The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn more about your employee wellness by visiting our Wellness Initiatives program. To take full advantage of these rate reductions, complete a biometric health screening and a health risk assessment yearly, and, if you use tobacco, consider quitting.

We are five weeks in to the 2016 health challenge, including incentives, rules, and more by visiting the Wellness Initiatives for Employees web page.

Although Sandy and Julie both exercised prior to the challenge, they found it more productive when they tied it to a competition.

The impetus came as a result of MCPS Adult and Kids' Physical Education Department's decision to make the initiative a school-wide program.

“Not a big fan of the bike? No worries—any activity counts. In the month of April, you can choose from a variety of activities.”

Register for a Well Aware Fitness Log account and start logging your activity. Learn more at the official website.

Learn more about screening for many types of cancer and how to reduce your risk.

Prevention and screening are our best defenses against cancer. All Americans can reduce the rate of new cases and deaths caused by cancer. Cancer rates have declined since the 1990s, thanks to research and progress made in prevention and treatment. This year, an estimated half million Americans will lose their lives to cancer, and three times that many are working hard! Well Aware has given out 25,000 Wellness Kits to employees of all ages.

Join Sandy and Julie and try out some exercises and activities that may be new to you, or reconnect with old favorite activities. Spread the word with our mailing list, social media, and wellness events.

This seminar introduces the science behind stress relief opportunities. Can Chill gives you tools to control your stress with breathing techniques and offers practice exercises you can do in your leisure time to improve your overall health.

Let’s get the word out. You can be a wellness champion too.

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