STAY ACTIVE & EAT HEALTHY

Living a healthy life is important to all of us. That's why Level Up continually offer new ways to help you reach optimal health by elevating your total wellbeing.

Check out all the programs we will be offering you during the month of August:

HealthTrails Challenge
We invite you to take the path to better health and enjoy some healthy competition – participate in the HealthTrails 4-week Challenge which begins on Monday, August 10 and ends on Friday, September 4!

HealthTrails™

What could be more fun than tracking health improvements on virtual interactive trails all over the world? Whether it's Spain's French Way, Denmark's West Coast Trail, tropical Honolulu, or any of the other fascinating international routes, you'll be rewarded with exciting images and descriptions of each area's people, places and history. Plus, you'll be inspired to keep moving toward better health with this wellness program. And let's not forget the cool prizes in store. Challenge yourself and **register** by Aug. 17.

Fitness Fridays
We will be offering 1-hour fitness classes each Friday. These classes will be calorie burning and energy filled with the goal to improve your core strength, balance and overall mobility – **all fitness levels are welcomed**. All classes begin at noon. Check out the OHRM announcement sent on Monday, August 3 for details.

Summer Series: Virtual Cooking Demos
Tune in for the August Virtual Cooking Demo with Chef Brandon Walker. Stay tuned for more details.

Wellness Webinars

- *Fitness and Healthy Eating*
  Need more energy? Trying to maintain a healthy weight? Learn tips and techniques to help you get fit. Get motivated to incorporate both physical activity and healthy eating into your lifestyle.
  Date: Tuesday, August 18
  Time: 12:30 pm ET
  Register: click here

- *Keeping a Healthy Weight*
  Tap into your personal motivators and consider your readiness to make a behavior change that supports weight management.
  Date: Tuesday, August 25
  Time: 11:30 am ET
  Register: click here

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