



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



EAT WELL, BE WELL... ALL MONTH LONG

March is [National Nutrition Month](#) and we're dedicating the entire month to *healthy eating*, one of Level Up's five dimensions of total wellbeing. We have some webinars and resources to help you learn about nutrition and a contest to help bring out the creative chef in you!

JUST FOR YOU: NUTRITION WEBINARS

Are you generally curious about nutrition, healthy eating habits, and how to maintain a healthy body weight with food? We've got you covered with these free webinars dedicated to nutrition.

- **WEBINAR: Keeping a Healthy Weight, March 11 at 11 a.m.** ([Register](#))
Tap into your personal motivators and consider your readiness to make a behavior change that supports weight management.
- **WEBINAR: Healthy Eating and You, March 18 at 12:30 p.m.** ([Register](#))
Learn what a healthy plate looks like and how to plan a healthy diet.
- **WEBINAR: Nutrition, Just the Basics, March 25 at 12 p.m.** ([Register](#))
Learn basic nutrition principles and how to make smart choices from each food group. Understand the importance of water, fat, dietary carbs, and protein.

After registering for a webinar, remember to add it to your calendar. You'll receive a reminder via email two days before the webinar. Visit princegeorgescountymd.gov/levelup and click on Events and Webinars for more activities and information.

MEAL PREP MARCH

It's time to show off your culinary skills! This month, we want to see how you prepare your healthy and delicious meals. Whether you're making breakfast, lunch, dinner, or healthy snacks, show us your creative meal prep skills.

Let us know how you prepare your meals for the day—or the week—and you could **win a digital food scale or other prize**. Email us pictures or short videos (30 to 60 seconds) of your food prep fun and we'll select winners each week in March. Send your pictures and videos to LevelUp@co.pg.md.us.

Need some inspiration? Check out Level Up's [Meal Prep March](#) page for links to meal prep suggestions and recipes.



KNOW YOUR NUMBERS

TAKE CONTROL OF YOUR HEALTH

Register for your FREE screening and receive a \$25 gift card*

Your health is important—and so is your time. Take a few minutes to get a snapshot of your current health status and you could receive a \$25 gift card. Visit princegeorgescountymd.gov/levelup for details on the **Know Your Numbers** campaign and to register for your screening.

*The first 1,000 Prince George's County Government employees to register for and receive a screening during the Know Your Numbers campaign will receive a \$25 gift card.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us

