Are you new to exercising or has it been a while since you last worked out? To help you get started, we recommend checking out the MCPS Staff Virtual Wellness Day. This event offers a variety of options, including virtual workouts and wellness classes. You can also visit Wellbeats, a virtual fitness platform that offers a wide range of classes, such as yoga, Pilates, and strength training. Wellbeats provides access to these classes 24/7, allowing you to exercise at your convenience.

MCPS staff has free access to Wellbeats! Wellbeats offers a 24/7 virtual fitness, nutrition, and wellness platform that includes live and on-demand classes, tools to help you achieve your goals, and resources to help you make healthy choices. The Wellbeats platform provides a list of free exercise and mindfulness classes that you can access at any time.

In addition to Wellbeats, MCPS staff can access a variety of other resources through the Well Aware program. Well Aware is the MCPS employee wellness program, bringing you the Well Aware Wellness Toolbox to see what self-care resources and tools are available to help you live healthy and well lives. These resources include physical and mental health resources, lists of free exercise and mindfulness classes, links to resources for improving sleep, nutrition, and more.

The Well Aware program is proud of all of the hard work that MCPS staff is doing to live healthy and well lives. It is time to share your stories and your spirit! Or do you need a little encouragement? The Well Aware program is here to help! Visit Well Aware's website to learn more about employee wellness and access the Well Aware Toolbox.

In addition to Wellbeats and Well Aware, you can also participate in the MCPS Staff Virtual Wellness Day. This event is a great way to get started on your fitness journey and meet other MCPS staff members who are also interested in improving their health and wellness. You can also participate in the Run Farther & Faster MCPS Fall Virtual Group 5K Training Program. This program is open to all MCPS staff members and is a great way to get moving and stay healthy.

The Montgomery County Public Schools (MCPS) Wellness Initiatives program provides you with access to a variety of resources, including fitness classes, nutrition resources, and mental health resources. The Wellness Initiatives program is committed to helping MCPS staff members live healthy and well lives. You can also participate in the National Institutes of Health: Creating Healthy Habits Interactive Challenge, which is a great way to learn about healthy habits and make positive changes in your daily routine.

The Head, Heart, and Hand 12-Step Diabetes Care Program is another program offered by the Wellness Initiatives program. This program is designed to help people manage their diabetes and achieve their health goals. The program includes a series of workshops that cover topics such as nutrition, exercise, and managing stress.

In summary, the MCPS Wellness Initiatives program provides you with access to a variety of resources and programs designed to help you live healthy and well lives. You can participate in the MCPS Staff Virtual Wellness Day, the Run Farther & Faster MCPS Fall Virtual Group 5K Training Program, and the National Institutes of Health: Creating Healthy Habits Interactive Challenge, among other programs. The Wellness Initiatives program is committed to helping MCPS staff members achieve their health goals and live healthy and well lives.