

## Become a Wellness Champion!

Will you be next to join the network of Level Up *Wellness Champions*? Wellness Champions serve as ambassadors who empower employees to become healthier, happier, and more productive at work and at home. Wellness Champions are employees, like you, who help the Level Up Employee Wellness Program spread its message—to *elevate your total well-being*—through motivation, encouragement, education, and inspiration.

### Apply Online Today!

If you're interested in joining the ranks of the Wellness Champions, complete and submit a Wellness Champion [application online](#) by Friday, August 6.



[Register](#) for the August **Coffee & Chat** webinar and join us on **Wednesday, August 4 at 9 a.m.**

- This month's webinar will provide a sneak peek into our Self-Care September Campaign.
- We'll review *The Summer of Wellness* activities and events.
- Plus, we'll give away some random wellness prizes!



## Summer Fitness & Exercise Outside

Why is summer so great for fitness? It's easier to stay motivated when our fitness activities are fun and varied. That doesn't mean you can't enjoy fitness fun any time of year, but the sunny, welcoming weather certainly is so inviting. Make sure to take precautions when you are active outside.

- **Drink plenty of water.** This is very important when it's hot out and when you do intense exercise.
- **Don't exercise as hard when it's hot.** Take rest breaks. Exercise more slowly than usual or for a shorter time.
- **Stay in the shade when you can.** Even standing or sitting in the sun can cause you to sweat and become dehydrated.
- **Avoid exercising during the hottest times of the day.** Try to hit the trails or walk the dog early in the morning or later in the evening.
- **Wear light-colored, breathable clothes.** Dark clothes attract and hold heat. Grab light, breathable fabrics for your summer wardrobe.
- **Watch for signs of heat exhaustion.** If you feel any of these symptoms, seek help and/or stop your activity, cool off, and drink fluids: nausea, dizziness, cramps, and headache.

## Beach Jogging

By taking your run to the beach, you aren't just getting better scenery; you are also getting a better workout.

## Beach Volleyball

Playing a game of beach volleyball will work on a variety of different muscles. Not only will your arms and legs get a good workout during the activity, but you can improve your stamina as well.

## Water Exercise

Exercising in water can increase your flexibility and range of motion without putting stress on your joints and spine. Warm water also helps relax your muscles.

## Circuit Training in the Park

If you visit a park and walk along a trail or path, you may notice all of the different contraptions and equipment along the side. By completing different exercises, you achieve a full-body workout.

## Nordic Walking

[Nordic walking](#) combines cardiovascular exercise with a vigorous muscle workout for your shoulders, arms, core, and legs. When you walk without poles, you activate muscles below the waist. When you add Nordic poles, you activate all of the muscles of the upper body as well.

## ZUMBA Dance Party: Friday, July 30

Winners of *The Summer of Wellness* raffle for July will be announced during the [Zumba Dance Party](#).

You could win:

- **Apple Beats Flex Ear Buds** or
- **A \$50 Nike gift card!**

## 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.

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

