

Wellness Wednesday

Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



DO YOU KNOW YOUR NUMBERS?

Level Up is committed to helping you live healthier in 2020. Whether your goals include losing weight, quitting smoking, exercising or simply staying healthy, we want to help you succeed.

We are excited to share that we are launching a **Know Your Numbers** campaign starting in late February. Knowing your numbers is the first step to a healthier lifestyle. These numbers include your Blood Sugar, Blood Pressure, Blood Cholesterol, and Body Mass Index (BMI). These numbers can provide a glimpse of your health status and risk for certain diseases and conditions, including heart disease, diabetes, obesity and more.

Knowing your numbers is important! These are the most critical numbers of your life. The goal of this campaign is to help you understand your current health and motivate you to make and sustain good choices. Your overall health matters to us.

KNOW YOUR NUMBERS, KNOW YOUR RISK

Blood Sugar

This is the amount of sugar in your blood. Before eating, your number should be less than 100. And two hours after eating, it should be less than 140.

Blood Pressure

Your heart pumps blood and that blood pushes against the sides of blood vessels as it moves through your body. The strength of this pushing is your blood pressure. If your blood pressure is too high, it puts extra strain on your heart, which may lead to a heart attack and/or stroke. Your blood pressure reading includes two numbers—one on top of the other. Your blood pressure should be less than 120/80 (read: 120 over 80).

Blood Cholesterol

Cholesterol is a waxy substance produced by the liver. Too much can make it harder for blood to circulate. Your total score should be less than 200.

Body Mass Index (BMI)

Your ideal body mass index or body weight depends on various factors, including your gender, age, height and frame. Your BMI should be between 18.6 and 24.9.

HERE'S YOUR CHANCE...

Level Up will launch its 2020 **Know Your Numbers** campaign in February. We will host events throughout the County for employees to get **free screenings to know your numbers**. These biometric screenings will include blood sugar, blood pressure, cholesterol, and body mass index (BMI) tests to provide you with your current health status.

Registration will be required. Stay tuned for more announcements regarding the Know Your Numbers campaign. We appreciate your participation and look forward to making 2020 a happier, healthier year for everyone at Prince George's County Government.

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