

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the December **Coffee & Chat** webinar and join us on **Wednesday, Dec. 1 at 9 a.m.**

- You don't want to miss the last Coffee & Chat of 2021!
- Grab your warm cup and tune in to this month's segment.
- We'll recap Level Up's successful year and give you a sneak peak of 2022.
- Plus, we'll give away some random wellness prizes!



Diabetes Awareness Month

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Have a Happy Thanksgiving Holiday!

It's time to enjoy and spend quality time with your family and friends. We should all express gratitude, celebrate good fortune, and enjoy good food. While the food will take center stage this holiday, don't forget to bring wellness to the table. Here's some serious food for thought: it's not uncommon for many individuals to consume 3,000 to 5,000 calories around the Thanksgiving table! Be mindful of your eating and drinking—and be good to your body.



Stay healthy this Thanksgiving

- **Go easy on yourself**—don't stress out about your weight loss goals. Strive for weight maintenance instead of weight loss this Thanksgiving.
- **Get a full 8 hours (or whatever your body needs)**—being well-rested can help you feel your best for the day's festivities.
- **Hydrate, and hydrate again**—drinking plenty of water is always a good idea, and can help curb your appetite.
- **Don't forget to eat (breakfast)**—having a nutritious and full breakfast can help you keep snacking and overeating under control.
- **Serving size is important**—be sure to use snack-size plates for snacks and appetizers. Grabbing large dinner plates can often put too much of those snacks in your belly before a meal.
- **Take time and enjoy your food**—this is a marathon, not a sprint. Don't rush through your meals or snacks.
- **Make your plates colorful**—remember to add some colorful greens to your plate.
- **Have your cake and eat it, too**—have the pies, cakes, cookies, etc.—savor all things in moderation!

Diabetes Awareness Month Events: Thank You for Participating!

Here are the winners for Week 3:

- **Janice Hyshaw** ~ Dept. of the Environment
- **Yadira Rodriguez** ~ Office of the Sheriff

Each week, Level Up raffled off **two**:

- **Hamilton Beach Big Mouth Plus 2-Speed Juicer**

The winners for Week 4 will be announced in next week's Wellness Wednesday newsletter. Prizes will be distributed at the end of the month.



Additional Resources

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

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