



Summer Wellness Goals

There is never a bad time to really push yourself to feel better, look better, and have more energy—and summer is a great time to try a new routine, because you may want to take advantage of the extra daylight or start a program during a vacation. Here are a few of ways to celebrate summer while continuing to make progress on your goal of feeling like the healthiest version of yourself.

Have A Little Adventure

Wellness includes self-care. Shaking up your routine, trying something new, and seeing something beautiful are all energizing ways to take hold of the season and your own personal care!

- If you normally use the treadmill or some other form of indoor fitness equipment to get your steps in, try recruiting a walking/running buddy and go outside. See if you notice a difference in workout.
- Do you order food delivery more often than cooking? Pick a day, a recipe, and purpose—learn to cook something you've always wanted to or have been afraid of trying. Find some friends and you've basically got a cooking club. Take turns hosting a monthly meal and show off your culinary skills!

Make Weekly Visits to the Farmers Market

Now is the perfect time to eat copious amounts of fruits and veggies, since they're in season. Shopping for groceries at the local farmers market is a great way to learn about healthy foods that you may not have known about before. Talk to growers about different ways to prepare seasonal fruits and vegetables to expand your menu and boost your nutrition.

Get the Kids Involved in the Kitchen

Let kids get creative with cooking in the summer. Assign one healthy meal challenge per week and let them plan and prep a meal.

Make Eating Healthy Easy

Make healthy choices automatic by packing containers of easy-to-grab, washed and cut produce to snack on throughout the week.

Bike to Work

Set a goal to cycle a certain number or miles per week or a certain number of days per week.

Explore Local Hiking Trails

Find at least one new path to explore each weekend in the summer. If you have kids, get out the maps and let them help you plan. And don't forget *Fido*—check the trails to see if they are pet-friendly and get the whole family involved.

Try a New Sport

If you're bored with your current exercise routine, there is no better time to try a new activity than the summer. Your body will benefit from doing a new type of movement and learning new skills is great for the brain.

Additional Resources

- [The Centers for Disease Control & Prevention](#)
- [U.S. Department of Health & Human Services](#)



Join Us and Win Big This Summer

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.

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