The outbreak of COVID-19 and transition to online learning, have made us more inventive in how we connect with our MCPS coworkers. You also will read tips on healthy lives. It is time to share your stories and your spirit! Or, perhaps you need some support. How will your school or office celebrate the event?

- 5 easy ways to improve your health
- 2021 Medical Plan: Biometric Screening
- 8 Ways to be More Active

Wellness Champions Keep it Moving!

Moving! Wellness Champions Keep it Moving!

Your doctor may recommend that you adopt heart healthy lifestyle changes, such as heart healthy eating, regular physical activity, and stress reduction. These changes can help you manage blood pressure and lower the risk of heart disease, and even lower your overall risk of premature death.

Blood pressure control is a journey, and there are small steps you can take every day to improve your blood pressure. Uncontrolled high blood pressure, or hypertension, is dangerous and far too common. In fact, an estimated 80 million Americans (one out of three adults) have high blood pressure. You are at risk for high blood pressure is to know your numbers. It is important to learn a deep breathing technique to help control blood pressure at any time!

During National Blood Pressure Education Month in May, the National Heart, Lung, and Blood Institute recommends engaging in regular physical activity. Regular physical activity with proper nutrition can help control blood pressure. Regular physical activity can lower blood pressure. Physical activity can help you lose weight and keep your weight down, which also can lower your blood pressure. It is important to talk with your health care team about starting an exercise program. 

Unhealthy eating habits can make it difficult to manage blood pressure. Eating too much sodium, or salt, can raise your blood pressure and make it harder to control. The DASH eating plan is a healthy eating plan that can help you lower your blood pressure. DASH eating plan includes a variety of fruits and vegetables, low-fat dairy products, whole grains, lean meats, poultry, fish, and beans. The DASH eating plan also is lower in fat, saturated fat, cholesterol, and sodium than a typical American diet. The DASH eating plan also can help you lose weight or keep your weight down.

The National Heart, Lung, and Blood Institute recommends eating a variety of fruits and vegetables every day. Eating a variety of vegetables and fruits can help you eat less saturated fat and钠. Eating a variety of fruits and vegetables also can help you lose weight or keep your weight down. For more information about the DASH eating plan, visit DASH Eating Plan: Quick Guide for Weight Loss.

Physical Activity Challenge

Physical activity classes are now online! Please email Well Aware at WellAware@mcps.k12.md.us to register. To register for any of these classes, please email Well Aware at WellAware@mcps.k12.md.us. For more information, please visit the MCPS Staff Wellness Initiatives webpage. The outbreak of COVID-19, and transition to online learning, have made us more creative in how we connect with our MCPS coworkers. If you want to get started on your health and well-being journey, visit the MCPS Staff Wellness Initiatives webpage. For more information, please visit the MCPS Staff Wellness Initiatives webpage.

Wellness Initiatives: Health Risk Assessment and Dendroclimatic Screening

Guided Meditation for Teachers

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