

ROCKVILLE MC WELLNESS NEWSLETTER – 9/13/07

Hi, everyone! I hope your Fall semester is off to a good start! We have a record number of wellness participants already—it's so good to have you back in wellness classes! If you're brand new to MC Wellness, welcome, and I look forward to helping you achieve your fitness goals! – Brenda Salas, Rockville Wellness Coordinator

Wellness Website Updated!

Did you know that the Wellness Website has been updated? Check it out at <http://www.montgomerycollege.edu/wellness/> You'll find wellness schedules, the Fall lunch and learn schedule, Fall fitness center hours, newsletters, links to fitness resources and more. We add something new each week to this website, so visit it frequently!

Lunch and Learns Start Wednesday, September 12!

Wednesday Sept 12, was the kick off for our Fall Wellness Lunch and Learns. All sessions are FREE and held in room 237PE (the PE Conference Room, 2nd Floor) from 1:15pm to 2pm. Please bring your lunches. Kim Crilly, R.N., presented "Ways to Get Moving" on 9/12/07, and the next Lunch and Learn is on 9/26. The complete schedule can be found on <http://www.montgomerycollege.edu/wellness/> .

"Explore the New Pyramid" Starts Next Week, 9/17!

Are you ready to explore the New Pyramid? Deciding to improve your lifestyle is a great move--"Explore the New Pyramid" just makes it that much easier to incorporate healthy eating and activity into your life.

The New Pyramid replaces the Food Guide Pyramid that was introduced in 1992. The New Pyramid emphasizes a more individualized approach to improving diet and lifestyle and incorporates recommendations from the 2005 Dietary Guidelines for Americans, released in January 2005. The New Pyramid focuses on the importance of making smart food choices in every food group, every day. But, the most dramatic change in the New Pyramid is the addition of the category of physical activity--this, too, is focused on every day.

Each week, we'll explore the New Pyramid and take weekly challenges, like:

1. Why You Should Take This Journey (Week 1)
2. Focusing on Grains (Week 2)
3. The Great Links (Week 3)
4. The City of "Cheeza" (Week 4)
5. Building Blocks (Week 5)
6. Denial: It's Not Just A River In Egypt (Week 6)
7. Shop Like An Egyptian (Week 7)
8. Mummy Knows Best (Week 8)
9. Unlocking Food Mysteries (Week 9)
10. King Rut (Week 10)
11. From Ancient to Modern Times (Week 11)
12. This Concludes Our Tour (Week 12)

Please email the Rockville Wellness Coordinator, Brenda Salas, at brenda.salas@montgomerycollege.edu, if you wish to participate in this promo!

Wellness Walking Program, Every Tues and Thurs at 7am!

Join us at 7am at the MC track for a 45-minute, greet the day, invigorating morning walk! This structured walk will help you get fit by burning 300+ calories first thing in the morning. Please email me if you'd like more information, or just join us at the track!

Please let me know if you need any assistance in planning your fitness program.

In good health,
Brenda Salas
Rockville Wellness Coordinator