

Coffee & Chat



Level Up

Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the February **Coffee & Chat** and join us on **Wednesday, Feb. 2 at 9 a.m.**

- Let's Seize the Year with some entertainment!
- We're giving away some random wellness prizes!
- So, grab your warm cup and tune in for this month's segment.

Seize the Year!

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Everyone knows we should exercise more. But after being mostly cooped up for almost two years, you may have gotten out of the daily habit of movement. Level Up is encouraging you to get back in the habit of moving daily. To get back on track, follow these simple tricks to stay active.

Carve out time for steps

Whether you are working remotely or back in the office, you've probably noticed that it's more difficult to get those daily steps in. Carve out time to get 10,000 steps a day (close to 5 miles) and find small ways to fit in steps by taking a walk before or after work, scheduling a virtual walk-and-talk with a co-worker, or even walk around your house on a call.

Get ready to increase those steps with [Feel Like A Million](#) – coming soon!

Take up an active hobby

Exercise doesn't have to happen at the gym and doesn't have to feel like a chore. Remember what you enjoyed as a kid? Why not take it up again as an adult or try a new active hobby that gets you fit without feeling like another "to do" to cross off your list? Rediscover your inner child and the joy and fun of moving your body. Dancing, sports, or just running around can make a big difference.

Resist the TV habit

So, you've pretty much blown through every episode of every new streaming show available, but you're still caught in the habit of nightly screen time? Instead, why not take a stroll, go for a bike ride, or try some quick resistance training while listening to audio books? Or try streaming a yoga class to help you simultaneously build strength and relax. After all, prolonged sitting has been shown to be as damaging to your health as smoking.

Additional Resources

- [Centers for Disease Control and Prevention](#)
- [Wellness On-Demand](#) – Level Up’s recorded virtual programming.
- [Free webinars](#) sponsored by Kaiser Permanente – open to all employees.

Seize The Year! January Events:

Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Each week, Level Up will raffle off **three items**:

- **One Fitbit Ionic**
- **One Sonicare Electric Toothbrush**
- **One Hamilton Beach Big Mouth Plus 2-Speed Juicer**



Weekly Winners

Everything is better with prizes, right?

Here are the winners for Week 1:

- **Fitbit Ionic:** Robert Overstreet ~ Office of Central Services
- **Sonicare Electric Toothbrush:** Adam Taifouri ~ Office of the Sheriff
- **Hamilton Beach Juicer:** Rosemary Vozobule ~ Dept. of the Environment

To be entered into the random drawing each week, you must register and attend at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles. Prizes will be distributed at the end of the month.

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