physical activity challenge, is well under way! With 150+ teams registered, there is a lot of school and team competition for the grand prize grants! There still is time to join us as we virtually hike the Appalachian Trail. For details, including incentives, rules, and important dates, visit the **Well Aware web page**.



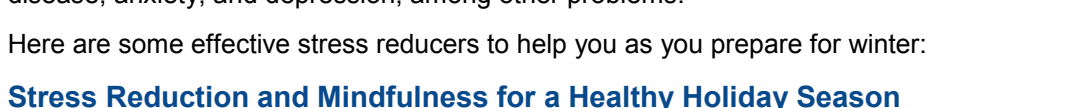
Enter the Sweet-free Zone!

During the holiday season, you can be easily tempted to eat and drink foods that are high in fat, sugar, and calories. Social events, parties, and gifts throughout the holiday season can influence you to stray from your healthy diet. However, there are healthy habits and practices you can follow during the holidays to stay on track with your diet and avoid overindulging in an excessive amount of sweets.

- Stay active on a daily basis.
- Drink water to stay hydrated and decrease hunger.
- Get an adequate amount of sleep to help decrease cravings.
- Eat foods rich in natural sugars as opposed to those rich in processed sugars.
- Enjoy your favorite holiday treats, just limit the portion size.



Is your school or office interested in taking the sweet-free challenge? Post **this flyer** on the staff lounge or break room door to designate the area as a sweet-free zone. Feel free to share the ideas on the flyer with your school's PTA to promote a culture of wellness during the holiday season. **E-mail Well Aware** to let us know how your staff is celebrating the holiday season in a healthy way.



The Great American Smokeout Is Coming!

About 36.5 million Americans still smoke cigarettes, and tobacco use remains the single largest preventable cause of disease and premature death in the world.

To continue raising awareness about the dangers of tobacco use and to encourage tobacco users to quit, the American Cancer Society marks the Great American Smokeout on the third Thursday of November each year. Smokers are encouraged to use the date to make a plan to quit, or to plan in advance to a quit smoking that day. By quitting, smokers will take an important step towards a healthier life, a step that can lead to reducing cancer and other health risks. Consider joining many other smokers from around the country who will participate in the smokeout next **Thursday, November 16**.

While cigarette smoking rates have dropped (from 42 percent in 1965 to 15.1 percent in 2015), cigar smoking, and use of pipes and hookahs—other dangerous and no safe ways to smoke tobacco—are very much on the rise. Smoking kills people; there is no safe way to smoke tobacco.

Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple your chance of quitting successfully.

Read about the **benefits of quitting smoking over time**.

Do you know a smoker and would like to help them quit? Review **these tips**.

Are you ready to quit smoking or using smokeless tobacco? **This website** can help you get started. Are you looking for some tools for your quit toolbox? Learn about **Quit for Life** phone - and web-based support, and the **Quit for Life iPhone app**.

In addition, *Quit for Good*, Well Aware's free, course-based tobacco-cessation program, is available to all MCPS employees and their spouses. If you are interested in getting on the list for the next class, **e-mail Well Aware**.



Wellness Initiatives

Did you miss the opportunity to save money on your 2018 health insurance? Did you know that each year you have an opportunity to reduce your contributions to your health insurance premiums by simply having a biometric health screening and filling out an online health risk assessment? For more information, please visit the **Wellness Initiatives for Employees website**. Start working on your 2019 incentives now!



Stress Less This Fall

Winter can be an especially stressful time, with weather-inflicted challenging commutes, holiday events and preparations, and limited options for outside activity. While not all stress is distressing, it seems more and more people are suffering from negative stress. It takes a toll on our daily lives and on our health, and can lead to high blood pressure, obesity, heart disease, anxiety, and depression, among other problems.

Here are some effective stress reducers to help you as you prepare for winter:

Stress Reduction and Mindfulness for a Healthy Holiday Season

Learn strategies, tips, and exercises to help you minimize stress and increase peace of mind and well-being as you prepare for the upcoming holiday season. You will learn exercises to help you embrace mindfulness, moderation, and wellness in your approaches to work, family, and food.

Monday, November 13, 2017

4:30–6:30 p.m.
 Café 45
 45 West Gude Drive
 Rockville, Maryland 20850

Meditation

Mondays through December 18, 2017

5:00–5:45 p.m.
 Conference Room 240
 850 Hungerford Drive
 Rockville, Maryland 20850

Seated Yoga

Wednesdays through December 13, 2017

(no class November 22)
 4:30–5:30 p.m.
 Café 45
 45 West Gude Drive
 Rockville, Maryland 20850

Tai Chi

Thursdays through December 7, 2017

4:30 p.m.
 Café 45
 45 West Gude Drive
 Rockville, Maryland 20850

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

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about employee wellness by visiting our **website**. View this e-mail newsletter as a **PDF document**. Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or **e-mail Well Aware**.