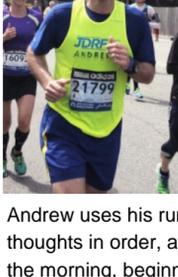


June Well Aware eNews

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

- this month's wellness champion, who has run in the Boston Marathon twice to raise funds for diabetes research;
- a webinar that will provide strategies for improving men's overall health and fitness;
- a film series that brings to light the severity of the obesity epidemic;
- another opportunity to know your numbers; and
- more!

Wellness Champion Runs for Health —His and His Daughter's



Meet Andrew Winter, principal, Lucy V. Barnsley Elementary School

After Andrew Winter's father suddenly passed away, he realized it was important to start living a healthy lifestyle. After taking up cycling, he dropped some weight and then transitioned into running.

Andrew uses his running time to clear his head, get his thoughts in order, and focus on his week. He runs early in the morning, beginning about 5:30 a.m., to not disrupt his family time.

"I don't listen to music, but get lost in my thoughts or focused on the run itself," Andrew said. "It definitely is a way to deal with stress and provide a little alone time."

Andrew encourages all Montgomery County Public Schools (MCPS) administrators and staff to find a way to stay active and healthy. He shares with his staff the importance of finding the right balance in their lives between work, family, and maintaining a healthy lifestyle. He tells them that "family is first," but their health is next in line.

"Quality of life is so important, particularly with the amount of work we all have to do," Andrew said. "We all can put in endless hours at work and still feel there is more to do, yet it is important to find some time for other interests and to maintain a healthy life."

Andrew has run four marathons since April 2012, including the Boston Marathon—twice. Although he is running faster than ever, he actually did not qualify to run in the Boston Marathon, not in the usual sense anyway. His opportunities to run in the Boston Marathon came when he signed up to run in a charity bib in 2012 and again in 2013. He ran both years for the Juvenile Diabetes Research Foundation (JDRF) in honor of his daughter, Amelia, who has diabetes.

"Running the Boston was the perfect way to combine my interest in completing a marathon with raising funds for such a worthwhile cause," Andrew said. "I was truly honored to be invited back this year and hope to return in 2014!"



Don't Miss It—

This month's free webinar: **Men's Health Tune-up**

The focus this month is on men with observances such as Men's Health Month and Father's Day. Attend this informative webinar, led by a certified golf fitness trainer and yoga instructor who works with the Washington Nationals, to learn strategies for improving your overall health and fitness. This webinar will provide strength training and conditioning tips, diet and exercise recommendations, and an overview of men's health guidelines.

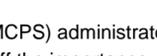
Wednesday June 12, 2013

4:00–5:00 p.m.

Please register for the webinar by e-mailing [Well Aware](#). You will be sent a link to the webinar as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). See [archived webinars](#).

Presented by:



We Are So Close!

There is still a week left in the school year. The numbers continue to climb. As of today, MCPS employees have logged 961,785 miles of activity as part of the Million Mile Challenge. Help us make it to the million mile mark. Log your activity in the [Well Aware Fitness Log](#) today!



Well Aware to Present Film Series *Weight of the Nation*

To build a healthy nation, we're all going to have to do our part—individuals, communities, local, state, and the federal government. If the obesity rates continue to stay high, we're going to face steadily increasing health care costs as well as more lives lost to type 2 diabetes, heart disease, many cancers, and other complications from obesity.

—Dr. Thomas R. Frieden, M.D., M.P.H., director of the Centers for Disease Control and Prevention

Well Aware will present three parts of film series *Weight of the Nation* this summer to make clear the severity of the obesity epidemic. The series, which covers the consequences, choices, and challenges related to obesity, provides an in-depth look at how widespread the problem has become. It includes interviews with leading experts on the topic and features individuals and families struggling with obesity. The series drives home the point that parents, educators, and other adults cannot look away any longer and need to take action to solve this growing problem. All three parts of the series will be shown in the Maple Room located at 45 West Gude Drive, Rockville on the following dates:

Thursday July 18, 2013

4:30 p.m.–6:00 p.m.

Tuesday, July 30, 2013

4:30 p.m.–6:00 p.m.

Wednesday, August 14, 2013

4:30 p.m.–6:00 p.m.

Spread the word with our [printable flyer](#).

Free Health Screenings this July

Know Your Numbers

Are you at risk for diabetes, heart disease, and other chronic diseases? Often, the difference between health and illness, or the risk of illness, comes down to a number. By knowing your numbers, you can take action to make positive changes that will help prevent the onset of chronic health conditions. Some of the numbers that are important for you to know are your—

- blood pressure,
- cholesterol,
- blood sugar, and
- body mass index (BMI).

Of course, you inherit some risk for these diseases from your family. But the majority of chronic disease risk is in the lifestyle you lead—specifically linked to smoking, poor diet, and an inactive lifestyle. These are things you can change!

To help you find out your numbers, understand them, and compare them to healthy ones, Well Aware and United Healthcare will be offering a summer health screening to MCPS staff free of charge.

Tuesday, July 9, 2013

Carver Educational Services Center

Auditorium

10:00 a.m.–2:00 p.m.

850 Hungerford Drive

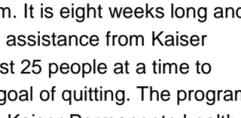
Rockville, Maryland 20850

Participants must register [here](#) using key code: Mo-87818-3. You also will need the last four digits of your Social Security number, date of birth, first and last name, gender, address, phone number, and e-mail address. Your e-mail address is optional, but if you provide it, you will receive an appointment confirmation and reminder e-mail.

Spread the word with our [printable flyer](#).

Another Chance to Quit For Good

By now, most smokers know that smoking is bad for their health and harmful to the people around them. They know they should quit, but they also know it is going to be hard.



Fortunately, Well Aware offers a program to encourage and help staff members and their spouses quit smoking. *Quit For Good* combines behavioral coaching, group support, and educational resources and can help you on your journey to stop smoking.

Quit for Good is a free, course-based tobacco cessation program. It is eight weeks long and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Each course will assist 25 people at a time to ensure the personal attention necessary to support you in your goal of quitting. The program is free for all participants, regardless of whether or not you carry Kaiser Permanente health insurance.

The next class begins on Wednesday, October 23, 2013, and will end on Wednesday, December 18, 2013. Class will be held from 4:30 p.m.–5:30 p.m. in the Maple Room at 45 W. Gude Drive, Rockville.

Thank You, Well Aware Participants, for Making it a Healthier School Year!

Well Aware staff would like to thank you for your participation in wellness programs during the 2012–2013 school year! Not only have you taken the steps to improve your own health, you also are doing your part to help Montgomery County Public Schools (MCPS) build a lasting culture of wellness.

This year, we worked together to—

- log one million miles of activity,
- give grants to further wellness to more than 100 schools and offices,
- help many Quit for Good participants successfully stop smoking,
- share healthy alternatives to indulgent dessert recipes,
- bring our seminars into your classrooms and offices via webinar,
- become a member of the Healthiest Maryland Businesses, and
- much more!

Thank you again for your participation and your feedback this school year. We encourage you to keep up your activity and healthy eating this summer. Remember that the online [Well Aware Fitness Log](#) is available to you over the summer.

We look forward to sharing new and exciting programs with MCPS staff in the fall.

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.

