

Coffee & Chat



Level Up
Elevate your total wellbeing.

OHRM Office of Human Resources Management



[Register](#) for the April **Coffee & Chat** and join us on **Wednesday, April 6 at 9 a.m.**

- Soil Conservation Executive Director Steven Darcey will be joining us as a special guest co-host!
- And of course, we'll have some random wellness giveaways.
- So be sure to register, grab your warm cup, and tune in for this month's segment.

Seize the Year!

Level Up
Elevate your total wellbeing.

March is National Nutrition Month

The pandemic has affected us all in many ways. For many of us, healthy eating has fallen to the wayside. Level Up wants you to get healthy eating back on track by encouraging you to plan for mindful meals.

Manage Stress Eating

Many of us are facing the challenge of losing the "COVID 15". Stress can lead to extra eating and snacking on junk food, so it's more important than ever to manage stress levels, eat mindfully and move more. Keeping healthy snacks on hand and avoiding stress eating helps keep your snacking in check.



Take a Break from Screen Time

Whether teleworking or working in the office, be mindful not to eat in front of the screen. Take a break from the computer to eat and focus on your food. Mindless or distracted eating often leads to added caloric intake. Be sure to block time in your calendar to make a healthy lunch and eat slowly at the table, savoring every bite.

Stock Up on Healthy Items

It's important to stock up on healthy pantry items, such as brown rice, whole grain pasta, canned or dried beans, tuna, peanut butter, and low-sodium pasta sauce.

Take advantage of healthy frozen options such as frozen fruits and vegetables, fish, and meat. Sweet potatoes, carrots, bell peppers, kale, spinach, broccoli, cantaloupe, oranges, pumpkin, and tomatoes.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [Academy of Nutrition & Dietetics](#)
- [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! National Nutrition Month 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 Cuisinart Petit Gourmet Portable Grill**
- **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 3:

- **Portable Grill:** Harsh Oberoi ~ Office of Central Services
- **Sonicare Electric Toothbrush:** Adriana Umberger ~ Office of Information Tech.
- **Hamilton Beach Juicer:** Danielle McGowan ~ Circuit Court

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.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us



Angela D. Alsobrooks
County Executive