

L.E.A.N. 4 Life

The L.E.A.N. 4 Life fitness and nutrition program provides employees the opportunity to make healthy lifestyle changes by engaging in regular physical activity and making sound nutritional choices.

A new session of L.E.A.N. 4 Life will begin soon. Classes are forming for both Summer and Fall.

To register, contact:

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Lifestyle Education

Seven group classes will encourage participants to make healthy lifestyle changes and build camaraderie.

Activity

Participants will be given a three month membership to LifeTime at MRMC. Participants must log at least 3 hours of exercise (at either LifeTime or one of the MCPS group fitness classes) per week to remain eligible for the program .

Nutrition

Participants will receive three counseling sessions with a certified nutrition specialist. Each participant will get an individualized nutrition plan based on personal needs.

Eligibility

- BMI >27 or Diagnosed with Prediabetes
 - Poor Nutrition/Exercise Habits
- Spouses can participate if covered under MCPS Insurance plan

There is a registration fee of \$25.00 to participate in this program

Check out Kelly's Story on next page!

If you are interested in participating in L.E.A.N. 4 Life, you must be FULLY COMMITTED to the ENTIRE three month program!

Finding Balance

Discover how one employee learned to balance her job, a family, and “me time” in order to regain her health and happiness!

Kelly Wilson (Harbour View) was struggling to find balance. After starting to work full time for MCPS in 2011, she got overwhelmed with her responsibilities as a wife, mother, and teacher. Instead of taking time for herself, Kelly spent most afternoons shuttling her boys to activities, helping with homework, and grading papers. Her new “life” left little time for exercise and preparing healthy meals.

Initially, Kelly was in complete denial about her unhealthy habits. Last year however, Kelly knew she had to do something. Her closet was filled with clothes that didn't fit, she was always fatigued, and she just didn't feel like herself. In June of 2014, Kelly joined both the L.E.A.N. 4 Life program and the *CardioSculpt* group fitness class offered by the district in hopes of getting back on track.

Over the past year, Kelly learned how to eat consistently throughout the day in order to stay energized and started using the MyPlate app on her phone to track her food choices. Using the app helped keep Kelly honest and prevented her from eating when she was not really hungry. In addition to the overhaul she did on her diet, Kelly took advantage of the free membership to MRMC's LifeTime Center (part of the L.E.A.N. 4 Life Program) and enrolled in the *CardioSculpt* class offered by the district. She enjoys the “stress relief” the exercise provides and benefits from being held accountable by others in her group fitness class!

Since June of last year, Kelly has lost 25 pounds and over 5% body fat! She went down 2 clothing sizes and fits into the clothes she struggled to get into before making this lifestyle change. Most importantly though, Kelly feels like herself again...happy, healthy, and energetic!

With the support of her husband and family, Kelly really learned how to find balance in her life. Her advice to others is to do the same. “Make time for yourself!”



June 2014



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