

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



Register for the July **Coffee & Chat** webinar and join us on **Wednesday, July 7 at 9 a.m.**

- This month’s webinar will be all about fun and games – are you ready to play and win BIG?
- We’ll review *The Summer of Wellness* activities and events.
- Plus, we’ll give away some random wellness prizes!

Wellness Wednesday

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Invest In Your Health

Investing in your health can deliver big returns in the future, such as living a longer, happier life. There’s no time like today to get started!

Invest In	Ways to Invest	Your Returns
Regular Exercise	<ul style="list-style-type: none"> • Brisk walking • Yoga • Weightlifting • Water aerobics • Biking • Dancing • Get at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous activity a week. Include muscle-strength training at least twice a week • Generally, try to get 30 minutes of exercise per day 	<ul style="list-style-type: none"> • Can help lower risk for eight types of cancer, heart disease, stroke, high blood pressure, high cholesterol and type 2 diabetes • Helps maintain weight and improve bone health • Can improve your sleep and quality of life • Can help reduce the risk of dementia (including Alzheimer’s disease) and depression • May help reduce feelings of anxiety and depressed mood
Healthy Eating	<ul style="list-style-type: none"> • Fruits and a variety of vegetables • Whole grains • Fat-free or low-fat dairy products • A variety of protein: <i>seafood, lean meats and poultry, eggs, beans, nuts, seeds and soy products</i> • Healthy fats such as olive oil • Foods and beverages low in saturated fat, sodium and added sugars • Smaller portion sizes 	<ul style="list-style-type: none"> • May help reduce your risk of diseases such as heart disease, type 2 diabetes and cancer • Can help you avoid becoming overweight and obese • With less sodium, you can help reduce your risk of high blood pressure
Health & Cancer Screenings	<ul style="list-style-type: none"> • Health screenings: <i>blood pressure, cholesterol, depression, diabetes, dental, etc.</i> • Cancer screenings: <i>colon and skin cancer</i> • Cancer screenings for women: <i>mammogram and Pap test for cervical cancer</i> • Cancer screenings for men: <i>prostate cancer</i> 	<ul style="list-style-type: none"> • Can help prevent or find colon, breast, cervical, skin and prostate cancers • May help catch and treat other health problems • Early detection could save your life

	<ul style="list-style-type: none"> • Yearly well-visit with your primary care doctor 	
Memory & Mental Health	<ul style="list-style-type: none"> • Get regular physical activity • Stay connected to family and friends • Stay mentally active – do crossword puzzles, learn something new etc. • Get a good night's sleep • Eat a healthy diet and limit alcohol if you drink 	<ul style="list-style-type: none"> • May help with memory loss as you age • Can help reduce feelings of depressed mood and anxiety • Helps keep your mind sharp • Can help you prevent stress and depression



Congratulations to winners of *The Summer of Wellness* June raffle:

Apple Beats Flex Earbuds

- Alana Gayle ~ State's Attorney's Office
- Uloaku Ekekwe ~ Health Department
- Courtney Haggins ~ Health Department
- Diona Roney-Guy ~ Office of Central Services

\$50 Nike Gift Cards

- Mary Sanders ~ Dept. of Permitting Inspections & Enforcement
- Maleika Matthews ~ Dept. of Public Works and Transportation

Don't forget to participate in [The Summer of Wellness](#). We've planned a summer that checks all of the boxes to elevate your total well-being. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

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

