

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 the Fall semester.

To register, contact:

Laurel Lingle at 622-9124
laurellingle@barrettlinerco.com

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

- All MCPS Employees
- Adult dependents covered under the MCPS Insurance Plan
- Retirees covered under the MCPS Insurance Plan

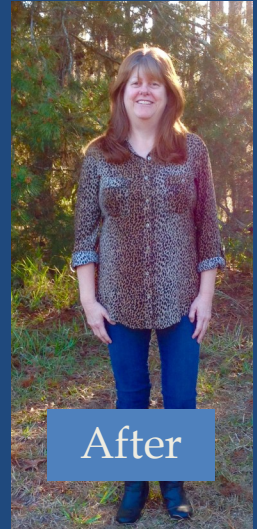
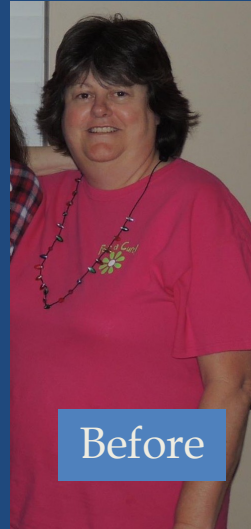
There is a registration fee of \$25.00 to participate in this program.

Check out a few of our past participants on page 7!

Participants who successfully complete the L.E.A.N. 4 Life program will be invited to attend L.E.A.N. 4 Life - Part 2.



I am looking forward to an active retirement!
-Judy Willoughby (Vanguard High School)



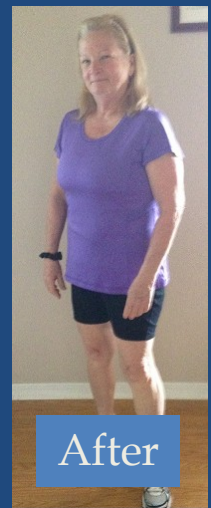
I finally feel like myself again!
- Mary Chavez (Greenway Elementary)



I feel strong and confident!
- Michelle Michael (Shady Hill)



I feel fabulous!
- Aretha Samuel (Legacy Elementary)



My diabetes is under control!
- Kathy Chapman (Fort King Middle)