**JPMS Wins $7000 in Wellness Competition**

School employees throughout the county formed teams in a fitness and wellness competition entitled MCPS on the Move and Work It Circuit. The twelve-week fitness challenge had over 4,600 registered competitors who collectively registered 30,721 hours of exercise, burning more than thirty million calories—the equivalent to losing more than 8,500 pounds.

Taking first place in the secondary education level was staff at John Poole Middle School. Kaiser Permanente awarded the school $7,000 to be used for physical education equipment or to further health education excellence.

The JPMS team was especially motivated by school secretary Coree Ogden who was an inspiration with her enthusiasm and dedication to daily exercising. While Coree helped to encourage the others, she found extra support from her husband, Raymond, who often joined her on her daily walks. Coree told *Well Aware eNews*, an MPCS online publication on health matters, that she was ready for the challenge after a rough year with losses in her family and having to undergo surgery herself. She is excited that she can now put on her wedding ring and especially enjoys playing with her two young grandchildren at the park. “They love their ‘new’ grandmother and I am beginning to love her, too.”

As an aftermath of involvement in the health competition, Coree has organized a twenty-mile walk at the end of March with a group of young women, ages twelve to eighteen. The girls and their leaders from her church will begin at 6:00 a.m. at the Washington Monument and then walk eighteen to twenty miles to the Mormon Temple in Kensington. “We are all currently training to prepare for this walk. The girls will dedicate their walk to a family member/ ancestor who has passed on. The purpose for this walk is to teach that we can do hard things if we prepare, do our best, and then never give up.”

The JPMS team also included Lynn Becknell, Sharon Earle, Joy McIntyre, Winessa Crutchfield, Darlene Umberger, Mary Phillips, Kim Gerrie, and Amanda McGrew. For their efforts, each member of the team was also given a relaxation spa gift certificate.