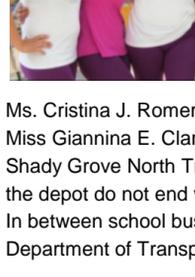


May Well Aware eNews

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

- this month's wellness champions—three Department of Transportation employees who teach Zumba to their coworkers three days a week;
- a seminar/webinar from Cigna on potentially harmful food additives and how to avoid them;
- summer tai chi classes at Montgomery County Public Schools (MCPS);
- how you can take part in this year's Bike to Work Day;
- a program inviting you to walk the state of Maryland virtually; and
- more!

Wellness Champions Keep Their Coworkers (and Their School Buses) Moving



Cristina J. Romero, Sandra E. Quinonez, and Giannina E. Clary, Shady Grove Zumba, Shady Grove North Transportation Depot

Ms. Cristina J. Romero, Mrs. Sandra E. Quinonez, and Miss Giannina E. Clary are school bus operators with the Shady Grove North Transportation Depot. Their roles at the depot do not end when their daily runs are complete. In between school bus routes, they teach Zumba to other Department of Transportation (DOT) staff at the depot.

"Cristina, Sandra, and Giannina have been a vital part of the DOT Wellness Program since its inception," Mrs. Lisa G. Cooperstein, wellness coordinator, Employee and Retiree Service Center, said. "Their energy is endless and helps to motivate the transportation staff to start or keep moving."

Zumba is a fitness program that combines dance and aerobic exercise with Latin and international music. Zumba classes are held three days a week at the Shady Grove North Transportation Depot. The instructors teach alternate styles of Zumba each class. They team up during classes to offer a low impact version and to ensure that participants improve their Zumba form.

"Bus operators and other MCPS employees sit for the majority of their work day," Lisa said. "A recent study showed that those who sit for most of their day are 54 percent more likely to die of a heart attack. It is highly advantageous to have coworkers demonstrating that exercise doesn't have to be scary or intimidating. Essentially, Zumba with these women is a stress relieving party each time they meet!"



Don't Miss It

This month's free seminar/webinar— Food Additives—I'm Eating What?

Join Well Aware and Cigna to learn about potentially harmful preservatives and additives that lurk in many prepared and processed foods. You will be better informed about what to choose and what to avoid in the grocery store.

Tuesday, May 13, 2014

4:00–5:00 p.m.
Webinar

Thursday, May 15, 2014

4:30–5:30 p.m.

CESC Cafeteria
850 Hungerford Drive
Rockville, Maryland 20850

Wednesday, May 28, 2014

10:00–11:00 a.m.

Bethesda Transportation Depot
10901 Westlake Drive
Rockville, Maryland 20852

Please register for the seminar/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 to it and an Outlook calendar reminder.

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

Presented by: Cigna

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.

There's Still Time To Do Just 10 More!

Across Montgomery County Public Schools (MCPS), employees are experiencing better health and morale because of their involvement in Well Aware's Just 10 More physical activity challenge. Some are participating as individuals; others as members of a team. They are enjoying better health and fitness as a result.



Let Just 10 More inspire **you** to become your healthiest self. Start participating now to regain your health and win prizes! Your activity and weight loss updates need to be entered in the online [Well Aware Fitness Log](#) by midnight on Monday, May 12, 2014.

Stay tuned

Grand prize winners will be announced in the May 27th issue of *The Bulletin!*

Spirit Award

Do you have a coworker who has gone above and beyond to help your school or office succeed in this year's physical activity challenges? We are recognizing the MCPS employees who most encouraged others to live their healthiest lives. Ten Spirit Award winners will each receive a \$100 gift card for their efforts. To request a Spirit Award nomination form, e-mail [Well Aware](#). Nominations are due by May 19, 2014.

Do not stop now!

Maintain your active lifestyle and look for information on summer and fall wellness programs on the [Well Aware web page](#), in the [Well Aware eNews](#), and in [The Bulletin](#).

Mind Your Wellness

At some point in your life, you probably have been told to mind your business. Now, Well Aware is asking you to Mind Your Wellness!

Mind Your Wellness is a fun, interactive, and transformative seminar series for Montgomery County Public Schools employees emphasizing personal responsibility and teamwork. Each seminar provides user-friendly exercises and principles for implementation at work, home, and on the go.

The series is designed to improve how you think, breathe, eat, talk, walk, sleep, and much more. Each participant will be empowered with wellness information and exercises in a daily and weekly format that encourages accountability.

Mind Your Wellness

Tuesday, May 13, 2014, and Tuesday, May 27, 2014

4:30–5:30 p.m.

Maple Room

45 West Gude Drive

Rockville, Maryland 20850

Manifest Ra, life balance expert, transformational speaker, and tai chi and chi gong ambassador, will facilitate each seminar. To register for the series, [e-mail Well Aware](#).

Bike to Work on May 16

Commuter Connections and the Washington Area Bicyclist Association invite you to join more than 10,000 area commuters for a celebration of bicycling as a clean, fun, and healthy way to get to work.

This year's Bike to Work Day will be held Friday, May 16, 2014. To make it easier for you to participate, 79 pit stops, maps, and other resources throughout D.C., Maryland, and Virginia will be provided. Stop by to receive refreshments and enter a raffle for bicycle giveaways. Free T-shirts also will be available to the first 14,000 who register and attend.

Commuting to work via bicycle protects the environment, saves gas money, and keeps you fit and healthy. Join us! Find [more information](#) and/or [register for the event](#).

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](#).

Join Well Aware and Cigna for Tai Chi this Summer

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 CESC 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](#).

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 will 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](#).