

## May Well Aware eNews

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

- this month's wellness champion, who is completely committed to improving the health and wellness of her coworkers;
- a seminar/webinar to help you find out if you are ready to lose weight, how to set realistic weight loss goals, and what it takes to be successful;
- a summer running program;
- an opportunity to dance your way to wellness; and
- more

## Wellness Champion: Teaches Coworkers to Move— Zumba Style



### Meet Leticia Sotelo, school bus operator, Clarksburg Transportation Depot

If you are looking for a fitness role model, you will find one of

the best at the Clarksburg Transportation Depot. Meet Leticia Sotelo, who worked hard to gain her Zumba teaching certification, enthusiastically promoted her classes at the depot, and then began teaching there in 2011. She encourages her coworkers to move more, and she talks with them about healthy snacking and the importance of making their health a priority. Leticia prides herself on being a lifelong learner.

"There is always a challenge and something new to learn in health and in life," Leticia said. "Keep an open mind, and keep trying new things."

She uses this approach herself while demonstrating a steadfast commitment to her Zumba participants.

"I pride myself in being on time and not missing a class because I don't want to let my coworkers down," Leticia said. "They depend on me to help them improve their lifestyles."

Another benefit to the wellness program for Leticia: confidence. Before taking part in the wellness program, it never occurred to her that she would wind up teaching a class. Now, as a result of her Zumba classes, she feels appreciated and needed.

"It is nice that people enjoy what I do and that my preparation is worth it," Leticia said. "The beginning was difficult, but it is nice to know someone is depending on me and waiting for my motivation."

## Million Mile Challenge "Walking" Awards

### Let's Cross the Finish Line Together!

By taking part in the Million Mile Challenge this year, many Montgomery County Public Schools (MCPS) employees added physical activity to their lives, and, as a result, maintained or regained their health. It is time to congratulate them on their personal accomplishments and for taking part in our effort to reach one million miles of activity this school year.

Well Aware will hold an awards ceremony at the Rockville High School (RHS) track on Tuesday, May 28, 2013, from 4:30 to 5:30 p.m. All MCPS employees are invited to come celebrate our success in the Million Mile Challenge during a walk around the track.

Consider this: Your coworkers lost weight, decreased their body mass index (BMI), and lowered their risk for heart disease. They completed road and bike races, hiked unknown trails, and explored their physical boundaries. Whether it was through walking, yoga, dancing, swimming, gardening, or hiking, they took the steps to help build a culture of wellness throughout MCPS. Now we can take the steps to recognize their efforts!

So grab your walking shoes and bring your coworkers! Help celebrate the Million Mile Challenge winners by crossing the finish line together!

Remember to RSVP. E-mail [Well Aware](#) if you plan to attend.

## Dance Your Way to Wellness

Dancing is one of the top ways to maintain overall health and wellness. The thinking it requires, the movements, the social interaction—all of these elements are found in one enjoyable activity.

Next month, Well Aware and UnitedHealthCare will sponsor a social dancing class for MCPS employees and retirees. Dance Your Way to Wellness will be held Thursday, May 16, 2013, from 6:00–7:00 p.m. in the Carver Educational Services Center auditorium located at 850 Hungerford Drive, Rockville. Spouses or other favorite dance partners are welcome.

Whether you are waltzing or doing the tango, dancing strengthens bones and muscles, improves posture and balance, increases stamina and flexibility, builds confidence, reduces stress and tension, brings joy, and—as widely reported—improves quality of life. Most notably, dancing has been found to help prevent illnesses like diabetes, high blood pressure, heart disease, depression, and osteoporosis.

So, bring or find a partner and join Well Aware as we dance our way to wellness!

Space is limited. To register for the class, e-mail [Well Aware](#). Post our [printable flyer](#) in your school or office!

## Biking to Work Helps the Environment and Keeps You Fit

On your drive to work, have you ever noticed and even admired a cyclist who appeared to be commuting to work? Have you thought it would be cool to ride your bike to the office or home from school? 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 begin. Well, Commuter Connections and the Washington Area Bicyclist Association have planned the perfect incentive to get you started.

On Friday, May 17, 2013, Commuter Connections and the Washington Area Bicyclist Association invites you to join more than 10,000 area commuters for Bike to Work Day, a yearly celebration of bicycling as a clean, fun, and healthy way to get to work. Attend one of 70 pit stops throughout Washington, DC, Maryland, and Virginia to receive a free T-shirt, refreshments, and have your name entered into a raffle for a free bicycle! [Learn more and register today.](#)

## Free Health Screenings!

### Know Your Numbers

Summer soon will usher in a slower schedule and a great time to get your annual health screenings. You will have an opportunity in July when Well Aware and UnitedHealthcare offer free health screenings to MCPS employees.

There are a number of screenings you should receive on an annual basis. These include cholesterol, blood pressure, blood sugar, and body mass index—all key indicators of risk for serious illness. If you know these important numbers, you can make any needed changes to improve your health and reduce your risk of developing heart disease, diabetes, and other serious illnesses.

The screenings are available to all MCPS employees by appointment.

#### Tuesday, July 9, 2013

CEC Auditorium  
850 Hungerford Drive  
Rockville, Maryland 20850  
10:00 a.m.–2:00 p.m.

Participants must register [here](#) using key code: Mo-87818-3. You also will need the last four digits of your Social Security number, date of birth, first and last name, gender, address, and phone number. If you provide your e-mail address, you will receive appointment confirmation and reminder e-mails.

## Get Ready to Run!

Does the thought of a completing a 5K (or 3.1 mile) race intimidate you? You do not need to be overwhelmed by the distance. A 5K race is actually a great distance for a beginner.

Regardless of your age, ability level, or experience, the energy and excitement of crossing the finish line will motivate you to be active for life!

With the right training and guidance, you can go from your couch to completing a 5K race in six weeks. Well Aware and Run Farther and Faster are teaming up to offer a summer running program to train MCPS staff to run (or run/walk) a 5K.

In addition to weekly coached training runs, you will receive a six-week tailored training schedule; access to coached for support, questions, or advice; and information on topics including injury prevention, nutrition, and strength training.

Register now and before you know it you will be crossing the finish line! Additional information is available [online](#) and in this [flyer](#).



## Don't Miss It—

**Free Seminar/  
Webinar**

**This month:**

### Weight Management: Are You Ready?

By now, the health risks associated with being overweight or obese are obvious. Still, if trends continue, 75 percent of Americans will fall into this category by 2015. Now is an excellent time to invest in your personal well-being by losing any excess weight and practicing healthy weight management. Attend this informative seminar and/or webinar to assess your readiness for and any potential roadblocks to weight loss, and begin the effort! Find out how to set appropriate weight loss goals and what it takes to be successful.

#### Wednesday, May 8, 2013

Shady Grove Transportation Depot  
16651 Crabbs Branch Way  
Rockville, Maryland 20855  
10:00–11:00 a.m.

#### Tuesday, May 14, 2013

CEC Cafeteria  
850 Hungerford Drive  
Rockville, Maryland 20850  
4:30–5:30 p.m.

#### Thursday, May 23, 2013

Webinar  
4:00–5:00 p.m.

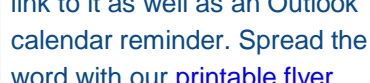
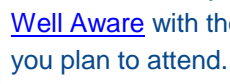
#### Friday, May 31, 2013

West Farm Transportation Depot  
11920 Bournefield Way  
Silver Spring, Maryland 20904  
10:00–11:00 a.m.

Please register for the seminar and/or webinar by e-mailing [Well Aware](#) with the date and time you plan to attend. If you register for the webinar, you will be sent a link to it as well as an Outlook calendar reminder. Spread the word with our [printable flyer](#).

See archived webinars [here](#).

*Presented by:*



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Questions or comments about your employee wellness program? Contact ERSC at 301-517-8100 or [wellness@mcpsmd.org](mailto:wellness@mcpsmd.org).

