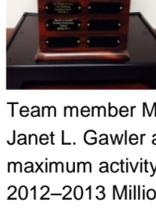


November Well Aware eNews

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

- this month's wellness champion, a winner of the Golden Sneaker Award in last school year's Million Mile Challenge;
- a seminar/webinar where you can learn strategies for avoiding excess weight during the holidays;
- an effort to create sweet-free zones in schools and offices;
- moving, losing, or maintaining with Just 10;
- a test to determine your risk for diabetes; and
- more!

Wellness Champion Knows His Numbers, and They Are Good Ones!



Michael G. Herlihy, ESOL teacher Potomac Elementary School

Last spring, the winner of Well Aware's prestigious Golden Sneaker Award was team Blocks of Granite from Potomac Elementary School.

Team member Michael Herlihy, along with teammates Janet L. Gawler and Manju Upadhyaya, achieved the maximum activity goal each day for the duration of the 2012–2013 Million Mile Challenge.

"There's something deeply satisfying about working together for a common goal," Michael said. "Winning the Golden Sneaker was important, not so much for the victory, but for the effort and commitment it represents."

Although Michael does not see himself as a role model, he is very proud of his teammates and of their success during the Million Mile Challenge. He believes the challenge was a great motivator because it provided a way to set personal goals within an achievable framework.

Along with the team accolades, Michael found great success in his personal wellness journey. Now, daily exercise, a vegan diet, and meditation all play big roles in his approach to wellness.

"The Well Aware program got me back into a committed, daily program of exercise and trying new avenues, like P90X*, cycling, and yoga," Michael said.

After reading *The China Study*, a 20-year study of the long-term effects of animal protein on the human body, Michael became convinced that a plant-based diet was the healthiest one for him.

"Along with maintaining a daily exercise regimen, I switched to a vegan diet more than a year ago and saw all my numbers, including my LDL**, drop dramatically," Michael said. "I now weigh less than I did in high school."

* An at-home workout via DVD

** Low-density lipoprotein, often referred to as "bad cholesterol"



Don't Miss It

This month's free seminar/webinar—

Healthy Strategies for Surviving the Holidays

On average, adults gain five pounds during the holiday season. There are plenty of ways to avoid the negative health consequences associated with holiday meals and parties. Learn the strategies nutritionists use to enjoy themselves during the festivities without putting on excess weight. These include techniques like behavior modification and tricking the body into thinking it is not hungry. Join us as we gain healthy holiday cooking tips instead of pounds!

Wednesday, November 6, 2013

Bethesda Bus Depot
10901 Westlake Drive
Rockville, Maryland 20852
10:00–11:00 a.m.

Thursday, November 14, 2013

Carver Educational Services
Center Cafeteria
850 Hungerford Drive
Rockville, Maryland 20850
4:30–5:30 p.m.

Tuesday, November 19, 2013

Webinar
4:00–5:00 p.m.

Wednesday, November 20, 2013

West Farm Bus Depot
11920 Bournefield Way
Silver Spring, Maryland 20904
10:00–11:00 a.m.

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 be sent a link to it as well as an Outlook calendar reminder.

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

Presented by:



Well Aware Challenges YOU to Move, Lose, or Maintain With JUST 10!

This fall, more than 500 new participants have joined the latest fitness challenge from Well Aware, the MCPS employee wellness program. If you aren't one of them, there's no need to fret. You still can register

for the Just 10 Challenge! With the Just 10 Challenge, Well Aware is asking MCPS employees to move, lose, or maintain in a 10-week incentive challenge. The challenge officially kicked off on October 7, 2013. So far, 18 employees have been chosen randomly to receive a \$50 gift card by logging their cardiovascular activity and mileage on the online Well Aware Fitness Log. In addition, their schools, depots or offices have received a \$250 grant for physical education equipment or to promote wellness.

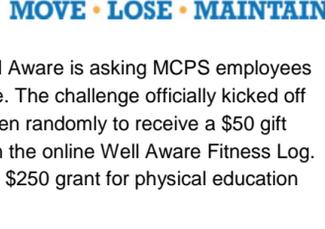
Remember, with Just 10, you can participate as an individual or band together with coworkers and participate on a team. Either way, you will have the chance to win fun prizes and be recognized for your efforts.

All of the teams are competing for bragging rights and for the prestigious Golden Sneaker trophy. This coveted award will go to the team with the most minutes of activity per member per day of the challenge. The top teams are averaging more than 60 minutes per day!

Remember: There is still time to do Just 10!

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

For more information on the Just 10 Challenge, including dates, rules, and prizes, visit the [Well Aware website](#) and the [Just 10 web page](#).



Where is Your Sweet-free Zone?

During the holiday season, the temptation to consume food and beverages that are high in fat, sugar, and calories is especially strong. Social events and gifts of food throughout the holidays can influence you to stray away from a healthy diet.

This holiday season, Well Aware is asking Montgomery County Public Schools employees to avoid the holiday bulge by taking the sweet-free challenge! Post this [flyer](#) on the door of your school or office staff lounge, break room, or kitchen to designate the area as a sweet-free zone!

Outside the sweet-free zone, you can follow these healthy habits and practices to avoid overindulging in too many sweets during the holidays—

- Stay active on a daily basis.
- Drink water to stay hydrated and decrease hunger.
- Get an adequate amount of sleep to help decrease cravings.
- Eat foods rich in natural sugars as opposed to those rich in processed sugars.
- Enjoy your favorite holiday treats, just limit the portion size.

If you are a school employee, share these ideas with your Parent Teacher Association to promote a culture of wellness during the holiday season. Office employees can post them or share them in staff meetings. Then, e-mail [Well Aware](#) to let us know how your sweet-free zone and these wellness tips are helping staff to celebrate the holiday season in a healthy way.

Staying Active During the Holidays

Are you looking for motivation to stay healthy through the holidays? How about a 5K? Running or walking a 5K is a great way to get in shape and stay in shape around the holiday season. Here are some fun upcoming local events that you can train for:

- [King of the Road](#) 5K run and 1 mile fun run
Sunday, November 17, 2013
The Treatment and Learning Center's Katherine Thomas School
- [Turkey Chase](#) 2 mile walk/fun run or 10K run
Thursday, November 28, 2013
YMCA Bethesda-Chevy Chase
- [Montgomery County Road Runners Club RUN Under the Lights](#)
Saturday, November 23, 2013
Seneca Creek State Park
- [WALK Under the Lights](#)
Monday, December 2, 2013, and Monday, December 9, 2013
Seneca Creek State Park

Know Your Numbers

Health Screenings Planned for December

UnitedHealthcare will offer health screenings for cholesterol, blood sugar, blood pressure, and body mass index on Monday, December 2, 2013, from 10:00 a.m.–2:00 p.m. in the CESC Auditorium at 850 Hungerford Drive, Rockville. The screenings are available to all MCPS employees by appointment.

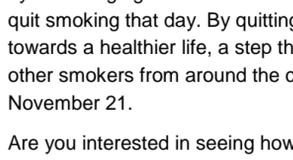
Participants must register [here](#) using key code: Mo-96525-3. You also will need the last four digits of your Social Security number, date of birth, first and last name, gender, address, and phone of your. If you provide your e-mail address, you will receive an appointment confirmation and reminder e-mails.

November is Diabetes Awareness Month

Did you know that nearly 26 million children and adults in the United States have diabetes? Another 79 million Americans have prediabetes and are at risk for developing type 2 diabetes. The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion.

Are you at risk for diabetes? Take this [test](#) from the American Diabetes Association to determine your risk.

Do you experience sugar cravings? Watch Sugar Cravings, a webinar that you will find at the bottom of [Well Aware's video library page](#) 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.



The Great American Smokeout is Coming

The American Cancer Society marks the Great American Smokeout on the third Thursday of November each year

by encouraging smokers to use the date to make a plan to quit, or to plan in advance and quit smoking that day. By quitting—even for one day—smokers will take an important step towards a healthier life, a step that can lead to reducing cancer risk. Consider joining many other smokers from around the country who will participate in the smokeout this Thursday, November 21.

Are you interested in seeing how much you have spent on cigarettes? Check out this [smoking cost calculator](#). You might be shocked to discover how much you have spent on smoking.

Are you interested in quitting? Well Aware has a free tobacco cessation program, *Quit for Good*, for MCPS employees and their spouses. E-mail [Well Aware](#) to sign up for the next class, which will begin in early March.

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.