The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn living a healthy life, or updates on MCPS staff wellness activities. For incredible stories, wellness ideas, encouragement from your MCPS coworkers, tips on well life. It is time to share your stories and your spirit! Or, do you need motivation to feel supported.

Did you know MCPS has a wellness resource is a one-time access to Its Recreation Facilities. Interested? Choose from 1,000+ classes for all ability levels including yoga, HIIT, strength training, running and walking, mindfulness and meditation, nutrition and recipes, cycling, circuits, and well life. This can make a big difference in your mood and stress levels.

Email Well Aware

Email Well Aware and CareFirst have teamed together to offer a webinar series focusing on Heart Health Webinar Series. For details, visit Well Aware or visit the Coaches Scaleback Lifestyle Program Coaching Apps (English) to learn more!

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The last few months have been challenging ones for everyone. With colder temperatures and shorter days, it may be more difficult to get outside and exercise. But there are things you can do to stay active and healthy, even if you can’t workout outside. Here are a few ideas:

1. **Stay Active Indoors**: If it’s too cold to go outside, there are plenty of ways to stay active indoors. Consider doing some yoga or stretching exercises, or even a dance class. You can also use online fitness resources like Wellbeats to find classes that work for you.
2. **Eat Healthy**: Eating a healthy diet is important for maintaining good health. Try to include plenty of fruits and vegetables in your meals, and limit your intake of junk food and processed foods.
3. **Get Enough Sleep**: Getting enough sleep is essential for both physical and mental health. Aim for 7-9 hours of sleep each night. You can also try to establish a bedtime routine to help you wind down at night.

Remember, even small changes can make a big difference in your overall health and well-being. So take care of yourself and enjoy the winter season!