

## September Well Aware eNews

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

- this month's wellness champions, who are eating heart healthy and saving money—together;
- a webinar that will provide strategies to combat poor eating habits while on the go;
- a new physical activity challenge for the fall that is fit for us all;
- the 8th Annual RUN@WORK Day; and
- more!



### Don't Miss It

**This month's free seminar/webinar—**

#### Nutrition to Go: Eating for an Active Lifestyle

When time is short, healthy meals become less of a priority. Learn strategies to combat poor eating habits while on the go. More people are eating out so there is a need to learn how to carefully select commercial food items to limit fat, sugar, and sodium.

**Thursday, September 19, 2013**

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

**Friday, September 20, 2013**

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

**Tuesday, September 24, 2013**

Webinar  
4:00–5:00 p.m.

**Wednesday, September 25, 2013**

Shady Grove Bus Depot  
16651 Crabbs Branch Way  
Rockville, Maryland 20855  
10:00–11:00 a.m.

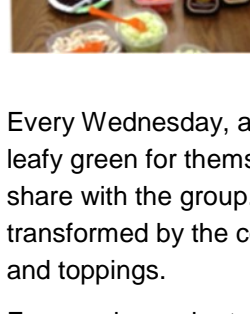
Please register for the seminar/webinar by e-mailing [Well Aware](#) with the date and time you plan to attend. If you register for the webinar, you will be sent a link to it as well as an Outlook calendar reminder.

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

Presented by:



## Wellness Champions Have Turned Their Midweek Lunch Into a Healthy Tradition



### Salad Bar Club Employee and Retiree Service Center (ERSC)

Lunchtime at 45 West Gude Drive got a healthy boost this summer. A group from ERSC formed what is known as the Salad Bar Club.

Every Wednesday, a group of staff members brought in a leafy green for themselves and a salad accompaniment to share with the group. The conference room was transformed by the colorful array of vegetables, proteins, and toppings.

For members who typically stuck to their standard salad routine, the Salad Bar Club gave them an opportunity to try some new things. In addition to cucumbers and tomatoes, members brought beets, garbanzo beans, baby corn, and other somewhat unorthodox salad bar items.

One participant was so surprised by how much she enjoyed her salads that she took it to the next level.

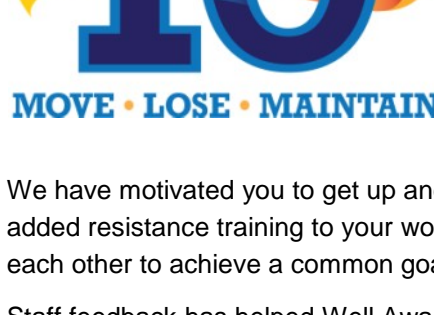
“At home, I’ve started making salad my main course at dinner instead of serving it as a side,” said Beverly Harman, payroll specialist. “With the variety of ingredients at our salad club, everyone seemed able to find a lot of options to create a unique salad.”

Besides eating a heart healthy lunch, Salad Bar Club members have enjoyed the camaraderie of planning this meal together, sharing their lunchtime together, and even adding a quick walk around the office complex after lunch. One ERSC employee found still another benefit from Salad Bar Club membership.

“Going out to lunch can really add up, so starting the Salad Bar Club has actually saved me some money,” said Lisa Cooperstein, wellness coordinator.

Why not start a Salad Bar Club in your school or office?

Send your wellness champion stories to [Well Aware](#).



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

Well Aware is entering its fourth year of offering physical activity challenges to Montgomery County Public Schools (MCPS) employees. Look how far we have come!

We have motivated you to get up and move, asked you to look at how you fuel your movement, added resistance training to your workouts, and tracked your activity. And, you have motivated each other to achieve a common goal.

Staff feedback has helped Well Aware build a program for the first half of the 2013–2014 school year that is fit for us all—the **Just 10 Challenge!** This fall, we encourage you to **move just 10 minutes a day, lose just 10 percent of your body weight, or maintain by doing just 10 more!** Whether you need a boost of motivation to start moving, encouragement to lose weight, or incentive to maintain your current activity level, this challenge is for you. By participating, you will be eligible to win prizes for yourself, your team, and your school or office.

Similar to previous years' challenges, participants will first register for the program on the [Well Aware Fitness Log](#). Then, throughout the 10-week challenge, they will log and track their progress based on:

- the time they have spent on physical activity (move),
- their weight (lose), or
- the number of repetitions completed/distance travelled (maintain).

All employees are invited to join this challenge **starting now!**

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

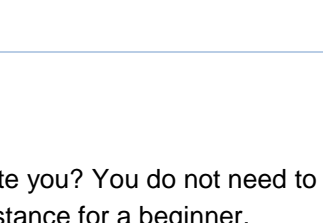
If you have registered on the Fitness Log for a previous challenge, you do not need to register again. Simply begin logging your activity. Watch this [video](#) that walks you through the steps of logging your activity.

Some of us prefer challenging ourselves individually, while others are motivated best through the camaraderie of working together. With Just 10, you can continue participating 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.

Should you opt to join a team, registration will open on Monday, September 16, 2013. The individual and team competitions will begin Monday, October 7, 2013, and end on Sunday, December 15, 2013.

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

## Another Chance to Quit For Good



By now, most smokers know that smoking is bad for their health and harmful to the people around them. They know they should quit, but they also know it is going to be hard.

To help make it easier, Well Aware and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program.

The next Quit for Good session begins Wednesday, October 23 at 4:30 p.m. in the Maple Room at 45 West Gude Drive, Rockville. Meetings are once a week for eight weeks. To participate, you must register by e-mailing [Well Aware](#).

The free, successful program is available to employees and their spouses, regardless of whether or not they participate in MCPS employee benefits or are enrolled in benefits with Kaiser. Quit for Good combines behavioral coaching, group support, and educational resources and can help you on your journey to stop smoking.

A nurse practitioner leads the classes with assistance from Kaiser Permanente clinicians and health experts. Discussions cover the skills necessary to successfully live tobacco-free. Topics include risk assessment, stress management techniques, healthy weight management strategies, and more. In addition to class meetings, participants receive support through a helpline, peer sponsors who understand what it takes to quit, and other helpful resources.

To learn more, visit the [Well Aware website](#).

## This Fall, Get Ready to Run!

Does the thought of a completing a 5K (or 3.1 mile) race intimidate you? You do not need to be overwhelmed by the distance. A 5K race is actually a great distance for a beginner. Regardless of your age, ability level, or experience, the energy and excitement of crossing the finish line will motivate you to be active for life!

With the right training and guidance, you can go from your couch to completing a 5K race in six weeks. Well Aware and Run Farther and Faster are teaming up to offer a fall running program to train MCPS staff to run The TLC King of the Road 5K on November 17.

For more information, put on your running shoes and e-mail [Well Aware](#).

## Run at Work Day is Coming!

The Centers for Disease Control and Prevention (CDC) National Health and Nutrition Examination Survey estimates that 64 percent of adults in the United States are either overweight (33%) or obese (31%), meaning they have excess weight of 30 pounds or more. The rise of overweight and obesity and the resulting health conditions has a dramatic effect on health insurance costs around the United States. It is estimated that overweight and obesity health related medical costs have reached an all-time high of \$75.8 billion per year ([www.cdc.gov](#)).

Being overweight or obese is also detrimental to your health and well-being.

What can you do to reduce this national epidemic? Well, here is one thing that can help: On September 20, 2013, the Road Runners Club of America will present the 8th Annual RUN@WORK Day nationwide. Well Aware encourages you to join your coworkers and plan fun runs and walks around your school or office.

The goal of RUN@WORK Day is to encourage adults to get 30 minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work.

So how do you participate in the RUN@WORK Day? Simply make time for 30 minutes of running or walking on September 20, 2013, and bring a coworker or family member with you.

Is your school or office participating? Send your story with photos to [Well Aware](#).

## Wellness Survey: Share Your Ideas and Interest With Us!

Have you been meaning to contact Well Aware to tell us about any programs, activities, and/or incentives you would like us to consider in the coming year? Click [here](#) to complete a survey so we can offer wellness programming that interests you. Please let us hear from you whether or not you have participated in wellness activities in the past. Your responses will be kept confidential. Help us provide you with the wellness program you most need and want.

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).