Welcome to the May issue of the Well Aware eNews!

May Well Aware eNews

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Get Ready to Run!

Don't let the thought of a completing a 5K (or 3.1 mile) race intimidate you. You do not need to train for months. During the Get Ready to Run program, participants will be introduced to basic running form, injury prevention, nutrition, and strength training. It's possible with a little bit of dedication, weekly training, and determination. Led by Leticia Smart, the MCPS employee Wellness Coordinator, this six-week program will help you prepare for your first 5K. Find out more.

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Biking to Work Helps the Environment and Keeps You Fit

Does the thought of a bike commute seem foreign? Perhaps it has crossed your mind that bike commuting not only helps the environment and saves gas money but also could help you stay fit and healthy. Despite these worthy reasons to ride your bike to work, maybe there never seems to be a good time to start. This is where Well Aware comes in: We are sponsoring bike commuting classes in May.

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Million Mile Challenge "Walking" Awards

Well Aware will hold an awards ceremony at the Rockville High School (RHS) track on Thursday, May 23, 2013. Participants in the Million Mile Challenge will celebrate their achievement and receive an award for their efforts.

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UnitedHealthCare Zumba Classes

Next month, Well Aware and UnitedHealthCare will sponsor a social dancing class for MCPS employees. The class will be taught by a Zumba instructor from Well Aware.

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The Zumba instructor from Well Aware... Leticia Smart

A new Zumba instructor is joining Well Aware. If you've never taken a Zumba class, you should know that it is a fun way to get in shape. Zumba is a combination of dance and cardiovascular conditioning that offers a mix of calisthenics, active dance, and choreography.

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Dance Your Way to Wellness

Dance is an exercise that helps you lose weight, decrease your body mass index (BMI), and lower your risk for heart disease. It is also a way to lower your stress and tension, bring joy, and connect to others. How can this be? Read on to learn how to move to the music.

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End of the Month

Questions or comments about your employee wellness program? Contact ERSC at 301-999-7500 or wellness@mcpsmd.org.

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End of the Month

May 2013: The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (er) of the MCPS. The newsletter is available on the MCPS website at www.mcps.md.gov. The newsletter is published monthly and is sent to all employees via email. The newsletter provides information on employee wellness programs, news, and updates. The newsletter is also posted on the MCPS website under the Employee Wellness section. The newsletter is archived on the MCPS website for easy access. The newsletter is also available on the MCPS website in PDF format. The newsletter is also available on the MCPS website as a printable flyer.