



Online Wellness Challenge:
April 12 - May 7, 2021

Level Up
Elevate your total wellbeing.

OHRM Office of Human
Resources Management



It's a great time of year to get outside and **Spring Into Motion**. Level Up invites you to participate in the *Spring Into Motion* 4-week challenge, which **begins on Monday, April 12!**

This physical activity program is a fun and inspiring way to move more. Whether you cycle around your neighborhood or jog around the block, you choose the activity—do the same thing each day or try something different—as you discover something new about spring each week.

Logging exercise is simple with *Spring Into Motion*. If you're using a tracking device or app, just sync it with your computer and your steps automatically load into your *Spring Into Motion* account. Or record your favorite activity, along with dedicated exercise minutes, and the program automatically converts your minutes to steps. Delicious recipes, inspiring articles, and motivating daily emails help you keep moving.

Online [registration](#) begins on **Monday, April 5** – mark your calendar! So, get ready to take the first step toward a healthier you – *Spring Into Motion* starts **Monday, April 12**.

Let's not forget the prizes...

Individual Winners

- 1st Place – Apple iPad Mini
- 2nd Place – Apple Watch
- 3rd Place – \$50 Nike gift card

Team Winner

- 1st Place – \$50 gift card per team member

Randomly Selected Winners

- 10 random winners - \$25 gift cards

National Nutrition Month:

Final Webinar Starts at Noon Today

Whether you need to make the switch to a healthier diet or are looking for more tips to help you maintain healthy choices, register for this upcoming webinar below. This webinar is geared to help lead you in the right direction to a healthy diet and lifestyle.

Supermarket Savvy | Wed., March 31 at Noon | [Register Now!](#)

What goes in your cart goes in your body! What is the relationship of food, diet & health? Learn how to shop smart by reading food labels for healthy food choices & making easy shopping substitutions.

After registering for this webinar, remember to add it to your calendar. And, in order to help you eat well and be well all month long, **Level Up will randomly give away \$25 Panera Bread gift cards weekly** to those who send [Level Up](#) pictures of how they are honoring or celebrating National Nutrition Month!

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

