

October Well Aware eNews

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

- ◆ how this month's wellness champion inspires her coworkers to get healthy,
- ◆ how heart disease affects women,
- ◆ a challenge for staff to reach one million miles of activity,
- ◆ plans for the inaugural Well Aware Healthy Bake Off,
- ◆ and more!

Wellness Champion Motivates Others



Meet Sandra Rodriguez: Administrative Secretary, Division of ESOL/Bilingual Programs

Sandra Rodriguez grew up in the warm weather of Guatemala where she spent a lot of time outdoors living an active life.

As an adult, she continues to be health-conscious, and last spring's Walk this Way challenge motivated her to commit herself even more to living a healthy lifestyle. The challenge gave Sandra another idea: What if she could share her passion for health and fitness with her coworkers at the Rocking Horse Road Center? She has done just that.

During Walk this Way, Sandra brought in gift-wrapped healthy snacks and left them on her teammates' and competitors' desks. She enthusiastically encouraged groups of employees to take daily walks. From dodgeball to Zumba to yoga, she facilitated physical activities for many of her coworkers across fitness levels. The best part of this story may be that Sandra and her coworkers continue to push themselves to improve themselves.

How does Sandra organize and coordinate all of these activities? She creates a monthly calendar of events that includes health tips, inspirational quotes, and motivational images. She then shares it with her workmates. Sandra's first calendar included a quote that inspired many to get up and get moving: "There are only two requirements about exercise; one is that you do it, the other is that you continue to do it!"



Don't miss it—

Free Seminar: Women's Health and Aging

Monday, October 8, 2012
Randolph Bus Depot
Employee Lounge
1800 Randolph Road
Silver Spring, Maryland 20902
10:00–11:00 a.m.

Tuesday, October 16, 2012
James Hubert Blake High School
Cafeteria/All Purpose Room
300 Norwood Road
Silver Spring, Maryland 20905
4:00–5:00 p.m.

Wednesday, October 24, 2012
CESC Auditorium
850 Hungerford Drive
Rockville, Maryland 20850
4:30–5:30 p.m.

Thursday, October 25, 2012
Bethesda Bus Depot
Maintenance Conference Room
10901 Westlake Drive
Rockville, Maryland 20852
10:00–11:00 a.m.

Tuesday, October 30, 2012
Northwest High School Cafeteria
13501 Richter Farm Road
Germantown, Maryland 20874
4:00–5:00 p.m.

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

Presented by:



October is National Women's Health Month

Heart Disease and Cholesterol in Women

Although attention has long been given to the impact of heart disease on the male population, women clearly suffer and die from it as well. In fact, heart disease is the number one killer of women in the United States. The most common cause of heart disease is narrowing or blockage of the coronary arteries, the blood vessels that supply blood to the heart itself. Prevention is vitally important: two-thirds of women who have a heart attack fail to make a full recovery.

Women can take steps to prevent heart disease by practicing healthy lifestyle habits. Watch this video from United Healthcare on heart disease and cholesterol levels in women.

[Watch it now.](#)

Well Aware Challenges You to Help Us Reach One Million Miles

How much distance can you put between yourself and disease?



We are well on our way to logging one million miles together by the end of the school year. Now it is time to win some prizes for your activity! Join a team or challenge yourself individually. It is not too late!

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

If you registered on the Fitness Log for a previous challenge, you do not need to register again. Simply sign in and 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 will count toward our collective goal.

We will hold three incentive challenges this school year—in the fall, in the spring, and a New Year's resolution. The fall incentive challenge, which began on October 1, will run for 10 weeks. By the end of the school year, we hope to have collectively reached one million miles of activity!

Incentives:

Along with maintaining or regaining your health, what else can you win by competing? Each week, we will give away random prizes to those who enter their activity, as well as weekly grants to schools, offices, and depots to promote employee wellness. You also will be competing to win grand prizes for your school, office, and depot. Teams are competing to win bragging rights and the coveted Golden Sneaker trophy.

For more information on the prize structure, or the rules of the challenge, visit the [Million Mile Challenge web page](#) on the Well Aware website. Start now. Log your activity. Where will one million miles take you?

Well Aware is Holding a Bake Off

By now, you know and have even accepted the consequences of too much sugar, saturated fat, and refined carbohydrates. They include not only an expanded waistline, but also put you at risk for serious health conditions. Still, we love our desserts.

What to do? Perhaps we need to rethink our idea of what makes a dessert a dessert. Perhaps our recipes need a bit of an overhaul to make them healthier!

This fall, you will have a chance to don your chef's hat and give your favorite holiday baked good or dessert a healthy makeover. Doing so could win your school or office a UnitedHealthcare-sponsored cooking demonstration and tasting.

Bake Off details and rules are available [here](#).

Screenings Planned for Depression, Anxiety, and other Mental Health Disorders

The MCPS Employee Assistance Program (EAP) will be conducting screenings for depression, anxiety disorder, bipolar disorder, and post-traumatic stress disorder all day Thursday, October 11, 2012. The screenings take less than 30 minutes and are available to all MCPS employees and their immediate family members. To schedule an appointment, please call the EAP at 240-314-1040.

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 at 9:00 a.m.
Walk begins at 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 e-mailing wellness@mcpsmd.org.

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.