

November Well Aware eNews

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

- ◆ how this month's wellness champion is controlling her diabetes and encouraging others to adopt a healthier lifestyle,
- ◆ the importance of managing diabetes,
- ◆ updates to our challenge to reach one million miles of activity,
- ◆ more details about the Well Aware Healthy Bake Off,
- ◆ health screenings planned for December,
- ◆ and more!

Wellness Champion Helps Control Her Diabetes by Walking



Meet Hanan Sinnokrot: Pre-K paraeducator, Maryvale Elementary School

If you are looking for encouragement at Maryvale Elementary School, you do not

need to look far! Hanan Sinnokrot, paraeducator and Spirit Award winner for the Walk this Way Challenge, leads by example.

Hanan gets to school 45 minutes early each day to walk the outer hallway for exercise. Her enthusiasm has encouraged other staff members to join her on these walks. She also has created a Tuesday after-school walking group. Whether it is bringing in unique and healthy snacks, encouraging staff to switch from coffee to tea, or holding her coworkers accountable in the Well Aware challenges, Hanan deserves much of the credit for the healthy lifestyles being adopted at Maryvale.

The Walk this Way Challenge and subsequent Well Aware programs clearly have had a positive impact on Hanan's health. When she began the challenge, her blood sugar was 159. When the challenge concluded, it had dropped significantly and now ranges from 95-100. She also lost weight and was able to stop taking some of her medications.

"Walking gives me a lot of energy and makes me feel good about myself," Hanan said. "The challenge has helped me lose weight, keep my cholesterol normal, and improve my diabetes."

Hanan also is responsible for affecting healthy change at home. Her encouragement led her son to lose 30 pounds and control his blood pressure and cholesterol levels. Other family members regularly walk with her as well.

"My walking and health improvement has motivated all of my grandchildren to walk with me, with the hope that they prevent these diseases," Hanan said. "I will continue to walk as long as I live because it benefits me. Deciding to do this program is the best thing that I have done for myself."



Don't miss it—

Free Seminar: Onsite & Now Via Webinar!

This month: Sugar Cravings or Sugar Blues

Do you experience sugar cravings? Join us and discover the eight causes of cravings and the 10 steps for dealing with them. You also will learn about natural sweeteners, the difference between natural and artificial sweeteners, and how much added sugar is sensible for daily consumption.

Want to attend but cannot get away? Now you can access the monthly seminars on your computer via webinar! See details below.

Wednesday, November 14, 2012
Clarksburg Bus Depot
13100 Shawnee Lane
Clarksburg, Maryland 20871
10:00–11:00 a.m.

Wednesday, November 28, 2012
Shady Grove Bus Depot
Training Room
16651 Crabbs Branch Way
Rockville, Maryland 20855
10:00–11:00 a.m.

Wednesday, November 28, 2012
Carver Educational Services
Center Auditorium
850 Hungerford Drive
Rockville, Maryland 20850
4:30–5:30 p.m.

Thursday, November 29, 2012
Webinar
4:00–5:00 p.m.

Please register for the seminar and/or webinar by e-mailing wellness@mcpsmd.org with the date and time you plan to attend. If you register for the webinar, Well Aware staff will send you a link to the webinar, instructions for logging in, and an Outlook calendar reminder.

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

Presented by: UnitedHealthcare

November is Diabetes Awareness Month

Diabetes is a serious disease. If it is not managed well, it can damage many parts of the body, leading to heart attacks, strokes, amputation, blindness, kidney failure, and nerve damage. But there is good news: diabetes complications can be prevented or delayed by properly managing blood glucose, blood pressure, and cholesterol levels. Eating healthy, being physically active, and quitting smoking also can help lower the risk of diabetes complications. Click [here](#) for some facts from CareFirst about sugar and how it affects children. For information on what the American Diabetes Association is doing to stop diabetes, click [here](#).

Million Mile Challenge: More Than 240 Teams Competing

There's still time to register and help us reach one million miles this school year!



The incentive portion of the Million Mile Challenge, the latest activity challenge from Well Aware, officially kicked off on October 1, 2012.

So far, 30 individuals have been chosen randomly to receive a \$50 gift card by simply logging their cardiovascular activity into the Well Aware Online Fitness Log. On top of that, their associated schools, depots, or offices have received a \$500 grant for physical education equipment or to promote wellness.

This fall, more than 240 teams are competing for the prestigious Golden Sneaker trophy. This coveted award will go to the team with the most miles per member per day of the challenge. The top teams are averaging more than seven miles per day, which is just under two hours of activity per team member.

There is still time to join and help MCPS reach the goal of logging one million miles of activity this school year. Live an active life and log in to the [Well Aware fitness Log](#) to get credit for your activity. If you have not registered yet, learn more about the program on the [Million Mile Challenge web page](#) and then visit the [fitness log](#) to register.

Well Aware Healthy Holiday Bake Off Dessert Can Be Good & Good for You!

You still have plenty of time to modify your favorite holiday dessert recipe and enter to win recognition for your workplace in the Well Aware Healthy Holiday Bake Off. Submit your revised recipe by Friday, November 16, 2012 and be ready to stave off any extra pounds over the holidays!

Your co-workers already are busy modifying their favorite recipes and soon will compete to win a professional cooking demonstration and tasting for their school or office hosted by UnitedHealthcare. In addition, winners will see their recipes spotlighted in the *Bulletin and Well Aware eNews* and featured in an online *Well Aware Healthy Holiday Recipe Book!*

Judging will take place on Friday, December 7, 2012. For details, check out our [Bake Off website](#). There you will find links to participation instructions, suggested healthy ingredients to use as substitutes for the less healthy ones, and other great Bake Off ideas.

Questions? Contact Well Aware, the MCPS employee wellness program, at wellness@mcpsmd.org or by calling the Employee and Retiree Service Center at 301-517-8100.

Know Your Numbers Health Screenings Planned for December

UnitedHealthcare will offer health screenings for cholesterol, blood sugar, blood pressure, body fat, and bone density on Wednesday, December 12, 2012 from 1:00–5:00 p.m. in the CESC Auditorium at 850 Hungerford Drive, Rockville, Maryland 20850. The screenings are available to all MCPS employees by appointment.

Participants must register [here](#) using key code: Mo-81784-2. You also will need the last four digits of your Social Security number, date of birth, first and last name, gender, address, and phone number. If you provide your e-mail address, you will receive appointment confirmation and reminder e-mails.

So You Want to Quit Smoking

The American Cancer Society will mark the 37th Great American Smokeout on November 15 by encouraging smokers to use the date to make a plan to quit or to plan in advance and quit smoking that day. By doing so, smokers will be taking an important step towards a healthier life—one that can reduce cancer risk.

Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet more than 45 million Americans still smoke cigarettes. However, more than half of these smokers have attempted to quit for at least one day in the past year. Quitting is difficult, but you can increase your chances of success with help. Click [here](#) to watch a video from UnitedHealthcare that includes suggestions for how to quit smoking. For information about a class to help you quit, visit the [Quit for Good](#) web page.

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.