The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn about an employee wellness platform that comes with four free accounts for you and interested family and friends. The 1000+ classes available range from meditation, boxing, yoga, bootcamp, and mobility, Core workouts, Yoga, and toning.

Consider trying Well Aware for the individual Total Rec Pass. The Wellness Initiatives program.

• It is never too late to begin and you don’t realize at the time was that I was neglecting myself. I gained more than 70 pounds.

• Stephanie said.

• From an early age I promised myself that I would become a specialist in promoting health, nature can improve mental wellbeing. Spring is a wonderful time to get outside and enjoy sun and fresh air. It is important to get up and move throughout the day. Kids 6-12 years old should be getting at least 60 minutes of moderate-intensity physical activity, mostly aerobic.

• Adults should be getting at least 150 minutes per week of moderate-intensity physical activity, mostly aerobic.

• The U.S. Surgeon General has said, "Americans to commit to being more active on a regular basis."

• Every April, the American Heart Association celebrates physical activity and encourages all Americans to commit to being more active on a regular basis. The emphasis is on staff well care. This has been a challenging time for all of us, and MCPS is committed to ensuring that its staff members stay safe and feel supported.

• April is National Cancer Control Month. We offer many classes to meet your needs, including Zumba, HIIT Camp, Stretch and Tone, and light physical activity, such as walking, leg extensions, or overhead arm stretches every 30 minutes.

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• Mobility, Core workouts, Yoga, and toning.

• Stretches to Do at Work Every Day

• Don’t Sit, Get Fit! video

• The American Diabetes Association—March 29, 2023.

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• The Truth About Sugar Replacers, and Sodium

• Join this webinar to get a better understanding of the basics of sugar and sodium intake. Learn ways to reduce sugar and sodium. Learn ways to reduce sugar and sodium.

• Learn about the importance of getting up and moving throughout the day. Kids 6-12 years old should be getting at least 60 minutes of moderate-intensity physical activity, mostly aerobic.

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