Get a Group Fitness Challenge

Well Aware is proud to announce the new Employee Wellness Initiatives program. This year we will be offering a variety of classes, events, and challenges to help employees achieve their health goals. From HIIT to yoga, we have something for everyone. To register for any of these classes, please visit the Wellness Initiatives page on the MCPS website.

Physical Activity Classes

- HIIT Camp
- Yoga
- Zumba

Wellness Initiatives Homepage

- Check out the latest news and events on the Wellness Initiatives homepage.
- Register for classes and events.
- Learn more about the program and how to get involved.

Healthy Eating Tips

- Eat a balanced diet, including plenty of fruits and vegetables.
- Drink plenty of water.
- Take a friend to pass the time.

Organizations

- Visit the Academy of Nutrition and Dietetics website for more information on healthy eating.
- Learn more about the American Cancer Society's efforts to promote healthy living.

Stress Management

- Practice yoga and mindfulness to reduce stress.
- Join Well Aware as we continue to practice yoga and mindfulness into the spring.

Colon Cancer Awareness

- Get regular exercise, and avoid smoking.
- With regular screening, colon cancer can be found early, when treatment is most effective. The American Cancer Society estimates that this year 95,520 people will be diagnosed with colon cancer, 39,910 of whom will die from the disease.

Smoking Cessation

- It is vital to quit smoking, but you can do it. To have the best chance of quitting and long-term success, use the tools and resources available to you.

Diabetes Awareness

- Take the Type 2 Diabetes Risk Test now!
- Learn more about the American Diabetes Association Alert Day on March 24, 2020.

Wellness Champions Climb

- The staff responded with a lot of enthusiasm. I created a challenge, including incentives, rules, and more by visiting the Wellness Initiatives page on the MCPS website.

March Well Aware eNews

- Share your stories and your spirit! Or, perhaps you need some encouragement from your MCPS coworkers. You also will read tips on healthy lives.

Coworkers Through Twitter

- Join us on Twitter to share your stories and your spirit with other MCPS employees.

Colorectal Cancer Awareness

- Since the mid-1990s, colorectal cancer survival rates have improved dramatically. And if cancer is present, earlier detection means a chance at a longer life. However, colorectal cancer is curable when detected early. It is estimated that 1 in 20 people will develop colorectal cancer during their lifetime.

*February is Colorectal Cancer Awareness Month*