



We have a lot to celebrate in today's Wellness Wednesday—it's World Health Day and National Walking Day!

## What is World Health Day?

[World Health Day](#) marks the anniversary of the World Health Organization, which was founded in 1948. The World Health Organization (WHO) is the leading global health authority within the United Nations. The purpose of the organization is to control health and communicable diseases across the globe.

Here are a few activities that you can do to celebrate:

**Promote Healthy Eating.** Just as cars need fuel to run properly, our bodies need healthy food to function at their best. Eating the proper foods cannot only make you feel better but keep you healthy. [ChooseMyPlate.gov](http://ChooseMyPlate.gov) provides great ideas.

**Get moving.** Physical activity is one of the many ways of living a happy and healthy life. Make it a part of your everyday routine.

**Practice Mindful Meditation.** Promoting world health isn't just about diet and exercise, it's about promoting mental health as well. In these trying times, you can combat anxiety by practicing mindful meditation. Check out the [Mental Well-being Resources](#) via the OHRM page in the Health & Well-being section.

## National Walking Day

The first Wednesday in April is National Walking Day and it encourages Americans of all ages to get out and stretch their legs and get their hearts pumping. [The American Heart Association](#) sponsors this day to remind people about the health benefits of taking a walk. Walking for thirty to sixty minutes per day may sound like it isn't much, but studies have shown that it can drastically improve your health and even help prevent ailments such as type II diabetes, cancer, and heart disease.

As pandemic fatigue continues to set in, we are inviting you to take a walk with us! Bringing awareness to staying active is crucial for your physical and mental health and walking is generally a safe activity. In celebration of National Walking Day this year, we're encouraging you to step away, get outside and walk for 30 minutes.

The pandemic has brought on many challenges within our community, but it has also shed light on some bright spots. For some, not sitting in traffic has presented an opportunity to start or spend more time walking. It may have also presented an opportunity to connect differently with your co-workers. After all, most of us are sharing our homes or occasional visit from a loved one!

One thing is for sure, we still wish to connect. So, join Level Up on April 7 and share your walk with us! Send your pictures to [Level Up](#) with the hashtag [#LevelUpWalkingDay2021](#) and be sure to include your loved ones!

Below are a few ways that you can leverage as you begin or continue to incorporate walking into your day:

- Active family time: Get everyone together for a walk after dinner
- Walk and talk: Need to return some calls? Catch up on your calls while taking a walk
- Safety comes first: Make sure the place you choose to walk is safe and, if it's a crowded location, remember to wear your mask or face covering
- Back at the worksite? Coordinate a socially distant team meeting outside after a short walk

We encourage you to celebrate World Health Day and National Walking Day today and every day—here's to elevating your total well-being!

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