The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). Learn about the Spring Virtual 10K running program, which is appropriate for new runners or runners returning after a break. Participants will receive a comprehensive 12-week training plan that focuses on building endurance, improving cardiovascular health, and reducing stress. The program is designed to help you hold up under pressure and meet challenges head on. But stress management is not one size fits all. It is important to find what works best for you.

Email Well Aware

Physical activity or exercise can improve your health and reduce the risk of developing chronic diseases. Since the mid-1970s, the lifetime risk of developing colon cancer has increased for men and women. Generally, the more advanced colon cancer is at detection, the lower the five-year survival rate. By finding polyps and cancer in the earlier stages, it is possible to manage or cure these conditions. Fourteen percent of adults in the US do not engage in any physical activity and 25% do not participate in any moderate physical activity. On average, the lifetime risk of developing colon cancer is about one in 23 for men and one in 25 for women.

Montgomery County Offers MCPS Employees Free Biometric Health Screening and Health Risk Assessment Yearly

The American Diabetes Association (ADA) has sponsored this day to remind people about the health benefits of smoking cessation. Held the fourth Tuesday of March each year, the American Diabetes Association Alert Day encourages people to take the first step towards better health by testing their blood glucose levels. Since 2010, the American Diabetes Association has observed Alert Day on March 27 to promote awareness of the disease and to encourage people to test their blood glucose levels. It is never too late to manage diabetes. Nearly 30.3 million people in the US have diabetes, which is a one in three chance for prediabetes or Type 2 diabetes. Preventive tips are provided for everyone who takes the test.

Email your stories and photos to @mcpswellaware

We have held monthly spirit days, which are great for relationship building among the staff. We have held a ‘March Well Aware’ eNews and a webinar on Gut Health 101. There is an upcoming celebration of National Nutrition Month. Gut Health 101 will be filled with information and tips on making better food choices and developing sound eating and physical activity habits. The AHA has sponsored this day to remind people about the health benefits of smoking cessation. We have held a ‘March Well Aware’ eNews and a webinar on Gut Health 101. There is an upcoming celebration of National Nutrition Month.

Healthy is not a pill. It is not a magic drink, healthy is not a pill. It is not a magic drink; and it is not a quick fix. The actual fountain of youth leads to will take weeks of a one week journey, you will reach the fountain of youth feeling better, having more quality of their lives.

MCPS staff now has free access to Wellbeats! Wellbeats offers a 24/7 virtual fitness and nutrition platform. This platform includes a 24/7 library of classes, including dance, kickboxing, pilates, yoga, and more. Staff can enroll in live and on-demand virtual classes, and participate in community challenges and competitions. We have held a ‘March Well Aware’ eNews and a webinar on Gut Health 101. There is an upcoming celebration of National Nutrition Month.

We are excited to share that Montgomery County Public Schools (MCPS) Wellness Initiatives program. To take full advantage of the program, complete a biometric health screening and health risk assessment yearly. It is also important to provide and maintain a healthy weight. A Diabetes Wake and Healthy March are just a few events we offer to staff.

How can you celebrate National Nutrition Month? Get creative and send us a picture of how you promote healthy eating to your students, colleagues, or family members. We also encourage you to participate in the Gut Health 101 webinar. It will be held on March 29 at noon. You can also find more information about the program on the Wellbeats website. We have held a ‘March Well Aware’ eNews and a webinar on Gut Health 101. There is an upcoming celebration of National Nutrition Month.

MCPS wellness champion, a middle school principal, Ms. Shawaan Robinson, has come up with some very creative ways to encourage staff to meet their wellness needs. From handwritten notes, to therapy dogs, drum circles, art therapy, and more, this principal has come up with some very creative ways to encourage staff to meet their wellness needs. We have held a ‘March Well Aware’ eNews and a webinar on Gut Health 101. There is an upcoming celebration of National Nutrition Month.

National Nutrition Month is March. The campaign focuses on the importance of making informed food choices and physical activity. It is time to share your stories and your spirit! Or, perhaps you need some healthy tips.

March Is National Nutrition Month

How will you celebrate National Nutrition Month? Get creative and send us a picture of how you promote healthy eating to your students, colleagues, or family members. We also encourage you to participate in the Gut Health 101 webinar. It will be held on March 29 at noon. You can also find more information about the program on the Wellbeats website. We have held a ‘March Well Aware’ eNews and a webinar on Gut Health 101. There is an upcoming celebration of National Nutrition Month.

Gut Health 101

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National Walking Day Is April 6, 2022

All it takes is 15 minutes of walking to actually curb a craving for chocolate or other sweet treat. Exercise is a great way to help manage stress. The actual fountain of youth leads to will take weeks of a one week journey, you will reach the fountain of youth feeling better, having more quality of their lives.