

# 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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Your body was made to move. If there were a magic pill to prevent aging, the closest thing would be exercise. Daily activity helps prevent obesity, heart disease and diabetes – not to mention, it keeps you feeling great.

**Register now and get ready to incorporate physical activity with [Feel Like A Million](#) – challenge starts Monday, January 31!**

### Fit for Life

Regardless of age, adults should aim for 150 minutes of moderate-intensity aerobic exercise every week or 75 minutes of vigorous exercise per week. Incorporate both aerobic activity and strength training into your routine for maximum benefits. But as you move through decades, there will be some adjustments that need to be made and limitations to account for. Let's break it down by age:

#### In Your 20s & 30s...

This is a great time to build a good relationship with exercise. Try out different classes and find an activity you really enjoy. Muscle mass and bone density start to decline in your 30s, so make sure strength training is part of your routine.

**Ideas:** Running, spinning, kickboxing, strength training

#### In Your 40s & 50s...

During middle age, our metabolism starts slowing down, making it easier for weight to creep on. You may also start experiencing new aches and pains. Switching to lower-impact exercises can help.

**Ideas:** Walking, biking, swimming, yoga, strength training

#### In Your 60s & Beyond

Continue aerobic exercises as well as strength training activities and remember to warm up and cool down to avoid injuries.

As you become more at risk for falls, help prevent them by adding balance-boosting activities.

**Ideas:** Water aerobics, chair exercises, dancing, tai chi, stretching

## Additional Resources

- [American Heart Association](#)
- [Centers for Disease Control and Prevention](#)
- [Wellness On-Demand](#) – Level Up’s recorded virtual programming.

## Seize the Year! January Events:

### Register Now for the Last Webinar

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 2:

- **Fitbit Ionic:** Omobola Sokoya ~ Dept. of Permitting Inspections & Enforcement
- **Sonicare Electric Toothbrush:** Nicole Duppins ~ Fire-EMS Department
- **Hamilton Beach Juicer:** Edwin Witcher ~ Office of Community Relations

**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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