Soda is a contributor to obesity. It can be hard to quit smoking, but you can do it. To have the best chance of quitting and remaining a nonsmoker, you need to know what you are up against, what your options are, and where to go for help.

When we continue these practices this spring, we will see a decrease in our stress level and learn techniques for managing pressure and anxiety. Join Well Aware as we keep each other motivated and work to achieve our goals together.

It takes to start a successful walking program:

- The average person needs to walk 20 minutes a day.
- To improve cardiovascular health, walk 30 minutes a day.
- To improve general health and fitness, walk 60 minutes a day.

Join Us for Spring Training!

Each team member received a grocery list, recipes, and snack ideas.

Theresa has some great advice to other school and office staff who might be thinking about joining the 21 Day Challenge team from Gaithersburg High School. Theresa R. Kaufman, teacher, and her team members shared their tips for a healthy eating challenge. Their goals were to jump into a 21 Day Challenge team from Gaithersburg High School. Theresa R. Kaufman, center, and Georgia Chrisman, left, with their team members.

For information on dates, times, and class locations, please contact ERSC at 301-279-3800.

Stress Less This Spring

Stress is part of being human. Each April, MCPS and Well Aware have participated in the American Heart Association’s annual National Walking Day. This event serves as a reminder that we need to pay attention to our stress levels, learn techniques for managing pressure and anxiety, and stay healthy.

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