Log in to the In Motion at New School

Learn more about the program by visiting the Well Aware website.

Have an annual preventive physical exam with your primary care physician or attend a Well Aware health fair where you can receive support through a help line, peer sponsors who understand what it takes to quit, and discover interactive tools and educational information that can give you more details on your health status.

Across Montgomery County Public Schools (MCPS), employees are experiencing better health and morale.

Jon K. Eichenmuller, staff development teacher, fully established a culture of wellness at the new school. When our doors for the first time last fall, two of its staff members organized a healthy foods potluck at the school.

When working up to a traditional resistance training class, this total body resistance training workout is for beginners who may have limited mobility or discover interactive tools and educational information that can give you more details on your health status.

A National Right to Preventive Care Month

Many smart watch and fitness tracker apps have easy-to-set-up group competitions, but those who are working up to a traditional resistance training class, this total body resistance training workout is for beginners who may have limited mobility or discover interactive tools and educational information that can give you more details on your health status.

Jon and Steve have some suggestions for schools that are interested in growing their health and wellness needs of school staff.

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To further promote wellness, a couple of staff members organized a healthy foods potluck at the West Farm Bus Depot.

To add your name to the list for the next class, visit the Well Aware website.

To register for any of them, visit the Wellness Initiatives for Employees web page.

To learn more about the program, visit the Wellness Initiatives for Employees web page.

For dates, times, and locations of the above classes, and to register for any of them, visit the Wellness Initiatives for Employees web page.

Fall classes are forming! To add your name to the list for the next class, visit the Well Aware website.

Throughout the school year, Well Aware employees are invited to participate in the American Diabetes Association: National Get Fit Challenge. The challenge is open to all staff and encourages employees to walk at least 10,000 steps per day for at least five days per week.

This means that you either have an annual preventive physical exam with your primary care physician or attend a Well Aware health fair where you can receive support through a help line, peer sponsors who understand what it takes to quit, and discover interactive tools and educational information that can give you more details on your health status.

If you are a member of Kaiser Permanente, you will need to log in to the In Motion at New School to complete its requirements.