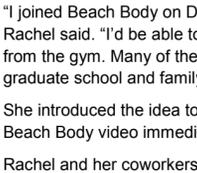


## June Well Aware eNews

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

- this month's wellness champions, an elementary school teacher and the work-out club she established at her school;
- a webinar on the types of skin cancer and how to recognize and prevent them;
- a chance to get InSTEP with Diabetes this summer;
- opportunities to celebrate the men in your life by raising awareness about their health;
- ways to stay active this summer; and
- more!

## Wellness Champions: Work-out Club Fosters Camaraderie and Increases Motivation



**Rachel Orgel and Work-out Club Members at Ronald McNair Elementary School**

For many years, teachers at Ronald E. McNair Elementary School have participated in physical and wellness activities, including softball and yoga. At the beginning of the 2017–2018 school year, together they formed a work-out club with the help of Rachel Orgel, staff development teacher.

In addition to teaching, Rachel has been pursuing a doctorate degree. She was finding less and less time to work out due to her hectic schedule and discovered that other teachers were facing the same challenge.

"I joined Beach Body on Demand thinking it would eliminate any excuse for not working out," Rachel said. "I'd be able to exercise anywhere without having to calculate travel time to and from the gym. Many of the teachers at my school were in similar situations because of graduate school and family responsibilities."

She introduced the idea to her colleagues during pre-service, telling them she'd put on a Beach Body video immediately after school and suggesting they sweat it out together.

Rachel and her coworkers now are not only committing their time to work out together, but they have formed a special bond that holds each other accountable.

Rachel has found the camaraderie to be very motivating. It has given participants a chance to get to know one another when they otherwise might not have connected due to their schedules. The bonds they have formed help them to hold each other accountable.

"I'm very proud of how far we have come in terms of athleticism and confidence," Rachel said. "In the beginning, many were afraid to join or to try the more challenging workouts. Now we work out three days per week. Many have commented that they feel more confident, strong, and empowered."

Administration is always a key to successful wellness programs, and McNair staff has the support of their principal.

"My principal has even joined us for a few workouts," Rachel said. "She especially loves the ones that involve hip hop and dance."

Rachel has great advice for schools looking to create a similar work-out club. It begins with getting started and sticking with it.

"Some days we have a large group and some days there are just two of us," Rachel said. "We have a group text where we post 'accountaselfies' of us post workout for everyone to see. The ones who didn't attend will comment and cheer us on. It also reminds them to come back."

Rachel also recommends that schools keep it lighthearted and flexible.

"When the weather is nice, we go outside for a walk," Rachel said. "We have also switched it up by dancing along with MixxedFit or Zumba YouTube videos. The key is to keep moving and have fun!"

Most importantly, Rachel acknowledges the growth in her coworkers and in the culture of wellness at their school.

"Our work-out club started off with many staff members feeling uncertain," Rachel said. "Now it is a part of our school's culture. If anyone is in the Germantown area Tuesday, Wednesday, or Thursday after our last bus is called, feel free to drop in and join us!"

*Presented by: CareFirst*

Visit the [Wellness Webinar Library](#).

Please register for the webinar by [e-mailing Well Aware](#). You will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.

**Wednesday, June 12, 2019**  
4:00–5:00 p.m.

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**This month's free webinar—**

**Skin Cancer Awareness**

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## InSTEP with Diabetes

Diabetes affects more than 25 million adults in the United States. Are you or your spouse living with diabetes? Join Well Aware and Kaiser Permanente for InSTEP with Diabetes, a four-week on-site program to better understand diabetes and learn skills for healthy living. Learn about diabetes facts, nutrition and food choices, physical activity, testing your blood sugar, diabetes medicines, and recommended care. You do not need to be a Kaiser Permanente member to participate.

For more information or to register for an upcoming class, [e-mail Well Aware](#).

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## Quit for Good!

## Thinking about Quitting or Need Help Staying Tobacco-free?

MCPS and Kaiser Permanente are teaming up again to bring you the Quit for Good tobacco cessation program. The free program is available to employees and their spouses, regardless of whether or not you participate in MCPS employee benefits or if you participate with Kaiser.

The program is course-based and consists of once-a-week classes led by a nurse practitioner with assistance from Kaiser Permanente clinicians and health experts. Participants will learn the skills necessary to successfully live tobacco-free. Discussion topics will include risk assessment, stress management techniques, healthy weight management strategies, and more. In addition to the class meetings, participants will receive support through a help line, peer sponsors who understand what it takes to quit, and other resources.

Classes for the 2020 benefits year are forming! [See dates and locations](#). Learn more about the program and register for an upcoming session by [e-mailing Well Aware](#).

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