

January Well Aware eNews

Welcome to the January issue of the Well Aware eNews! Read on to learn about—

- this month's wellness champion, who combats illness through exercise and a healthy diet;
- a seminar/webinar from Cigna to revolutionize your New Year's resolutions;
- the Just 10 Challenge winners and Zumbafest Celebration;
- a Flights to Fitness initiative; and
- more!



Don't Miss It

**This month's free seminar/webinar—
Resolution Revolution**

Get 2014 off to a good start when Cigna challenges you to take a fresh look at your everyday choices and make some positive lifestyle changes to reduce stress and improve your overall health.

Tuesday, January 14, 2014
10:00–11:00 a.m.

Randolph Bus Depot
1800 Randolph Road
Silver Spring, Maryland 20902

Thursday, January 23, 2014
4:30–5:30 p.m.

Carver Educational Services
Center Cafeteria
850 Hungerford Drive
Rockville, Maryland 20850

Monday, January 27, 2014
10:00–11:00 a.m.

West Farm Bus Depot
11920 Bournefield Way
Silver Spring, Maryland 20904

Tuesday, January 28, 2014
Webinar

4:00–5:00 p.m.

Please register for the seminar/webinar by e-mailing [Well Aware](#)

with the date and time you plan to attend. If you register for the webinar, you will be sent a link to it as well as an Outlook calendar reminder.

Spread the word with our [printable flyer](#). See [archived webinars](#).

Presented by:



Wellness Champion Exercises and Eats Healthy Food to Fight Illness



Emma I. Mata, bus operator Randolph Transportation Depot

As a teenager, Randolph Transportation Depot bus operator Emma I. Mata developed rheumatoid arthritis. Since then, her main motivation for living a healthy lifestyle has been to combat her disease by exercising and maintaining a healthy diet.

"From early adolescence, I have been interested in living a healthy life," Emma said. "I participated in organized sports and ate healthy foods. Four years ago, I joined a gym, began resistance training, and pursued my Zumba teaching certification."

Today, Emma is the wellness coach and Zumba instructor for the Montgomery County Public Schools Department of Transportation wellness program.

"Taking on a leadership role is an opportunity to do something positive by helping others and myself, while improving my knowledge and awareness in the fitness arena," Emma said. "My favorite part of teaching is helping others achieve their personal wellness goals and seeing them smile and have fun!"

Although Emma never set out to be a role model, she realizes the importance of setting a good example in all areas of her life and aspires to be a positive influence for change wherever she can. She knows that by increasing her physical activity she has improved her health and well-being. Now she encourages her coworkers to follow suit.

"I want my Department of Transportation coworkers to get up, get out, and move more," Emma said. "This will help them to live healthier and happier lives."

In Case You Missed the News:

Just 10 Challenge Winners Announced!



Last fall, more than 5,900 Montgomery County Public Schools employees accepted the challenge to move, lose, or maintain during the Well Aware Just 10 incentive challenge. By doing so, they competed for prizes and, more importantly, they adopted or kept a healthy lifestyle.

Congratulations to all staff members who took advantage of the competition as motivation to improve their personal health!

The following 10 **Overall Lifestyle Change Award** winners each received a \$200 gift card for having the greatest decrease in Body Mass Index (BMI) over the course of the challenge:

- **Shirley Ben-Ami**, Parkland Middle School
- **Nikora Boucher**, Germantown Elementary School
- **Meredith Casper**, Central Services
- **Amy Domingos**, Tilden Middle School
- **Jeff Johns**, Farquhar Middle School
- **Michelle Maloney**, Fairland Elementary School
- **Chuck McGee**, Central Services
- **Diana Mystal**, Julius West Middle School
- **Mary Richards**, Maryvale Elementary School
- **Trina Vogel**, North Bethesda Middle School

Grand prize winners are as follows:

School-based Team Prize: The top five school-based teams with the most average activity time throughout the 10-week challenge received a \$1,000 grant to promote wellness in their schools. They are:

- **Carolina's Beall Dragons** (Beall Elementary School: Carolina DeVriendt, Sun Kim, Norma Villavicencio, Michelle Stanley)
- **Fit Bits** (Northwest High School: Doris Giraud, Shari Chapman, Athena Cois, Sean Gallagher, Lance Dempsey, Emily Keller, Theresa Dethlefsen)
- **Highway Hurlers** (Julius West Middle School: Hasani Israel, Michael Reiter, James Little)
- **Trailblazers** (Parkland Middle School: Stephanie Lopez, Rachel Noppe, Alison Russell, Shirley Ben-Ami, Leanne Hood)
- **Wii Fit** (Julius West Middle School: Brittany Trail, Chris Tao, Duane Wehr)

Nonschool-based Team Prize: The top five nonschool-based teams with the most average activity time throughout the 10-week challenge received a \$1,000 grant to promote wellness in their offices or depots. They are:

- **Awesome Accounting Auditors** (Kevin Hainsworth, Robert McIlvain, Mary Shull, Dena Horton, MJ Bergstresser, Roger Pisha, Virginia Denning)
- **Exercise?... Probably Should!** (Cara Grant, Matt Augustin, Jeffrey Mehr)
- **Fit IT** (Chuck McGee, Tammy Rasmussen, Trina Vogel, Sue Reber, Leslie Guerra)
- **LB Losing Masters** (Carmen Tong, Larry Wong, Erika Wong, Cindy Phu, Elizabeth Wong)
- **Sassy Ladies** (Kimberly Emswiler, Lila Cady, Melinda Bredow, Anita Jones)

Golden Sneaker Team Prize: In addition to a grant, the top team overall with the most average miles throughout the 10-week challenge won the Golden Sneaker Trophy and bragging rights until the next challenge. The top team is:

- **Exercise?... Probably Should!** (Cara Grant, Matt Augustin, Jeffrey Mehr)

Elementary School Grand Prize: The top five elementary schools with the most average activity time received a \$1,000 grant to be used for physical education equipment or to support staff wellness. The winners are:

- **Beall Elementary School**
- **East Silver Spring Elementary School**
- **Oakland Terrace Elementary School**
- **Seven Locks Elementary School**
- **Stone Mill Elementary School**

Middle School Grand Prize: The top five middle schools with the most average activity time received a \$1,000 grant to be used for physical education equipment or to support staff wellness. The winners are:

- **A. Mario Loiederman Middle School**
- **Neelsville Middle School**
- **Parkland Middle School**
- **John Poole Middle School**
- **Julius West Middle School**

High School Grand Prize: The top five high schools with the most average activity time received a \$1,000 grant to be used for physical education equipment or to support staff wellness. The winners are:

- **Winston Churchill High School**
- **Damascus High School**
- **Thomas Edison High School of Technology**
- **Northwest High School**
- **John L. Gildner Regional Institute for Children and Adolescents (RICA)**

Prizes were awarded in December, and Just 10 Challenge winners have been invited to participate in a wellness celebration on Thursday, January 16, 2014, from 4:30–5:30 p.m., at Julius West Middle School. (See article below for details.)

Although the Just 10 Challenge has come to an end, the [Well Aware Fitness Log](#) continues to provide a resource for you to track your physical activity and diet. Well Aware will begin a new and exciting physical activity challenge in the spring. Look for more information beginning next month on the [Well Aware website](#), and in upcoming issues of [Well Aware eNews](#) and [The Bulletin](#).

Just 10 Challenge Winners to Celebrate at Zumbafest

Congratulations! You worked hard for 10 weeks. Not only did you increase your activity, you entered it in the online Well Aware Fitness Log and have won an individual, team, or school grand prize. Now it is your chance to celebrate your success with your coworkers at an event planned just for you. Join Just 10 Challenge winners from around MCPS as we Zumba together!

Thursday, January 16, 2014

4:30–5:30 p.m.

Julius West Middle School

All Purpose Room

651 Great Falls Road

Rockville, Maryland 20850

Here's even more incentive for attending: Five lucky attendees will win a six-week Zumba or yoga class for their school or office.

Note: This event is for Just 10 Challenge winners only. Wish you could attend? Encourage your school or office to participate in the spring wellness challenge for your chance to attend a similar event!

Flights to Fitness

For many people, stair climbing is a wonderful way to keep fit. And, since most of us work or live in or near a building with stairs, it is an easily accessible sport. Stair climbing can be done on your way to your office or a meeting, and can even provide a quick break in your daily routine. There are huge benefits to your heart and mind, as well as to your leg muscles.

Well Aware challenges you to climb the flights of stairs in 11 of the tallest buildings in America. Wait, what? *How?* By climbing the equivalent number of flights of stairs in your location, you will have climbed 873 flights! Achieve that and reap the reward of staying in shape during the cold winter months.

Join us! You will find more information at the [Flights to Fitness web page](#) on the Well Aware website.

Remember to Jump Start Your New Year's Resolutions

Are you looking to get a jump start on your New Year's resolutions? Well Aware and CareFirst will hold a six-week, onsite, motivational challenge to encourage you to take the necessary steps to become active and healthy. Join us for weekly weigh-ins at the location of your choice as follows:

Central Services
45 West Gude Drive
Rockville, Maryland 20850
Aspen Conference Room
Startdays from 4:00–5:00 p.m.
Starting January 16

Winston Churchill High School
11300 Gainsborough Road
Potomac, Maryland 20854
Thursdays at 2:15 p.m.
Starting January 16

A Mario Loiederman Middle School
12701 Goodhill Road
Silver Spring, Maryland 20906
11:00 a.m.–12:40 p.m.
Wednesday, January 22
Tuesday, January 28
Monday, February 3
Thursday, February 13
Thursday, February 20
Wednesday, February 26

Neelsville Middle School
11700 Neelsville Church Road
Germantown, Maryland 20876
Mondays at 3:15 p.m.
Starting January 13

To participate, you must RSVP for all six weigh-ins at the location of your choice by e-mailing [Well Aware](#).

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our [website](#). To view this e-mail newsletter as a .pdf document, click [here](#). Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or wellness@mcpsmd.org.