

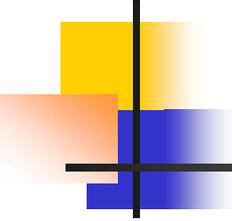


The Montgomery County Recreation Department

We Can! Experience

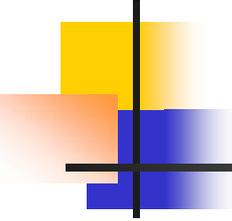
Autumn Saxton-Ross

Health and Wellness Coordinator



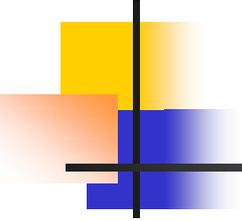
We Can! Site Description

- Serving over 850,000 residents
- Composed of 3 cities (Takoma, Gaithersburg, and Rockville) and over 35 towns
- Implemented for community centers, employees and county residents



History of *We Can!* in MoCo

- One of the initial sites as part of the Hearts 'n Parks partnership with NRPA
(health promotion for all ages)
 - Current position was half federal grant, half county funds
- Continued programming under *We Can!*
(health promotion focusing on elementary and middle school)
 - Position became full-time
 - New title... Healthy Choices



Community Outreach (Parent focus)

- Destination Recreation

- County Cable Access Show, health fitness segments

- http://www.montgomerycountymd.gov/apps/cable/site/programs_list.cfm?#Destination_Recreation

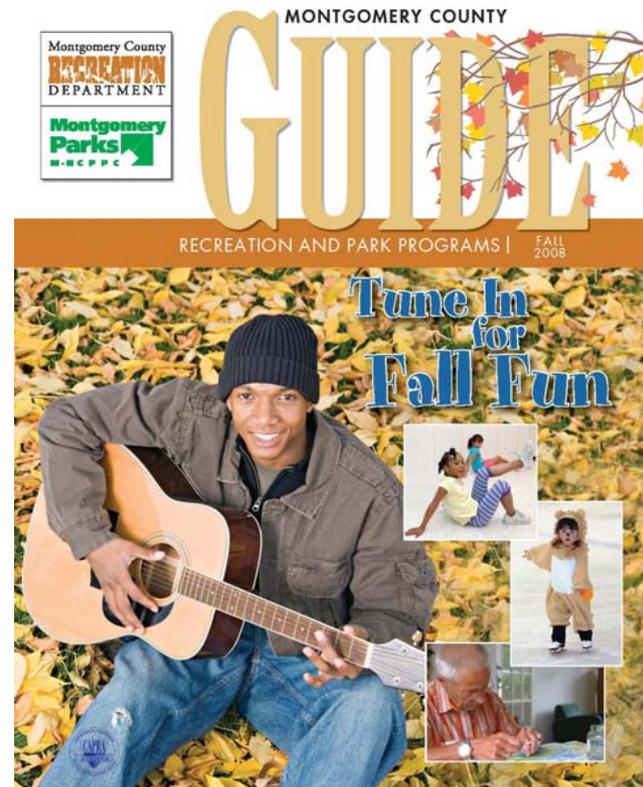
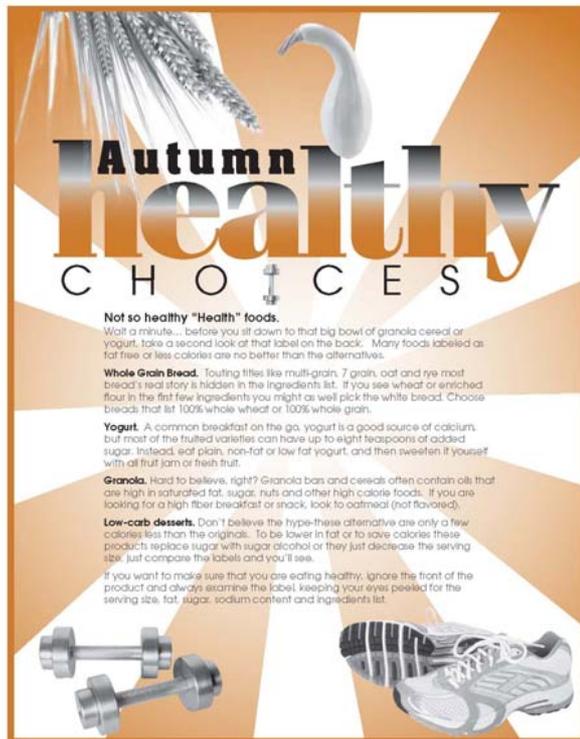
- The RECord

- Articles and podcasts

- http://www.montgomerycountymd.gov/content/rec/record/articles/december2007/record_december.html

Community Outreach (Parent focus)

■ Seasonal Wellness tips



Community Outreach (Parent focus)

- Healthy Choices Website
 - Class information, upcoming events, recipes & informational links

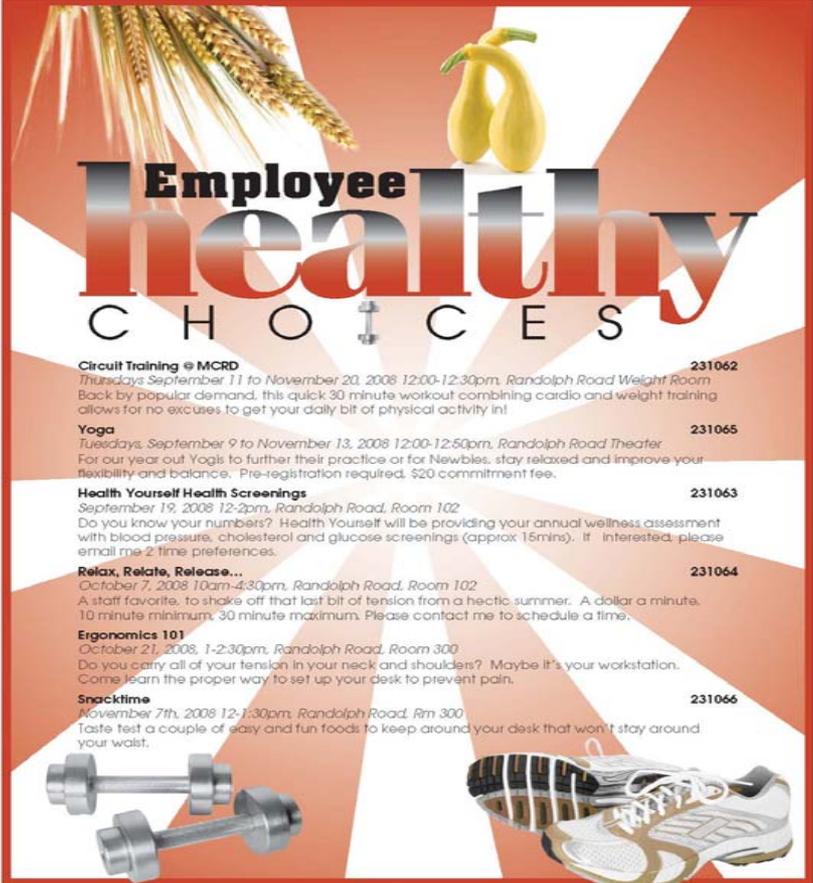
<http://www.montgomerycountymd.gov/rectmpl.asp?url=/content/rec/healthchoices/healthychoices.asp>

The screenshot shows the Montgomery County Recreation Department's website. The header includes the county name and navigation tabs for Residents, Government, Businesses, and Culture & Leisure. The main content area features a large banner for 'Fall healthy CHOICES' with a description of the program. Below the banner, there is a section titled 'START TODAY! CHOOSE TO BE ACTIVE!' with three images: 'Active Adults 55+', 'Exercise & Wellness For Adults', and 'Exercise & Fitness for Youth'. There are also links for 'Healthy Lifestyle Podcasts', 'Seasonal Wellness Tips', 'Recreation & Fitness on TV', and 'Pictures from Events & Programs'. At the bottom, there are images of dumbbells and sneakers.

Healthy Choices Programming...

Employee Wellness (Parent focus)

- Quarterly activities for staff
 - Yoga classes
 - Snacktime
 - Massage
 - Ergonomics
 - Circuit Training

A poster titled "Employee Healthy Choices" with a red and white geometric background. At the top, there are images of wheat stalks and two yellow pears. The word "Employee" is in black, "Healthy" is in large red letters with a white-to-red gradient, and "CHOICES" is in black with a dumbbell icon for the letter 'I'. Below the title, there are five activity listings, each with a date, time, location, and description, followed by a small ID number on the right. At the bottom, there are images of two dumbbells and a pair of white sneakers.

Employee Healthy Choices

Circuit Training @ MCRD 231062
Thursdays, September 11 to November 20, 2008 12:00-12:30pm, Randolph Road Weight Room
Back by popular demand, this quick 30 minute workout combining cardio and weight training allows for no excuses to get your daily bit of physical activity in!

Yoga 231065
Tuesdays, September 9 to November 13, 2008 12:00-12:50pm, Randolph Road Theater
For our year out Yogis to further their practice or for Newbies, stay relaxed and improve your flexibility and balance. *Pre-registration required. \$20 commitment fee.

Health Yourself Health Screenings 231063
September 19, 2008 12-2pm, Randolph Road, Room 102
Do you know your numbers? Health Yourself will be providing your annual wellness assessment with blood pressure, cholesterol and glucose screenings (approx 15mins). If interested, please email me 2 time preferences.

Relax, Relate, Release... 231064
October 7, 2008 10am-4:30pm, Randolph Road, Room 102
A staff favorite, to shake off that last bit of tension from a hectic summer. A dollar a minute, 10 minute minimum, 30 minute maximum. Please contact me to schedule a time.

Ergonomics 101
October 21, 2008, 1-2:30pm, Randolph Road, Room 300
Do you carry all of your tension in your neck and shoulders? Maybe it's your workstation. Come learn the proper way to set up your desk to prevent pain.

Snacktime 231066
November 7th, 2008 12-1:30pm, Randolph Road, Rm 300
Taste test a couple of easy and fun foods to keep around your desk that won't stay around your waist.

Healthy Choices Programming...

Community Center based

- Catch Club Fridays
 - Passport to Health
- Girls on the Run
- Camp Fun-ergy
- Presidents Fitness Challenge @ the Summer Fun Centers
- Senior Weight room Orientations
- Inwood House Circuit Training
- Teens N Between (MSY)
 - Outdoor Recreation Program



Healthy Choices Programming...

Community Events & Partnerships



- Health Freedom Walk
 - 3 mile walk retracing the Underground Railroad, linking freedom from slavery with freedom from bad health habits
 - Partnership with the African-American Health Program, Health & Human Services and Montgomery Parks

Healthy Choices Programming... Community Events & Partnerships

City Place Health & Fitness Expo

- Partnership with City Place Mall & Holy Cross Hospital
 - Attracts 1500 people
 - Health screenings and fitness demonstrations



Healthy Choices Programming...

Community Events & Partnerships

- Expanded Food Nutrition Education Program (EFNEP)
 - Part of University of Maryland's Cooperative Extension program
 - Will provide 4 session nutrition lessons in after school programs and Mommie & Me health snack workshops
 - Taught by dieticians

