

Healthy Habits, Happy Heart

You can help avoid future heart problems by managing your stress, keeping up with your screenings and applying the *SELF* principle. The same habits that help keep your heart strong also reduce your risk for other conditions — improving your overall total health!

Manage Stress

With challenges in the world like climate change, political unrest, and an ongoing pandemic, it's no wonder we are seeing more stress-related cardiac events. Building resilience and managing stress is more important than ever, not only for your heart health but your total health.



Don't Forget Your Screenings

It's important you don't miss your preventive screenings and don't delay health treatment if you're experiencing a problem. If you're over 50 and haven't had your cholesterol checked in the last 18 months or seen your doctor, schedule your appointment today!

Apply the SELF Principle

Based on five simple steps for a healthy heart, the first step of the SELF principle is to get between 7 to 9 hours of sleep each night. The second step is to reduce your sitting time by moving more throughout the day. The third step is to floss! That's right, who knew that flossing keeps the bacteria from inflaming the blood vessels and heart. Step four is don't smoke—no surprise there. And finally, step five is to aim for a healthy blood pressure under 120/80.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [American Heart Association](#)
- [Centers for Disease Control and Prevention](#)
- [National Heart, Lung and Blood Institute](#)
- [Wellness On-Demand](#) – Level Up's recorded virtual programming.

Go Red for Women Contest

Thank you for participating and showing your support on Friday, February 4 for Go Red Day! These employees won a \$25 Panera Bread gift card for submitting their red outfits!

Showing Up for Red

Here are the winners (left to right):

- Sharon Condor ~ Dept. of Permitting, Inspections & Enforcement
- Terry Hampton ~ Soil Conservation
- Lisa White ~ Office of Homeland Security



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