



June July August

burnalong



Have you signed up for [BurnAlong](#) yet? Get your free account, plus 4 free accounts for your friends and family today! This is the perfect way to get motivated by working out when and how you want to—and you can do it with your friends or solo!

Join Level Up on Fri., July 15 for the [Drive-in Movie and Mini Field Day](#) at Prince George's Community College. Register online, bring the kids to play games and activities and stay for the movie, Minions (2015, rated PG). Free food and popcorn for registered attendees!

Join Level Up on Sat., August 6 for the [Family Field Day & Wellness Expo](#) at Montpelier Farms. This is the biggest event of the summer! Register online and bring the kids to the farm for some fun activities, games, giveaways, live DJ, employee benefit vendors and more!



June is Men's Health Month

June is National Men's Health Month and [Level Up](#) wants to encourage all men to live longer and healthier lives. According to the [U.S. Department of Health and Human Services Office of Minority Health](#) (OMH), this month is used to raise awareness about health care for men and focus on encouraging boys, men and their families to practice and implement healthy living decisions such as exercising and eating healthy.

Make Prevention A Priority

Many health conditions can be detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate health and more.



Get Moving

Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

Eat Healthy

Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

Wear Blue on Friday, June 17 Bring Awareness to Men's Health Month

Show your support for the men and boys in your life by participating in [Wear BLUE Day](#) on Friday, June 17. Send a photo of you creatively wearing blue at LevelUp@co.pg.md.us and you could win a special prize! Other ways to show support for Men's Health Month include:

- Start general health conversations with your male loved ones.
- Gently encourage them to make regular, annual visits to their doctor for wellness check-ups.

Additional Resources

- [Centers for Disease Control & Prevention](#)
- [Omada](#) for Cigna & Kaiser Permanente members
- Health Department's [Prevent Type 2 Diabetes Program](#)

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