Learn risk factors for type 2 diabetes

...more about employee wellness by visiting our... Click here for the class schedule, links, and 20 percent discount on an annual pool pass for your family members.

...recreation facilities, including swimming pools and gymnasiums. You also are eligible for a... Access to its Recreation Facilities

...self physical health and mental health. When it comes to your mental health, self... wellness ideas, encouragement from your MCPS coworkers, tips on living a healthy life, or extra motivation to begin a staff wellness program at your school, depot, or office, or to turn... Space is limited to the first 50 registrants.

...This program is appropriate for new runners or runners who are returning after a hiatus. Strength workouts and form drills. For those who are interested, participants also have running coaches with questions or concerns. The training calendar begins with run/walk... following a successful fall session, the Run Farther & Faster MCPS Spring Virtual Group

...fitness, relieve stress, and boost your confidence.

...Colorectal Cancer Awareness Month; and... National Nutrition Month;

...These are just a few examples of events held each year, but this year, the... 50 percent fewer sick days than those who exercised once per week or... taking a walk. Wear your sneakers... taking nearly 50 percent fewer sick days than those who exercised once per week or... The... Department of Health and Human Services recommendation of 150 minutes of moderate... Physical activity...effectively, and enjoy life.

...Are you under any stress? You are not alone. Stress not only affects you emotionally, but it also greatly impacts your physical health. It makes it harder to think clearly, function... better... as... Teaching is a very demanding job, so it is important for staff to be in a good place mentally... long unhealthy habits into healthy ones. Follow @mcpswellaware for incredible stories, long-term success stories, and wellness.

...Kyle rewards his coworkers for keeping a healthy lifestyle.

...the time to fill their buckets and their bellies, cooking demonstrations throughout the school day, concepts that I discuss with my students,...

...Kyle said.

...A Diabetes Wake

...Society estimates that... Colon cancer is the third most commonly diagnosed cancer and the second leading cause... generally, the... MC Recreation website

...Please note that... health screenings... Well Aware eNews

...National Walking Day is April 5, 2023... National Diabetes Prevention Program... Give staff and students the opportunity to share their wellness journey with others, and... one day is not enough... of... MCPS employees. You can visit the MCPS Employee Resource website...

...Connect with other schools and collaborate with those you see... staff meetings, and have had great participation in the school kickball and softball... One... email Well Aware... 8100 or... email Well Aware... Please...