You smoke, consider quitting.

Health insurance while learning about these vital numbers. To take full advantage of these around.

We live our lives by the numbers: phone numbers, PIN numbers, and social security numbers. How many of us know our blood pressure, cholesterol, and BMI numbers? We don't know how to improve our health if we don't understand these numbers. The National Centers for Disease Control and Prevention (CDC) estimates that 4 out of 10 American adults have one or more chronic health conditions. These conditions can be prevented, managed, and treated. Your doctor can check your blood pressure, cholesterol, and BMI. These are your numbers. These are your health numbers.

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It's a Time for Spring Training!

Spring is here and that means it's time for running. The MCPS Wellness Office is hosting a Spring Virtual 5K Training Program with Run Farther & Faster - Spring Training. This is a 12-week program that will start March 10, 2017, and ends May 21, 2017. If you wish, you can register here. Participation is free, but we suggest making a $10 donation to the American Diabetes Association (ADA) for the benefit of the Regional ADA. To register, visit the virtual 5K training page. If you are already a registered member of the program, then you do not need to register again.

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