



**REMINDER:** Register by Mon., Aug. 17, to participate in the HealthTrails online challenge!

Get on the path to having more energy to do the things you enjoy with *HealthTrails*. Click [here](#) to register.

# Wellness Wednesday



## STAY ACTIVE & EAT HEALTHY

It pays to be physically active today and for many healthy years to come. It's important to move more and sit less throughout the day. Some physical activity is better than none.

Here are the best reasons to get up and get moving. Being physically active is one of the most important actions that you can take to improve your health. It could even help you live longer.

### Control Your Weight

- *Everyone is different.* The amount of physical activity you need to lose or manage your weight varies from person to person.
- *Lowering your weight.* Most people who want to lose weight work out longer or more intensely. They also lower the number of calories they eat or drink daily.
- *Maintaining weight.* Keeping your weight in a healthy range means finding a healthy balance between healthy eating and regular exercise.



### Take Health to Heart

Heart disease and stroke are two of the leading causes of death in the United States. To lower your risk, make sure to get a least 150 minutes of doctor-approved moderate-intensity aerobic activity (bike riding, lawn mowing, fast paced walking) every week. You can reduce your risk even further with additional physical activity. Regular exercise can also help lower your blood pressure and improve your cholesterol levels.

### Be Good to Your Bones

As you age, it's important to protect your bones, joints and muscles. By doing moderately intense aerobic and muscle strengthening activities you can help:

- Increase or maintain your muscle mass and strength.
- Slow the loss of bone density that comes with age.

Regular physical activity can help keep your thinking, learning and judgment skills sharp as you age. Sit can also reduce your risk of dementia (including Alzheimer's disease), depression, signs of anxiety, and improve sleep and quality of life. Remember to stay fit and stay sharp! Be well informed and register for these 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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