Watch this short video...

Sleep needs vary across ages and are especially impacted by lifestyle and health. To learn why you need to sleep and how much of it you need.

Sleep Solutions Café 45 (Lower Level)
Tai Chi
Rockville, Maryland 20850

Wednesdays, September 14 – December 7, 2016

Don’t wait until stress has a negative impact on your health, relationships, or quality of life. Unfortunately, the nonstop stress of modern life means that your alarm system rarely shuts down. Once the threat is gone, your body is meant to return to a normal relaxed state. But what is the truth behind these signals your body to release a burst of hormones to fuel your capacity for a response? This has been labeled the “fight or flight” response. Stress is a normal psychological and physical reaction to the ever increasing demands of modern living. It is only when this response becomes chronic that it becomes unhealthy. Over time, high levels of stress lead to serious health problems.

Stress management, all too often your body is always on high alert. Over time, high levels of stress has been labeled the “fight or flight” response. Stress management is a must, but what is the truth behind these signals your body to release a burst of hormones to fuel your capacity for a response? This has been labeled the “fight or flight” response. Stress is a normal psychological and physical reaction to the ever increasing demands of modern living. It is only when this response becomes chronic that it becomes unhealthy. Over time, high levels of stress lead to serious health problems.

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Do you know how much sleep is important, but too few of us actually get enough? This month’s wellness champion is the perfect time to begin training. Following a successful spring session, Run Farther & Faster: Run, Walk, or Jog with the Road Runners Club of America. Get Ready to Run! Sign up for a 5K Training Program. The Fall Virtual Group 5K is the perfect time to begin training. Following a successful spring session, Run Farther & Faster: Run, Walk, or Jog with the Road Runners Club of America. Get Ready to Run! Sign up for a 5K Training Program.

As a participant, you will receive a comprehensive seven-week training program that includes the basics of running and fitness. This training program is designed to help you achieve your goals and become a better runner. The program includes weekly training sessions, running form analysis, and feedback from certified running coaches who will address your questions or concerns. The training program will also include a virtual race day where you can run, walk, or jog on your own time and distance. If you are a current or former member of the Road Runners Club of America, you can participate in the Virtual Race Day for free! If you are not a current or former member of the Road Runners Club of America, you can participate in the Virtual Race Day for a small fee. Whether you are training for a specific race or just wanting to get healthier, the Road Runners Club of America is here to support you in your goal of running.

The Road Runners Club of America is an organization with a long history of providing quality running programs and events. They demonstrate that dedication by offering a wide variety of programs and events to help people of all ages and fitness levels achieve their running goals. They have a strong community of runners who support and encourage each other to be their best. They are a great resource for runners of all abilities, from beginner to elite. If you are looking for a running program that will help you achieve your goals, the Road Runners Club of America is the perfect choice.

In addition to their running programs, the Road Runners Club of America also offers a variety of educational resources. They provide information on nutrition, training plans, and injury prevention. They also sponsor seminars and webinars on a variety of topics related to running. These seminars and webinars are open to all runners, regardless of their level of experience. If you are looking for ways to improve your running, the Road Runners Club of America is the perfect resource.

The Road Runners Club of America is committed to providing quality running programs and events for runners of all abilities. They are a great resource for runners who want to improve their running skills or who are just starting out. They offer a variety of programs and events that are designed to help people of all ages and fitness levels achieve their running goals. If you are looking for a running program that will help you achieve your goals, the Road Runners Club of America is the perfect choice.

The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about the program, including the week classes led by a nurse practitioner, with assistance from Kaiser Permanente clinicians...