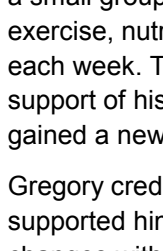


March Well Aware eNews

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

- this month's wellness champion—a bus operator whose understanding of group support, healthy competition, and positive change has put him on a healthier, more enjoyable life course;
- a seminar/webinar from Cigna where you will learn how choosing the right snack can make a huge difference in your energy, health, and weight;
- National Nutrition Month, which focuses on the importance of making informed food choices and developing sound eating and physical activity habits;
- the American Heart Association's effort to get us to lace up our sneakers and walk ;
- a wake-up call for diabetes testing; and
- more!

Wellness Champion Adopts a Healthier Lifestyle with a Little Help from His Friends



Gregory Moorin, bus operator, Bethesda Transportation Depot

Last fall, Gregory Moorin, bus operator with the Bethesda Transportation Depot, joined CareFirst's Jumpstart program. Working with a small group, Jumpstart provides participants with exercise, nutrition, and stress management goals to meet each week. Through the Jumpstart program and with the support of his colleagues, Gregory lost 20 pounds and gained a new lease on life.

Gregory credits much of his success to those who supported him in his efforts. Making healthy lifestyle changes with a group of likeminded people—both to receive encouragement and to seek and provide answers to diet and exercise questions—aided his transition to a healthier way of living. He also knows a little healthy competition is a good thing.

"I believe a group of people is better—for the support," Gregory said. "We sometimes fall into routines and the body needs a wakeup call. This program has put my body back on course to enjoy a more healthy life."

Since Jumpstart, Gregory has become a walking coach at the Bethesda Transportation Depot and uses his layover between school bus routes to exercise. As the wellness program at the depot continues to grow, Gregory has only one wish.

"If more coworkers joined in, we would be able to pull each other along and keep this spirit going," he said. "It's more than weight loss. It's also about mind and soul and centering ourselves so we may enjoy each other's company."



Don't Miss It

This month's free seminar/ webinar—

Sensible and Slimming Snacks

Join Well Aware and Cigna for this informative and interactive class to learn how choosing the right snack can make a difference in your energy, health, and weight.

Tuesday, March 10, 2015

10:00–11:00 a.m.

Shady Grove Bus Depot

16651 Crabbs Branch Way

Rockville, Maryland 20855

Thursday, March 19, 2015

4:00–5:00 p.m.

Webinar

Monday, March 23, 2015

10:00–11:00 a.m.

West Farm Bus Depot

11920 Bournefield Way

Silver Spring, Maryland 20904

Thursday, March 26, 2015

4:30–5:30 p.m.

Carver Educational Services

Center Cafeteria

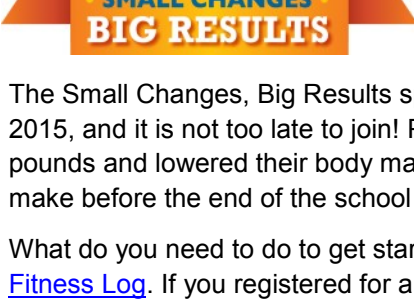
850 Hungerford Drive

Rockville, Maryland 20850

Please register for the seminar or 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 in your Outlook e-mail as well as an Outlook calendar reminder.

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

Presented by:



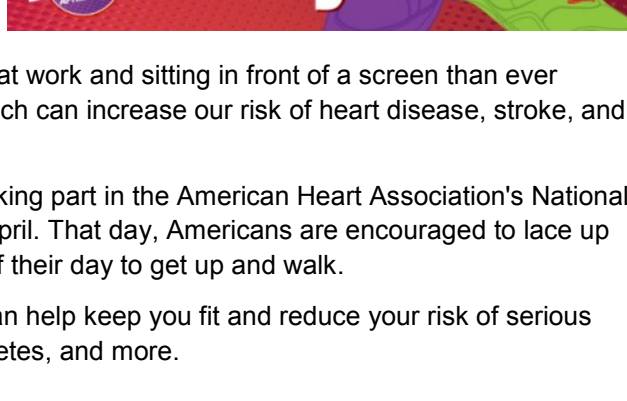
Small Changes, Big Results Spring Challenge Begins Next Week!

The Small Changes, Big Results spring physical activity challenge begins on Monday, March 9, 2015, and it is not too late to join! Participants in the fall challenge together lost more than 1,600 pounds and lowered their body mass index more than 240 points. Think of the progress you can make before the end of the school year!

What do you need to do to get started? Be active! Log your activity in the [Well Aware Online Fitness Log](#). If you registered for a previous challenge, you do not need to register again to participate. If you have trouble logging in, please [e-mail Well Aware](#).

For more information, including rules and prize information, please visit the [Small Changes, Big Results web page](#).

National Walking Day: April 1, 2015



These days, we are spending more time at work and sitting in front of a screen than ever before. We are becoming less active, which can increase our risk of heart disease, stroke, and other diseases.

Take the first step to a healthier life by taking part in the American Heart Association's National Walking Day on the first Wednesday in April. That day, Americans are encouraged to lace up their sneakers and take 30 minutes out of their day to get up and walk.

Walking is low-risk and easy to start. It can help keep you fit and reduce your risk of serious diseases, like heart disease, stroke, diabetes, and more.

A regular walking program can—

- improve your cholesterol profile,
- lower your blood pressure,
- increase your energy and stamina,
- boost bone strength, and
- prevent weight gain.

How will your school or office participate in the event? Send your stories and pictures to [Well Aware](#) for your chance to win a Zumba or Yoga class.

Are you looking for a [walking path](#) or a [walking club](#)? The American Heart Association has [many resources](#) to help you live a healthy life.

March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign held annually in March by the Academy of Nutrition and Dietetics, formerly the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

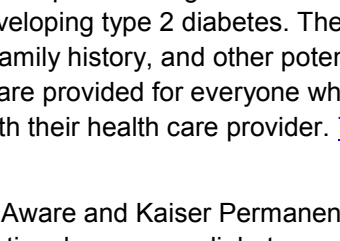
The theme for the 2015 National Nutrition Month is, "Bite into a Healthy Lifestyle." The Academy of Nutrition and Dietetics encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices, and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease, and promote overall health.

Take this opportunity to learn more about nutrition. Reading nutrition labels is the first step in understanding what you are eating. [Learn more](#) about reading nutrition labels from the Academy of Nutrition and Dietetics.

How will your school or office celebrate National Nutrition Month? Get creative and send us a picture of your healthy celebration.

Ready to Quit for Good?

According to the Surgeon General, "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives."



To have the best chance of quitting and staying a non-smoker, you need to know what you are up against, what your options are, and where to go for help. Quitting may be difficult, but it is certainly possible.

Join Well Aware and Kaiser Permanente for *Quit for Good*, a free, eight-week tobacco cessation program offered to all Montgomery County Public Schools employees and their spouses regardless of medical plan membership. The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Discussions focus on the skills necessary to successfully live tobacco-free.

The new session of *Quit for Good* begins Tuesday, March 17, 2015, at 4:30 p.m. in the Maple Room at 45 West Gude Drive, Rockville. For more information visit the [Well Aware website](#). To register for the class, [e-mail Well Aware](#).

Are You at Risk?

In 2012, 29.1 million Americans, representing 9.3 percent of the population, had diabetes. Are you at risk?

The American Diabetes Association Alert Day is a one-day wake-up call asking Americans to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. The Diabetes Risk Test asks simple questions about weight, age, family history, and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test, and those at high risk are encouraged to talk with their health care provider. [Take the risk test now!](#)

If you are diabetic or at high risk for developing diabetes, Well Aware and Kaiser Permanente are once again offering InStep with Diabetes, an eight-week educational course on diabetes and nutrition. The course will be held beginning Wednesday, June 24 from 12:00–1:00 p.m. at 45 West Gude Drive, Rockville. For more information or to register, [e-mail Well Aware](#).

This Week Is National Sleep Awareness Week

Did you know that March 2–8, 2015, is National Sleep Awareness Week? At least 40 million Americans suffer from chronic, long-term sleep disorders, and an additional 20 million experience occasional sleeping problems. These problems can lead to memory challenges, workplace accidents, and increased sickness.

Kaiser Permanente has a great resource, the online [Rest and Revive sleep management guide](#) to help you achieve better sleeping habits. Be sure to check out the [Rest and Revive workbook](#) for additional tips. You do not need to be a Kaiser member to access the website and these resources.

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](#).