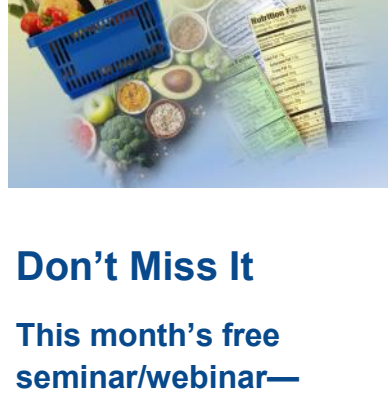


## March Well Aware eNews

Welcome to the March issue of the *Well Aware eNews*! Read on to learn about—

- this month's wellness champion, an ESOL teacher who will run his third Boston Marathon in April after being selected for a 17-member, all-teacher team;
- a seminar/webinar to help you easily navigate through the grocery store and make healthier food choices;
- how to Go Further with Food;
- a new physical activity challenge for the spring;
- how you can Run with Well Aware; and
- more!



## Don't Miss It

### This month's free seminar/webinar— Virtual Grocery Store Tour

Come learn how to easily navigate through the grocery store, read food labels effectively, try new foods, and make healthier food choices.

**Wednesday, March 14, 2018**  
10:00–11:00 a.m.  
West Farm Bus Depot  
11920 Bournefield Way  
Silver Spring, Maryland 20904

**Thursday, March 15, 2018**  
4:00–5:00 p.m.

Webinar

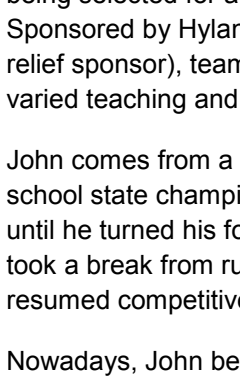
**Wednesday, March 21, 2018**  
10:00–11:00 a.m.  
Shady Grove Bus Depot  
16651 Crabbs Branch Way  
Rockville, Maryland 20855

**Please register for the seminar or webinar by e-mailing [Well Aware](#) with the date and time you plan to attend. If you register for the webinar, you will receive a link in your Outlook e-mail as well as an Outlook calendar reminder.**

Spread the word with our [printable flyer](#). See the [Wellness Webinar Library](#).

*Presented by: CareFirst*

## Wellness Champion to Run His Third Boston Marathon



**John Ladesic,  
ESOL teacher,  
South Lake  
Elementary School**

John Ladesic, an ESOL teacher at South Lake Elementary School, is this month's wellness champion. John will run his third Boston Marathon in April after being selected for a 17-member, all-teacher team. Sponsored by Hyland's (the marathon's official cramp relief sponsor), team members were selected for their varied teaching and running experiences.

John comes from a family of runners and was a high school state champion. He continued to run in college until he turned his focus to student teaching. John then took a break from running until his late 20s when he resumed competitive running.

Nowadays, John believes that running helps him to be a better teacher.

"Exercising is when I do my best thinking and lesson planning," John said. "I like to run peacefully on the trails where I can think about lessons or what I want to do in my classroom. It's a very calming time."

John believes that physical activity is also important to model for students. He suggests two benefits to letting young people know you run or participate in other forms of exercise. You can better relate to the students who already exercise and set an example for living a healthy lifestyle.

"Students benefit from seeing their role models relate to them," John said. "Many of my students are active in sports, so it is a common talking point between us and shows them that teachers have a human side too."

John appreciates that running is something that can be done alone or with a group. He also likes the uncomplicated nature of the sport.

"I love the simplicity of running," John said. "Just grab your shoes and go out the door to start on your trek."

John has some great advice for his MCPS coworkers.

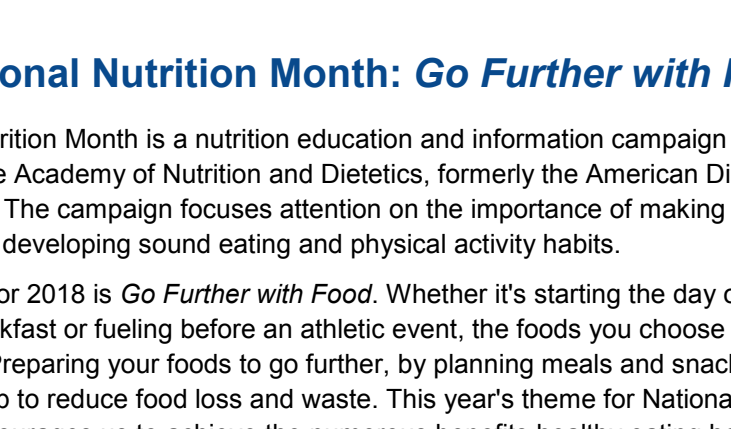
"Start simple by just walking. Then, build up to a minute of running, followed by a period of walking," John said. "Over time, the minutes spent running equal and surpass those spent walking."

John encourages staff to set goals for themselves and put them in writing.

"Set a schedule that you can see, touch, and commit to," John added. "Stretching, strength training, hydration, nutrition, and a healthy amount of sleep are also critical for running success."

Learn more about the Hyland team by visiting the [team web page](#).

*\*John is one of two MCPS teachers selected for the team; the other is Matthew Wells, a math focus teacher at JoAnn Leleck Elementary Schools at Broad Acres.*



## The MCPS Grand Prix Is Coming!

After a long cold winter, isn't it time for you rev your engines and increase your activity? Start your engines and buckle up! Join Well Aware for the *MCPS Grand Prix*!

Start working toward your health and wellness goals as you race toward the checkered flag. Exercise and log your time. Any activity counts!

Registration opened Monday, March 5. [Learn more](#).

## It's National Nutrition Month: Go Further with Food

National Nutrition Month is a nutrition education and information campaign held annually in March by the Academy of Nutrition and Dietetics, formerly the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2018 is *Go Further with Food*. Whether it's starting the day off right with a healthy breakfast or fueling before an athletic event, the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance, can also help to reduce food loss and waste. This year's theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you *Go Further with Food*, while saving both nutrients and money.

Enjoy this tip sheet from the Academy of Nutrition and Dietetics:

- [Eating Healthy on a Budget](#)

How will your school or office celebrate National Nutrition Month? Get creative and [e-mail Well Aware](#) a photo of your healthy celebration.

*Portions of this article are from the Academy of Nutrition and Dietetics [National Nutrition Month® Celebration Toolkit](#).*

## National Walking Day: April 4, 2018

Each year, the first Wednesday in April is National Walking Day. The American Heart Association (AHA) sponsors this day to remind people about the health benefits of taking a walk. Wear your sneakers to work—or take them with you—and take a 30-minute walk before or after your work day or during a break.

Here are some great ways to make that 30-minutes more enjoyable:

- Wear comfortable clothes.
- Take a friend to pass the time.
- Make sure to stretch those muscles.
- Drink plenty of water.
- Move your arms too.
- Make sure you have good posture.

As part of AHA's efforts to promote healthy living, National Walking Day was started in 2007. [Learn more](#).

How will your school or office celebrate the event? [E-mail your stories and photos to ERSC](#).

## Run with Well Aware This Spring

Running is an accessible, inexpensive, and effective way to improve your health and fitness, relieve stress, and boost your confidence. Whether you are new to running or are looking to improve your finish times, the spring is the perfect time to start training!

The MCPS Spring 2018 Group Training Program is returning for a third year, offering training schedules appropriate for beginners as well as more advanced runners. Training begins on March 11th and runs through May 28th, targeting Jeremy's Run 5K/10K in Olney (race registration is optional and registration fee is additional).

Participants will receive:

- A comprehensive 12-week training calendar tailored to personal levels of experience and goals (5K or 10K);
- Weekly e-mail communication, including information on injury prevention, stretching, strength, nutrition, gear, and more;
- E-mail access to coaches for individual training support, questions, and advice;
- Opportunity to attend group runs on Sunday mornings in May and June at the Richard Montgomery High School track; and
- Goal race preparation and support for Jeremy's Run 5K/10K on Memorial Day, Monday, May 28th (participation optional; registration fee additional).

Space is limited to the first 50 registrants and fills quickly. [Register here](#). Registration closes when capacity is reached or on Friday, March 9th.

## Diabetes Alert Day is Coming

Held the last Tuesday of March each year, the American Diabetes Association Alert Day is a one-day wake-up call asking Americans to take a Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. The Diabetes Risk Test asks participants to answer simple questions about weight, age, family history, and other potential risk factors for prediabetes or type 2 diabetes. Preventive tips are provided for everyone who takes the test. Those at high risk are encouraged to talk with their health care provider.

We hope you will participate in the next American Diabetes Association Alert Day on March 27, 2018.

[Take the Type 2 Diabetes Risk Test now!](#)

## Wellness Initiatives: Get to Know Your Numbers

We live our lives by the numbers: phone numbers, PIN numbers, and our social security numbers.

But do you know the heart health numbers that could literally save your life? Healthy numbers mean a healthy heart. If you follow a healthy lifestyle—eat a balanced diet, get regular exercise, and avoid smoking—you can turn any bad numbers around.

You can learn about these vital health numbers and reduce your financial contribution to your health insurance by participating in 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. And, if you and/or your spouse smoke, consider quitting. Doing so will go a long way toward improving your numbers.

For more information on the Wellness Initiatives program and to see a schedule of upcoming on-site biometric health screenings, visit the [Wellness Initiatives for Employees web page](#).

## Colorectal Cancer Awareness Month

Colon cancer is the third most commonly diagnosed cancer and the second leading cause of cancer death in men and women combined in the United States. The American Cancer Society estimates that this year 95,520 people will be diagnosed with colon cancer, 39,910 will be diagnosed with rectal cancer, and 50,260 will die from this disease.

On average, the lifetime risk of developing colon cancer is about one in 23 for men and women combined (4.5 percent), however, this varies widely according to individual risk factors.

With regular screening, colon cancer can be found early, when treatment is most effective. In many cases, screening can prevent colon cancer by finding and removing polyps before they become cancer. And if cancer is present, earlier detection means a chance at a longer life. Generally, the more advanced colon cancer is at detection, the lower the five-year survival rates are.

Since the mid-1980s, the colon cancer survival rate has been increasing, due in part to increased awareness and screening. By finding polyps and cancer in the earlier stages, it is easiest to treat. Improved treatment options have also contributed to a rise in survival rates.

[Learn more](#) about colorectal screenings.

*This article is from the [Colorectal Cancer Alliance website](#).*