

# 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!

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## March is National Nutrition Month

Although National Nutrition Awareness Month is coming to an end, your healthy eating habits should continue. A healthy diet is essential for good health and nutrition. Level Up will continue to encourage and provide resources on the importance of eating healthy, as it has many health benefits to protecting you against many chronic diseases.

### Healthy Baking

Instead of sourdough bread, try your hand at gluten-free or vegan baking. Substitutes like coconut or almond flour for white flour or applesauce for oil pack a flavorful and nutrition punch.



### Plant-based Eating

Plant-based diets consist of mainly whole-plant-based foods like whole grains, legumes (beans, peas, lentils), vegetables, fruits, seeds, and nuts. Adopting a plant-based diet is not only good for your health, but it's also good for the health of the planet.

### Watch Your Beverages

Be mindful of the types of drinks you are consuming. Excessive sugary or alcoholic beverages can lead to weight gain over time and can contribute to conditions like

pre-diabetes. Drink water, unsweetened iced teas, or sparkling water. Give your water a kick with a squeeze of fresh lemon or lime, or a small splash of 100% juice.

## 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 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 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 4:

- **Portable Grill:** Charlene Moore ~ Dept. of Housing & Community Development
- **Sonicare Electric Toothbrush:** Lisa Smith ~ Office of the Sheriff
- **Hamilton Beach Juicer:** LaWanda Gurganious ~ Health Department

**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.

## Don't Forget to Sign Up For Spring Into Motion!

[Registration for Spring Into Motion](#) is now open. In this 4-week program, you choose what physical activity you'd like to do each day for 6000+ steps (using a tracking device or the Step Converter tool) as you earn points, badges, and learn about *Spring Things*—from adorable wildlife and vibrant blossoms to destinations and weather patterns. [Register now](#) and win BIG!



**Office of Human Resources Management**  
**Level Up – Employee Wellness Program**  
1400 McCormick Drive, Suite 351  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)

