Million Mile Challenge

Challenge web page

For more information on the prize structure, or the rules of the challenge, visit the depots to promote employee wellness. You also will be competing to win grand prizes for random prizes to those who log their activity, as well as weekly grants to schools, offices, and communities. Help us reach our goal of collectively logging one million miles of activity this school year!

Now, keep logging your activities this spring. If you have not registered or have not been registered to take the challenge. Most are walking, running, bicycling, climbing, and even gardening their way to better health. Are you?

Well Aware set an ambitious goal for Montgomery County school year, the MCPS wellness program aims to put a lot nothing compares to the camaraderie of those who are for a cure at the Maryland Tour de Cure ride on Saturday, May 4, 2013! You can join Team Red Riders, who are Tour de Cure participants with type 1 or 2 diabetes, sending e-mails to raise awareness and funds, and riding indoors on a trainer during the winter months.

He plateaued at that point for more than a year. Then, once he had his driver’s license, he gave up the twoROUTES

WHERE

WHEN

10, 22, 32, and 63 miles.

$15 to register (until March 31st)

Saturday, May 4, 2013

Maryland Tour de Cure

Join Wellness Champion Jeffrey Johns and the American Diabetes Association as they cycle for a cure at the Maryland Tour de Cure ride on Saturday, May 4, 2013! You can join Team Red Riders, who are Tour de Cure participants with type 1 or 2 diabetes, sending e-mails to raise awareness and funds, and riding indoors on a trainer during the winter months.

He plateaued at that point for more than a year. Then, once he had his driver’s license, he gave up the two fifteen-minute rides, and within five months was riding 20 miles.

Frequent Buyer Cards Provide Incentive to Eat Well

Keeping a food journal is simple to do and free of charge. You can choose to keep a journal and tracking what you eat and drink during the day is the first step to looking and feeling much, at other times we eat too much. In May, we will have our annual health screenings planned for March Wednesday, March 13, 2013 at the Shady Grove Bus Depot.

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