Welcome to the December issue of the Well Aware eNews!

December is known for giving us holidays in abundance, and the Well Aware team is here to help keep our MCPS employees focused on health and wellness during this busy time of year. To help them navigate with celebratory feasts tempting you at every turn, we have created a series of articles on the challenges of the holiday season and tips for maintaining a healthy lifestyle.

Stay tuned for our next edition—December Well Aware eNews to Wellness Champion Walks Her Way. Enjoy the holiday season with well-being and good health.

Betty Payne, Administrative Secretary, Office of the Superintendent of Schools

Meet Betty Payne:

Betty Payne is an administrative secretary in the Office of the Superintendent of Schools. For Betty, it was critical that she develop and maintain an active lifestyle. As a survivor of triple bypass surgery, she knew that to lose some weight and stay healthy, she needed to develop a regular exercise routine.

Betty's love for walking began in 2011, when she participated in the Well Aware's Healthy Holiday Bake Off bake-a-thon. She participated in the bake-off as a way to stay active and healthy during the holiday season.

Betty's daily walking routine includes walking twice a day, even if there's inclement weather. She walks outside or inside, whether it's morning or afternoon, rain or shine. Betty will march out when we don't! She encourages us to walk with her, and we are inspired to follow her lead.

Betty's persistence and dedication to walking have inspired many of her colleagues. She is still keeping up with her walking routine. She walks with her colleagues who have won and, more importantly, to celebrate their own victories through this way wellness challenge. The Million Mile Challenge doesn't end here! Maintain your active lifestyle and continue to log weekly individual incentives.

For the past 10 weeks, MCPS employees have walked, marched, and run. The Million Mile Challenge winners; walks to improve their health; ways to stay healthy over the holidays; and tips for recipe modification.

More Than 5,800 Participate in the Million Mile Challenge Fall Incentive!

In September, the Million Mile Challenge continued! More than 5,800 employees have participated in this first part of the challenge. In case of inclement weather, the event will be held at the same time and location on December 8. All winners will be recognized and prizes will be awarded during the Well Aware Awards Ceremony. Don't forget to RSVP! E-mail wellness@mcpsmd.org to arrange for a spot in the event.

Win and Lose:

Could this be the start of a healthier building climate?

While it is important for all employees to adopt healthy habits in their day-to-day life, it is equally important for them to appreciate the progress they have made. The Well Aware team is here to celebrate our employees' successes and help them stay on track in the future.

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