



[Register](#) for the February **Coffee & Chat** webinar and join us on **Wednesday, Feb. 1 at 9 a.m.**

- It's Heart Health Month and we're spreading the love!
- We'll discuss some big changes for Coffee & Chat!
- Grab your warm cup and tune in to next month's segment!



The most common New Year's goal is to get healthier. The secret to developing a healthy habit lies in implementing small steps that are positive, specific, and achievable. Instead of setting another goal, here are a few secrets to achieving them throughout the year and beyond.

## Save your health

**View your health like it's your savings account.** Every little bit you put in builds up. Like compounding interest in your account, cardiovascular endurance, strength, and small habits build upon themselves when you're consistent. Even if you only put in 10 minutes a day right now, you'll be healthier by the next time New Year rolls around than if you did zero minutes of exercise for the next 365 days. So, start where you can and build from there.

## Sick today, better tomorrow

**Take a day off to take care of your mental health.** Making your health a priority can be challenging when you're busy or taking care of others. If you're feeling overwhelmed by job stress, life changes, or family responsibilities, get the support you need.

## Jot it down

**Set yourself up to win by writing down the habit you want to create and reviewing it every day.** 'Exercise more' for example, is too vague. But writing 'I will walk 1 mile in the morning to feel better and more energetic during the day', is more specific and helps your brain look for ways to form the habit. Framing habits in positive terms can also motivate you to succeed.

## Envision your new habit

**When you start any new habit to improve your health, do you think about how it would make you feel to reach your goal?** A habit is easier to form when genuine, positive feelings are attached to it. Envisioning the happiness, gratitude, or pride you'll feel when you create and stick to a healthy habit can help drive your motivation and keep you on track.

## Additional Resources

- [Omada Health](#)
- [U.S. Department of Health & Human Services](#)
- [Wellness On-Demand](#) – Level Up's recorded virtual programming.

## Are You Participating in This Challenge? BurnAlong Total Well-being Journey

To help you jumpstart your New Year, we are also excited to announce the launch of the **BurnAlong Wellness Journey Challenge**. This four-week challenge features a range of fitness classes. Your challenge is to complete 100 minutes within the four weeks.

The BurnAlong Wellness Journey Challenge will run Monday, January 23, 2023, through Friday, February 17, 2023.

***A little friendly competition never hurts, right?*** Any participant who completes 100 minutes of activity in BurnAlong during the challenge will be entered into a raffle for one of five \$100 gift cards.



**burnalong**  
**TOTAL WELL-BEING**  
*Journey*  
Sponsored by your Employee Wellness Program  
Level Up

**ELEVATE YOUR TOTAL WELL-BEING**  
STARTING **JANUARY 23**

- 1 Well-rounded Well-being**  
The Burnalong Total Well-being Journey is meant to encompass different aspects that contribute to the entire well-being that will leave your mind, body, and spirit feeling renewed.
- 2 Thousands of Ways to Reach Your Destination**  
Select from thousands of on-demand classes that cover all areas of well-being. No matter where you are in your well-being journey, there is something for you on Burnalong.
- 3 Complete 100 Minutes in 4 Weeks & You Could Win!**  
Complete 100 minutes during The Burnalong Total Well-being Journey to be entered into a raffle for one of five \$100 gift cards! Take time to invest in your well-being! You deserve it!

**GET STARTED BY SIGNING UP FOR YOUR FREE BURNALONG ACCOUNT!**  
[join.burnalong.com/pgcounty](https://join.burnalong.com/pgcounty)



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