Vol. 1, Issue 1, March 2011

MCPS Employee Wellness Program

Welcome to the First Wellness Newsletter!

Montgomery County Public Schools (MCPS) is proud to announce the first monthly wellness newsletter.

Read on to learn about—
- the new wellness program;
- how your ideas could become the new wellness program name, logo, and/or slogan— **and earn you prizes**; and
- tips for eating healthy.

Watch your inbox for more! A wellness newsletter will come to your MCPS Outlook e-mail account at the beginning of every month to bring you articles on healthy living and information about upcoming wellness events such as educational seminars, screenings, and more.

Don't miss it!

Nutrition on the Go: Eating for an Active Lifestyle

Monday, March 28
12:00–1:00 p.m. or
4:00–5:00 p.m.

Carver Educational Services Center (CESC) Auditorium
850 Hungerford Dr.
Rockville, MD 20855

Presented by: UnitedHealthcare

MCPS Focuses on Staff Health and Well-being

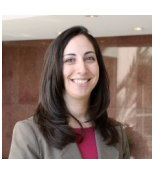
MCPS is implementing an employee wellness program aimed at making it easier for employees to live healthy, well-balanced lives. The wellness program will provide school system staff members with health and wellness activities, education, competitions, awareness events, and more.

Research shows that wellness programs can increase employee productivity and morale while decreasing employer costs. Such research has led MCPS and the employee associations to collaborate toward the creation of the employee wellness program. According to Dr. Jerry D. Weast, superintendent of schools, "When we are healthy, we are at our best in our classrooms and offices and can teach our children by example."

"Everyone wins," said Lisa Cooperstein, MCPS wellness coordinator. "Employees become healthier and happier, students learn by example, and we protect ourselves from rising health care costs. For many reasons, the wellness campaign is so important. We're very excited about what the program will do."

Visit the wellness website to learn more about the program.

Wellness Champion



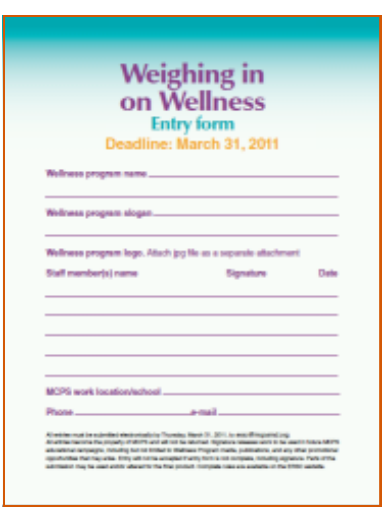
Meet Lisa Cooperstein, MCPS Wellness Coordinator

Lisa Cooperstein is the MCPS wellness coordinator and will be leading the employee wellness program. Lisa has an M.S. in Health Promotion Management and is a certified athletic trainer, personal trainer, and ergonomic assessment specialist. Lisa lives in Clarksburg with her husband, 2 children, and 2 small dogs.

Hear it from Lisa:
Q. What is your favorite way to get moving?
A. I am dedicated to my 9:00 p.m. workout. I enjoy a combination of cardiovascular activity (walking, spin bike, aerobics) and moderate weight lifting.
Q. What is your favorite healthy meal?
A. I love fruit. All kinds and especially in the summer.

Hear more from Lisa on our website.

Weighing in on Wellness Contest: Submit Your Program Name, Logo, and Slogan


Weighing in on Wellness
Entry form
Deadline: March 31, 2011

Wellness program name _____

Wellness program slogan _____

Wellness program logo. Attach jpg file as a separate attachment

Staff member(s) name Signature Date

MCPS work location/school _____

Phone _____ e-mail _____

Visit our website to post the flyer in your workplace and download the entry form.

Now is your chance! Between now and March 31, submit your creative entries for a wellness program name, slogan, and logo. You could see your work in print and win exciting prizes.

You choose how to enter: enter one component or all three; enter with friends as a group or enter as an individual.

Prizes too!
In addition to bragging rights, if any part of your submission is chosen, you will receive the following:

- Your creativity published on employee wellness program materials
- Six-week yoga or Zumba class at your worksite
- Spotlight as an MCPS Wellness Champion in the *Bulletin* and wellness newsletter
- Certificate of acknowledgement

Visit the wellness website today to learn more about contest requirements and to download your entry form.

Portion Control: It's in Your Hands!

More than 120 million Americans are either overweight or obese. Expanding portion sizes could contribute to this problem. Paying attention to the relationship between your portion size and the number of servings you actually consume is an important strategy to healthy living. Cutting back on portion sizes in restaurants and at home is one way to lose weight or help prevent weight gain.

Do you know the difference between a portion and a serving? The National Heart, Lung, and Blood Institute provides the following definitions:

> **Portion**: The amount of a specific food you **choose** to eat for dinner, snack, or other eating occasion. Portions, of course can be bigger or smaller than the recommended food servings.
> **Serving**: A unit of measure used to describe the amount of food **recommended** from each food group. It is the amount of food listed on the Nutrition Facts panel on packaged food or the amount of food recommended in the Food Guide Pyramid and the *Dietary Guidelines for Americans*.

The number of recommended servings of different foods varies based on your body type, activity levels, and goals. The Food Guide Pyramid, provided by the United States Department of Agriculture, is one source to help you understanding how many servings you should eat.

Once you know how many servings you should be consuming, you have to ask yourself: Is my portion size in line with those serving recommendations, or does my average portion equal several servings?

Portion sizes have become difficult to judge, as the average dinner plate has continued to grow since the 1960s. Not sure what a portion size should be? A handy way to get a grip on your portion sizes is to relate the size of your hand to recommended servings. The following chart can help you put your portions in perspective.

Use your hand…	to estimate the size of one serving of:
Thumb	Cheese (1 oz.)
Tip of thumb	Margarine (1 tsp.)
Cupped hand holding a tennis ball	Milk, yogurt, chopped fresh greens (1 c.)
Rounded handful	Cut fruit, cooked vegetables, pasta, rice (½ c.)
Woman's palm	Meat, fish, poultry (3 oz.)
Large handful	Snack foods such as pretzels or popcorn (1 oz.)

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 ersc@mcpsmd.org.