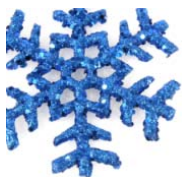




eNews

The education you need for the health you want



January 2012 Well Aware eNews

Welcome to the January issue of the Well Aware eNews!

Read on to learn about—

- a wellness champion's nontraditional commute,
- MCPS on the Move and Work It Circuit award ceremony,
- how Well Aware can help you keep your resolutions, and more!

Wellness Champion Rides to Better Health



Meet Kevin Yates Content Specialist, Dept. of Curriculum and Instruction

Kevin Yates, a content specialist in the Department of Curriculum and Instruction, has been riding into a win-win situation since the start of this school year. Three days a week, Kevin and his son ride their bikes to school, and then Kevin continues on

his bike to his office in Rockville. By commuting on his bike, Kevin has added activity to his life while also saving money on gas and being a healthy role model. According to Kevin, "It's much easier than I thought it would be. I'm helping myself, my wallet, and the environment. I'm spending time with my son and modeling a healthy lifestyle for him!"

Kevin and the rest of his *MCPS on the Move* team, Team Paisanos—Karen Caroscio, Victor Caroscio, and Rosie Ramirez—have led the Central Services teams for much of the fitness challenge. They have won gift cards and more for their high activity levels. Kevin's cycling commute has contributed to their ongoing success.

In the above photo: Kevin Yates and his son prepare for their morning ride.

Don't miss it!

Getting Active: Changing Health Behaviors for the Better

Monday, January 9

10:00–11:00 a.m.
Bethesda Bus Depot
Maintenance Room
10901 Westlake Dr.
Rockville, MD 20852

Wednesday, January 18

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

Tuesday, January 24

4:00–5:00 p.m.
Lakelands Park Middle School
Cafeteria
1200 Main St.
Gaithersburg, MD 20878

Thursday, January 26

4:00–5:00 p.m.
Springbrook High School
Cafeteria
201 Valley Brook Dr.
Silver Spring, MD 20904

Tuesday, January 31

10:00–11:00 a.m.
Clarksburg Bus Depot
Employee Lounge
13100 Shawnee Ln.
Clarksburg, MD 20871

Spread the word with a [flyer!](#)

Presented by:



Well Aware To Hold Fitness Competitions Awards Ceremony



For the past 12 weeks, MCPS employees have walked, raced, Zumbaed, and cycled their way to prizes and better health as part of the *MCPS on the Move* and *Work It Circuit* fitness competitions.

Across MCPS, employees have experienced better health and morale because of their involvement, whether they participated as individuals or as members of a team. Over 4,600 employees participated in the challenges. "It was fun and great to see so many teachers, our administrator, PPW, ESOL teacher, paraeducators, reading specialist, secretary, media specialist, and counselor out either walking or running together," said Amy Estrain, second grade teacher at Garrett Park Elementary School.

Stay tuned

Activity totals are being tabulated and the Spirit Award applications are being considered. Grand prize winners will be announced in the January 17 issue of *The Bulletin*!

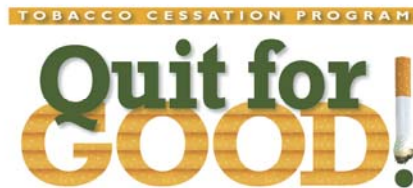
Attend the Awards Ceremony

In addition, all winners will be recognized and prizes will be awarded during a ceremony on **Tuesday, January 24, 2012, at Rockville High School from 4:30 to 5:30 p.m.** In case of inclement weather, the event will be held at the same time and location on January 31, 2012. Employees are encouraged to attend the event to cheer on their colleagues who have won and, most important, to celebrate their own victories through the program. Don't forget to RSVP! E-mail Well Aware at wellness@mcpsmd.org if you plan to attend.

Well Aware hopes to build on the success of *MCPS on the Move* and *Work It Circuit* with an exciting new program to be unveiled this spring. Watch the *Well Aware eNews* and *The Bulletin* for details in the coming weeks!

2012 is Your Year to Quit for Good!

The Centers for Disease Control and Prevention estimates that 70 percent of all current smokers want to quit. Are you among them? If so, take advantage of the Quit for Good program offered by Well Aware and make 2012 the year you reach your smoke-free goal!



Quit for Good is a free, course-based tobacco cessation program. The program is eight weeks long and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Each course will assist 25 people at a time to ensure the personal attention necessary to support you in your goal of quitting. Classes are held at 45 West Gude Drive in Rockville. The program is free for all participants, regardless of whether or not you carry Kaiser Permanente health insurance.

The first session of 2012 begins February 9. Don't lose your resolve—register for the session now and make sure you have a spot! E-mail Well Aware at wellness@mcpsmd.org to register for this session or to express an interest in a future session.



New—Bring Your Sweetheart!

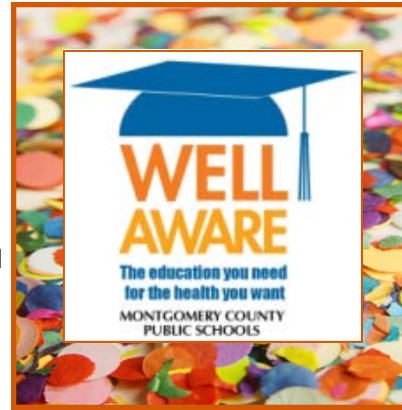
Are you and your spouse both struggling with quitting? Now you can take care of that New Year's resolution and Valentine's Day gift all at once. Quit for Good is now open to all MCPS employees **and** their spouses. Show your spouse you care about having a long, healthy future together. The next session begins right in time for Valentine's Day.

Want to Know More?

You can also learn more about the program, including week-by-week course content by visiting the [wellness website](#).

Well Aware Can Help You Keep Your New Year's Resolutions

If improving your personal health is part of your plan for 2012, Well Aware is here for you! Want to learn how to take control of your diabetes, your diet, or that donut around your middle? Well Aware offers education and resources for fitness, nutrition, and disease management. No matter how big or small the change you're seeking to make, Well Aware is here to support you.



Quit for Good tobacco cessation program. Quit for Good is a free 8-week program open to all MCPS employees and their spouses. The next session begins Thursday, February 9. Read the article in this issue to learn more or visit the [Quit for Good webpage](#).

Ongoing Educational Seminars across the county. Seminars always are free and open to all MCPS employees. Topics vary. View the [wellness calendar](#) to see the upcoming seminars.

Wellness discounts through your health plan vendor. Discounts include gym memberships, nutrition programs, fitness equipment, and more. See what your health plan offers on the [discounts webpage](#).

Fitness Incentives. *MCPS on the Move* and the *Work It Circuit Challenge* were each a smashing success. Employees won prizes such as deliveries of fresh fruits and vegetables, Wii Fit systems, and even grants for wellness improvements at their locations. While these programs may have ended, new programs are coming your way. Watch the [wellness website](#) to learn about the next fitness program to be unveiled soon!

Preparing for Your Best Year of Fitness

Here's a word of advice: If you're getting ready to make New Year's fitness resolutions—don't. Instead design a year-long fitness plan to ensure effective lifestyle changes are utilized.

Month-by-month plan

Use this year-long plan to improve your health each month:

January. Set your goals. Take a look at your life: What's missing? What do you wish you could do? Invest in a few sessions with a personal trainer, who will point you in the right direction and help you get going.

February. Focus on fuel. Keep a daily log of what you eat and how you feel. As your body gets used to more activity, you'll naturally crave a lighter diet with less fat and sugar and more vegetables, fruits and grains. You'll need protein to build muscle, so make sure your daily intake meets your new demands.

March. Check your progress. Look at what you've achieved so far and what's missing. Fatigue, aches and pains are signs that you're trying to do too much, too soon. If your progress has slowed down or stopped, change your routine to keep your body challenged.

April. Stir in some variety. Take your activities outdoors or sign up for a sports league.



Give yourself some fun challenges and keep track of personal bests.

May. Pace yourself. Daylight-saving time gives you more hours of sunlight, but don't feel compelled to fill them with frantic activity. Build your capabilities slowly.

June. Make midcourse corrections. You're halfway through the year, but are you halfway to your goals? Take a look at how your fitness efforts are affecting the rest of your life. Do you feel less stressed and more productive? Chances are, the answer is yes.

July. Extend your limits. Go hiking or take long walks on the beach. Enjoy your body's increased energy and capabilities.

August. Put it to the test. Sign up for a fun run or start training for a competition you never thought you'd consider entering. Or add spice to your workouts by setting weekly challenges.

September. Go back to school. The children are going back to class, and so can you. Sign up for something that interests you or that brings new discipline to your body, such as yoga or tae-bo.

October. Get in gear. Take advantage of end-of-season sales to treat yourself to some new accessories. Equip yourself for a sport or exercise that challenges you in a new way.

November. Kick an addiction. Take advantage of your new feeling of power to gain control over an unhealthy habit. Smoking, shopping, drinking too much alcohol—if some habit has taken over your life, you should now find it easier to quit.

December. Give yourself a present. Take stock of how much better you feel and look, then give yourself a tangible reward for your good work. Buy yourself a new outfit or treat yourself to a special weekend.

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Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or wellness@mcpsmd.org.