

# *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

- 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 Judy's Story on page 4!

**If you are interested in participating in *L.E.A.N. 4 Life*, you must be *fully committed to the entire three month program!***

# Mirror, Mirror on the Wall

Judy Willoughby (Vanguard High School) was always thinking about eating better and becoming more physically active. Unfortunately, thinking about it was about all Judy was doing. Last March however, Judy caught a glimpse of herself in the mirror and didn't recognize the tired, out of shape image that reflected back. She knew that if she was going to be able to enjoy the golden years of retirement, she really needed to start acting on her thoughts.

In September, Judy enrolled in the L.E.A.N. 4 Life program. Throughout the program, she realized her poor nutrition habits were leaving her drained. Instead of grabbing BBQ chips when she was feeling sluggish, Judy learned that keeping healthy snacks at her desk kept her energized throughout the day. She also started drinking more water and cut down on the number of sodas she was having throughout the week.

Judy knew that she needed to start moving more too. As part of the L.E.A.N. 4 Life program, Judy had access to MRMC's LifeTime Center where she exercised twice a week. She also enrolled in the CardioSculpt class offered through the district wellness program. Both opportunities gave her the chance to unwind after a long day.

Over the last 8 months, Judy has really seen her hard work pay off. She has dropped a whopping 7% body fat, lost 20 pounds, and is wearing clothes she never dreamed of fitting in to.

Although Judy's journey to a healthier lifestyle is not yet complete, she

believes true change happens one step at a time. "You can't beat yourself up if you slip...just get back up and continue with good choices!"



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