

## June Well Aware eNews

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

- this month's wellness champion—a wellness coach who reduces her stress by exercising and eating right and encourages her coworkers to do the same;
- a seminar/webinar from Cigna to show you how to shop at the supermarket and still eat a healthy diet;
- how you can quit smoking—for good
- summer tai chi classes at Montgomery County Public Schools (MCPS);
- a program inviting you to walk the state of Maryland virtually; and
- more!

## Wellness Champion Increases Her Effectiveness through Exercise; Encourages Others to Do the Same



**Lenore F. Gelman, special education teacher, John L. Gildner Regional Institute for Children and Adolescents (RICA)**

Mrs. Lenore F. Gelman, special education teacher at RICA, gladly has served as the school's Wellness Coach since inception of the school's wellness program. Her efforts have had a huge impact on her coworkers, and RICA has received more than \$2,000 in Well Aware physical activity challenge grants as a result.

As a certified personal trainer, Lenore encourages her coworkers to be active and exercise whenever possible. Fitness is a big part of her life, and she enjoys sharing her passion for fitness with others.

"Lenore has organized team members to work together on their fitness goals," Mr. Edward J. Farrell, physical education teacher at RICA, said. "Working together has improved team morale. It is easier to work out when you know that someone else is doing it with you."

Lenore adjusted her after-school schedule to meet with coworkers to exercise. She encourages coworkers who are not eating well to eat better and brings in snacks for team members when she works out with them. She has spent a lot of time showing her coworkers how to use the online fitness log and its various features.

Lenore teaches students with emotional disturbances at RICA. The job requires a great deal of patience and the ability to maintain composure under stressful situations. Her dedication to fitness has not only improved her health, it has greatly reduced her stress and helps her to deal more effectively with her students.

"I often exercise as a stress reliever and to clear my head of the daily challenges at work," Lenore said. "I have found that a workout before work relaxes and prepares me for what lies ahead, and a run after work does wonders in helping me to decompress after a busy day."



## Don't Miss It

**This month's free webinar—  
Supermarket Survival**

Learn how to shop at the supermarket and still eat a healthy diet. Find out what to say "No" to, how to plan ahead, and how to read nutrition labels.

**Thursday, June 12, 2014**

4:00–5:00 p.m.

Webinar

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

Spread the word with our [printable flyer](#). See the [Wellness Webinar Library](#).

Presented by:



## MCPS Named a Fit-friendly Worksite

Well Aware is pleased to announce that the American Heart Association (AHA) has recognized Montgomery County Public Schools (MCPS) as a Fit-friendly Worksite.

MCPS was named a Gold Level Fit-friendly Worksite for—

- offering employees physical activity support;
- providing/increasing healthy eating options at the worksite;
- promoting a wellness culture; and
- implementing at least nine criteria as outlined by the AHA in the areas of physical activity, nutrition, and culture.

For more information on the Fit-friendly Worksites initiative, check out the [AHA's website](#). To find out how to incorporate more physical activity into your day, visit [Well Aware](#).

## InSTEP with Diabetes

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes or been diagnosed with prediabetes? If so, join Well Aware and Kaiser Permanente for InSTEP with Diabetes, an eight-week program to help you better understand the disease and learn skills for healthy living.



InSTEP with Diabetes will be held on Wednesdays beginning June 25, 2014, from 12:30–1:30 p.m. in the Aspen Room at 45 West Gude Drive, Rockville. Topics include: diabetes facts, nutrition and food choices, physical activity, testing your blood sugar, diabetes medicines, and recommended care. You do not need to be a Kaiser Permanente member to participate.

Registration for the summer class is underway. Take advantage of your summer break and gain control of your health and wellness! Space is limited, so register early. For more information or to register, [e-mail Well Aware](#).

## Join Well Aware and Cigna This Summer for Tai Chi

Tai chi is an ancient tradition that, today, is practiced as a graceful form of exercise. Often described as "meditation in motion," tai chi might well be called, "medication in motion." There is growing evidence that this mind-body practice has value in treating or preventing many health problems. And, you can get started even if you are not in top shape or the best of health.

Tai chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. This summer, join Well Aware and Manifest Ra, life balance expert, transformational speaker, and tai chi and chi gong ambassador, as we learn and practice tai chi.

### Summer Tai Chi

Monday, July 7, 2014

Monday, July 14, 2014

Monday, July 21, 2014

Monday, August 4, 2014

4:30–5:00 p.m.

5:00–5:30 p.m.

and

Wednesday, July 30, 2014

5:00–5:30 p.m.

5:30–6:00 p.m.

All sessions will be held in the Carver Educational Services Center Auditorium, 850 Hungerford Drive, Rockville. You may participate for 30 or 60 minutes, one time or for all five sessions. To register for summer tai chi, [e-mail Well Aware](#).

## Walk Maryland

Summer is right around the corner and, for many, provides a perfect opportunity to take a tour of scenic Maryland. If a road trip is not within your budget; however, you can take a virtual vacation!

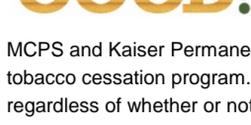
How? You can join Walk MD, a program that encourages you to increase your physical activity in a fun, community-oriented way with a challenging 500-mile virtual walk around the state.

As you log in your miles, your personalized map automatically displays your progress. Along the way, you will pass milestone locations that you can explore virtually. Or, you can actually visit these sites to really get out and Walk MD! Once you finish the trail, you can print out a certificate of recognition.

Get inspired to join Well Aware and others in Maryland who are getting more active and becoming healthier in the process. The goals of this program are to help you develop regular physical activity habits, get healthier and more physically fit, and have fun!

For more information, visit the [Walk Maryland web page](#). You can register [here](#).

### TOBACCO CESSATION PROGRAM



**Thinking about Quitting?  
Need Help Staying Tobacco Free?**

MCPS and Kaiser Permanente are teaming up again this fall 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 are a Kaiser member.

The next Quit for Good session will begin Thursday, October 16, 2014. Meetings will take place weekly beginning at 4:30 p.m. in the Maple Room of 45 West Gude Drive, Rockville. You must register to participate by e-mailing [Well Aware](#).

The program is course-based and consists of classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and other health experts. Discussions topics include risk assessment, stress management techniques, healthy weight management strategies, the skills necessary to successfully live tobacco free, and more. In addition to the class meetings, participants receive support through a help line and from peer sponsors who understand what it takes to quit. Learn more about the program by visiting the [Well Aware website](#).

## Thank You, Well Aware Participants, for Helping to Make It a Healthier School Year!

Thank you for participating in Well Aware programs during the 2013–2014 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—

- add Just 10 minutes of activity to your life;
- log more than 3,000 lost pounds;
- provide grants to 120 schools and offices to further their wellness efforts;
- help many Quit for Good participants successfully stop smoking or stay tobacco-free;
- climb 873 flights of stairs in our country's tallest buildings;
- grow our educational video library; 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](mailto:wellness@mcpsmd.org).