



eNews

The education you need for the health you want

July Well Aware eNews

Welcome to the July issue of the Well Aware eNews!

Read on to learn about—

- MCPS on the Move coming to more locations
- The Well Aware Summer Health Expo
- Staff members in the Employee and Retiree Service Center who are motivating one another to get fit
- Sun safety
- The importance of staying hydrated in the summer months

Attend the Well Aware Summer Health Expo



Well Aware is hosting a Summer Health Expo on July 19, 2011, 10:00 a.m.–2:00 p.m. in the CESC auditorium. Join us for screenings and demonstrations designed to assess your health and equip you with the knowledge you need to stay healthy in summer and beyond.

Here's a taste of what you can expect:

Yoga demonstrations from CareFirst Blue Choice.

Learn yoga stretches to manage stress and more.

Dermascan healthy skin screenings from UnitedHealthcare. Receive a scan to see where your skin may have already suffered from sun damage. Learn about protecting your skin to stop future damage from the sun's harmful rays.

Blood Pressure screenings from Kaiser Permanente. Make sure you know your blood pressure numbers to keep your heart healthy.

Body Mass Index screenings from Kaiser Permanente. Are you at a healthy body weight? Receive a BMI screening to learn more about your current body mass status and get tips on achieving or maintaining a healthy body weight.

Screenings will be booked in 15-minute increments. Reserve your screening time by e-mailing wellness@mcpsmd.org. While every effort will be made



MCPS on the Move Coming Soon to More Locations

Last year, MCPS on the Move motivated elementary school staff to get moving and eat right. As a result of the program, a partnership between MCPS and Kaiser Permanente, elementary school staff burned a total of 51,521,553 calories and exercised for 137,812 hours. Teams won prizes for participation and results, including healthy meals and gift cards.

Highland Elementary School won the challenge with the highest activity level, garnering a \$25,000 grant for their school.

Now MCPS on the Move is excited to get middle school, high school, and central office staff motivated and moving too! If you work in one of these locations, watch for more information about MCPS on the Move this fall.

to accommodate your preferred time, screening times will be booked on a first-come, first-served basis.

Spread the word with our printable [flyer!](#)

Get out your fitness gear and get ready to be on the move!

Wellness Champions

Meet the ERSC Exercisers



ERSC Exercisers left to right: Justine Leeper, Caroline Hill, Dodi Lambert, and Rita Fries

The ERSC Exercisers is a group of four Employee and Retiree Service Center staff members who are exercising, eating right, and inspiring those around them. Each day at lunch, Dodi Lambert, Caroline Hill, Justine Leeper, and Rita Fries loyally gather in a conference room to complete a workout from the TurboFire collection. The group is devoted to the lunch-time workout, which cycles between cardiovascular exercise, resistance training, and core stabilization. According to Justine, sometimes the most difficult part of getting motivated is learning to make yourself a priority. She says,

“I had to learn how to put ME first. I block out my lunch hour and make my workout a priority.” That prioritization is paying off! In the eight weeks they’ve been working out together, the ERSC Exercisers have lost a total of 30 inches from their arms, waists, hips, and thighs. Members of the group are noticing individual differences, too, from dropping clothes sizes to flattening midsections. Best of all, their results and optimism are inspiring their coworkers and families to get fit, too. Says Dodi, “My husband is now motivated to start walking to keep up with me!”

Sun Safety: How to Use Your Sunscreen Properly

Sunscreens promise protection from the sun’s UV rays, which can cause sunburn and skin cancer. To fend off the sun’s damaging rays:

- **Use a sunscreen with an SPF of at least 15.** Apply it at least 30 minutes before sun exposure to give it time to bind to your skin.
- **Apply sunscreen generously.** You should use about one ounce (a palmful) each time you apply it. Coat all skin not covered by clothing. Don’t miss easy-to-forget areas, such as tops of the feet and the ears.
- **Reapply sunscreen every two hours** when outdoors and after swimming, sweating heavily and toweling off.
- **Use sunscreen every day.** UV rays reach the earth even on cloudy days, and UVA rays can pass through glass.
- **Don’t rely on sunscreen alone to protect your skin.** Cover up when outside. Wear a brimmed hat, UV-protection sunglasses, and a long-sleeved shirt, pants, or skirt. Children need extra attention because they often spend a lot of time in the sun and their delicate skin can burn easily.
- **Don’t use sunscreen on children younger than 6 months.** Babies should be kept out of the sun and covered or shaded when they’re outside.
- **Protect children older than 6 months** by using sunscreen, dressing them in protective clothes and urging them to play in the shade.



Tap the Power of Water



Water is the most important nutrient in your diet. With the summer sun out in full force, remembering to drink enough water is even more crucial to your health.

Your body needs H₂O for basic chemical reactions to keep going. In fact, water accounts for much of your body weight (about 60 percent for men and about 50 percent for women). When you don't drink enough water, your body cannot work at its best. As dehydration sets in, you'll feel lethargic and you may have trouble thinking clearly.

Water also is crucial to the body's cooling system. When your body heats up—because of a hot day or because of physical activity, for instance—your brain signals your sweat glands to produce sweat. The body cools itself by the evaporation of sweat from the skin. If dehydrated, the body can't sweat enough to stay cool.

How much do you need?

Exactly how much you need to drink depends on whom you ask. According to the American Dietetic Association, you should look at the color of your urine: It should be pale.

Weight loss is also a good gauge. By weighing yourself before and after you spend time in the hot sun, you can tell how much you should be drinking. For every pound you lose, drink 16 to 24 ounces of water.

Stick to water and other low-calorie beverages. Sports drinks are not necessary. And don't just drink water—eat it, too, by loading up on fruits and vegetables. They're brimming with water.

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The employee wellness newsletter is brought to you by the Employee and Retiree Service Center (ERSC). To learn more about employee wellness, visit our [website](#). To view this email as a .pdf document, click [here](#).

Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or wellness@mcpsmd.org.