January Will Award ribbon

Well Aware is the name of the MCPS fitness challenge that took place in January. The competition is designed to encourage employees to be physically active and to help them achieve their New Year’s resolutions. For more information, visit the Well Aware website.

Well Aware Fitness Log

To participate, you must RSVP for all six webinars. To access the webinar, log on to the MCPS Learn website: mcpslearn.org. Click the “Webinar” tab and then the “Well Aware” tab. The webinar starts at 11 a.m. Eastern Time each Monday. A recording will be available for those who are unable to attend. To sign up, visit mcpslearn.org/WellAware.

Monday, January 27, 2014

Webinar 

“Flights to Fitness”

By climbing the equivalent number of flights of stairs in your building, you can compete in a physical challenge. This competitive aspect could provide the motivation you need to make a change wherever you work, live, or play. Stair climbing can be done at any time during the day, and it can be done indoors. You are not required to为首的 any number of flights to participate in Flights to Fitness. You can work in teams or individually to participate in the competition. For more information, visit the Flights to Fitness website.

Just 10 Challenge Winners to Celebrate at Zumbafest

The Just 10 Challenge was a six-week challenge designed to encourage MCPS employees to make healthy lifestyle changes. The top five elementary schools with the most average improvement in workplace wellness scored the highest overall. Nonschool-based teams also competed. The top team overall with the most average improvement in workplace wellness received a $1,000 grant to promote wellness in their school or office. In addition to a grant, the top team overall received a $1,000 prize to be used for physical education equipment. The top five nonschool-based teams received $1,000 prizes to be used for physical education equipment or to support staff wellness. The winners are:

1. Damascus High School
2. Winston Churchill High School
3. Central Services
4. Middle School Grand Prize: Julius West Middle School
5. Nonschool based Team Prize: Randolph Transportation Depot

Furthermore, the winners who received a grant were asked to use the money in a way that would encourage their colleagues to make healthy changes. They were given the option to hold an event that would promote wellness, such as a Zumbafest or a similar event.

Winston Churchill High School hosts Zumbafest

Zumbafest is a fun and energetic event that promotes physical activity and health. It is an opportunity for employees to come together and celebrate their success in the Just 10 Challenge. Employees are encouraged to participate in the Zumbafest twenties to support their colleagues and promote a healthy lifestyle. The winners of the Just 10 Challenge will be featured at the event, and employees will have the opportunity to compete in a Flights to Fitness initiative; and

January Well Aware eNews

This month’s wellness champion, who combats illness and promotes healthy living through physical activity, is Emma I. Mata, b. She established the runs as well as an Outlook calendar with the date and time you plan to participate. It is being held at A. Mario Loiederman Middle School, 11920 Bournefield Way, Germantown, Maryland 20854, on January 28. Visit the A. Mario Loiederman Middle School website for more information.

Flights to Fitness

Flying for fun or for business can be both exciting and stressful. Although the commercial airline industry is continually improving, flying is still a stressful experience for many. Incentives are offered to help employees make a change to their lifestyle. For example, getting a yoga class for their school or office.

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