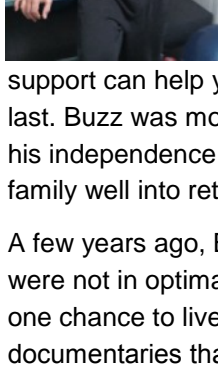


February Well Aware eNews

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

- this month's wellness champion, whose desire to maintain his independence into old age inspired him to change his eating and exercise routines;
- a seminar/webinar from Cigna to help you and your family adopt heart-healthy habits;
- the purpose behind National Wear Red Day;
- Well Aware's physical activity challenge for the spring; and
- more!

Wellness Champion Adopts Healthy Lifestyle Through Education and Community Support



Charles I. Lee Jr., Printing Supervisor, Print Shop

Charles "Buzz" I. Lee, Jr., Editorial, Graphics and Publishing Services' printing supervisor, has proven that a little bit of education and community support can help you make positive lifestyle changes that last. Buzz was motivated to change in order to maintain his independence into old age and to be there for his family well into retirement.

A few years ago, Buzz and his wife realized that they were not in optimal physical shape, and that they get only one chance to live a healthy life. He watched three documentaries that were life changing for him: "Forks Over Knives," "Genetic Roulette," and "Fat, Sick and Nearly Dead." After watching the films, he became a vegetarian while striving to be vegan.

"I now eat only unprocessed, 'clean,' and organic foods whenever I can," Buzz said. "I have a large garden where I get most of my veggies from. That way, I can control the products that are used in the soil and on the plants."

Buzz also researched community resources to help him stay committed to his new lifestyle. Along with working out regularly at a gym, he joined a community program—the Poolesville Weight Loss Challenge—where he weighs in and attends a meeting each week. At the end of the 8-week session, the "biggest loser" and the participant who loses the most inches each receive a cash prize. He also attends a weekly boot camp of sorts in Poolesville, which consists of a free, one-hour personal training session.

"Among other things, I have learned about nutrition, food labels, and protein-to-carb ratios since starting the programs last summer," Buzz said. "I have lost nearly 40 pounds."

Although Buzz doesn't have a healthy role model, he tries to inspire his coworkers to live clean, healthy lives. By sharing what he has learned about diet and nutrition, he endeavors to educate people on the true benefits of a vegan diet.

"I always answer questions they have regarding my weight loss and fitness routine and encourage them to start living a healthy lifestyle," Buzz said. "After all, as silly as it sounds, we only get one chance at this life with this body and we need to make the best of it."



Don't Miss It

This month's free seminar/webinar—

Raising a Heart-Healthy Family

Heart disease can seem to come out of the blue and often starts early in life. Join Well Aware and Cigna for a seminar/webinar to learn more about heart health so you can teach your kids and adopt heart-healthy habits for your whole family.

Thursday, February 6, 2014

10:00–11:00 a.m.

Shady Grove Bus Depot
16651 Crabbs Branch Way
Rockville, Maryland 20855

Tuesday, February 25, 2014

10:00–11:00 a.m.

Bethesda Bus Depot
10901 Westlake Drive
Rockville, Maryland 20852

Tuesday, February 25, 2014

4:00–5:00 p.m.

Webinar

Thursday, February 27, 2014

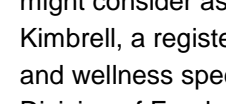
4:30–5:30 p.m.

CESC Cafeteria
850 Hungerford Drive
Rockville, Maryland 20850

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:



Ask a Nutritionist

If you have questions about nutrition and/or special diets, you might consider asking Kerri Kimbrell, a registered dietitian and wellness specialist with the Division of Food and Nutrition Services. While her main focus is on student needs and wellness, she is available to address your questions pertaining to personal nutrition and diet. You can reach her via [e-mail](#).

Join Well Aware for: Just 10 ... More!

Last fall, MCPS employees took the challenge to move, lose, or maintain by getting active, staying active, and watching their diets in Well Aware's physical activity challenge: Just 10. If you participated, you likely made significant positive changes to your health.

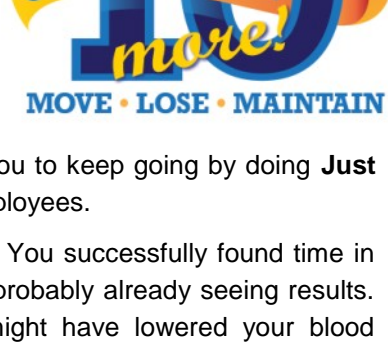
Now, as the weather gets warmer, Well Aware challenges you to keep going by doing **Just 10 More**, the spring physical activity challenge for MCPS employees.

You spent the fall working on your baseline level of activity. You successfully found time in your schedule for 10 minutes of activity each day. You are probably already seeing results. You might be sleeping or managing stress better, you might have lowered your blood pressure or cholesterol, or you might have lost some weight. Now it is time to push yourself to do **Just 10 More!**

The Surgeon General recommends that Americans get at least 150 minutes of moderate to intense exercise per week—30 minutes per day for at least five days per week. This basic level of activity is enough to improve the health of those who meet it. Are you one of them?

Perhaps you did not participate in the Just 10 Challenge in the fall. Well, there is no better time to start than now! Find your baseline activity level then do **Just 10 More!**

For more information on **Just 10 More** including rules and prizes, visit the [Well Aware website](#) and the [Just 10 More web page](#). Or, type "Just 10 More" into the search bar from any MCPS web page.



Today (February 7) is National Wear Red Day ... Do You Know Why?

Perhaps you are wondering why so many of your coworkers are sporting red today (February 7). In case you missed last week's announcement in *The Bulletin*, today is National Wear Red Day. What does the color red signify the first Friday in February each year?

Americans are encouraged to wear red on this day to raise awareness of the fact that heart disease is the number one killer of women. National Wear Red Day was established in 2003, when the American Heart Association (AHA) and the National Heart, Lung, and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year.

Many still believe that heart disease affects more men than women. However, according to the AHA, the disease has killed more women than men each year since 1984. The symptoms of the disease are different for women than for men and are often missed.

AHA has provided [additional statistics](#) about heart disease and its impact on women. Also, you will find more information about heart disease, find out your risk for developing the disease in the next 10 years, and learn tips for living heart-healthy [here](#).

Send your photos or stories about how you celebrated the day by e-mailing [Well Aware](#). If you missed the opportunity to wear red today, you can always choose your own Go Red Day and wear red while helping to educate women on the important factors that contribute to heart disease: blood pressure, cholesterol, weight, and stress.

Know Your Numbers

Health Screenings Planned for March

When it comes to preventing and treating heart disease, it's all about early detection. The sooner you know and understand your risk for the number one killer of women and men, the sooner you can take preventative steps to keep it from entering—and perhaps ending—your life.

Some of the risk factors for cardiovascular disease include high blood pressure, high cholesterol, body weight/body mass index and high blood glucose. Knowing these numbers can serve as a wake-up call for you to jumpstart a healthier lifestyle.

Well Aware invites you to get your free health screenings in March. Know your numbers.

Wednesday, March 12, 2014

3:00–7:00 p.m.

45 West Gude Drive

Maple Room

Rockville, Maryland 20850

Schedule your health screening appointment for March 12 [here](#). Enter login: mcps and password: healthy

Friday, March 21, 2014

10:00 a.m.–2:00 p.m.

45 West Gude Drive

Maple Room

Rockville, Maryland 20850

To register for a screening on March 21, e-mail [Well Aware](#) to reserve a time.

Getting regular checkups and learning about the factors that put you at risk for heart disease can be lifesaving. Knowledge is power, and once you've got it, you can start making positive changes to your lifestyle. Factors like age, and family history are obvious beyond anyone's control, but there are still a lot of things you can do to minimize your risk.

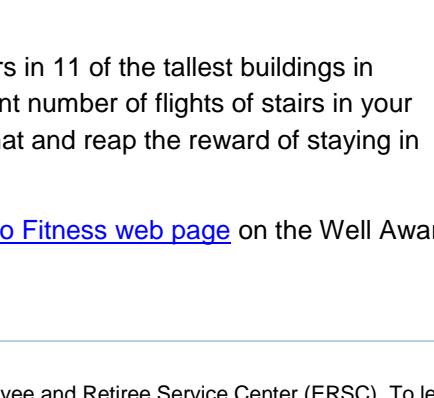
Knowing your numbers is one of them.

Flights to Fitness

For many people, stair climbing is a wonderful way to keep fit. And, since most of us work or live in or near a building with stairs, it is an easily accessible sport. Stair climbing can be done on your way to your office or a meeting, and can even provide a quick break in your daily routine. There are huge benefits to your heart and mind, as well as to your leg muscles.

Well Aware challenges you to climb the flights of stairs in 11 of the tallest buildings in America. Wait, what? *How?* By climbing the equivalent number of flights of stairs in your location, you will have climbed 873 flights! Achieve that and reap the reward of staying in shape during the cold winter months.

Join us! You will find more information at the [Flights to Fitness web page](#) on the Well Aware website.



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.