



Level Up
Elevate your total wellbeing.

OHRM Office of Human
Resources Management



Today is National Walking Day!

[The American Heart Association](#) created this day a decade ago to help manage stress and improve heart health for all. A walk is not just good for your body, it's good for your soul. Physical activity, like walking, is one of the best ways to reduce stress and boost your mood. Level Up is encouraging you to get up and get moving – that's elevating your total well-being!

It's Spring...Get Back to Nature

You don't have to travel far from home to experience nature. The next time you go outside, take notice of nature—green spaces, fresh air, birds chirping—and how it makes you feel. The natural world is all around us, and spending time outdoors can have a positive effect on your health and well-being.

Here are some ways that nature can give you a boost:

- **Get fit.** Spending time outdoors provides plenty of ways to move your body, whether you're going for a hike in the woods or a walk around the block.
- **Increase vitamin D.** A daily dose of sunlight can help improve your levels of vitamin D. Be sure to protect yourself by wearing sunscreen when spending time outdoors.
- **Boost your mood.** Sunlight can raise your body's serotonin levels, which may also help improve your mood. Spending time outdoors may even improve your outlook and help you tap into some positive energy.
- **Improve your focus.** Taking a break to step outside can help you clear your mind. And doing so may also help you refocus your attention when you return to your task.
- **Lower your stress.** When stress builds up, a change of scenery can help you feel better. The sights and sounds of nature may help you calm your mind while reducing stress and anxiety.
- **Sleep better.** Getting outdoors in the sun helps keep your sleep cycle on track. This helps you feel energized during the day and ready for sleep at night. Try some fun ways to add more nature to your day:
 - Explore your own backyard to add more nature to your day
 - Add a bird feeder and birdbath to attract wildlife
 - Go hiking, fishing or camping
 - Go outside for a walking meeting
 - Read a book under a tree
 - Step outside to admire the night sky

Additional Resources

- [American Heart Association](#)
- [Omada Health](#)
- [Active & Fit Direct](#) – Cigna members
- [One Pass](#) – Kaiser Permanente members



Save the Date – Financial Wellness Week Events:

Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

Thank you for participating in the National Nutrition Month Events!

Prizes

Everything is better with prizes, right?

Here are the winners for Week 4:

- \$100 Gift Card: Rachell Carson ~ Health Department
- Ninja: Darla Townsend ~ Fire/EMS Department
- NutriBullet: Tanisha Lucas ~ Police Department
- Hello Fresh: Robert Overstreet ~ Office of Central Services
- Hello Fresh: Monique Carey ~ Office of Finance
- Hello Fresh: Judy Cohall ~ Office of Human Resources Mgmt.
- Hello Fresh: Joy Brown ~ Dept. of Housing & Community Development

Each week, Level Up will raffle off **three items**:

- **One \$100 Gift Card**
- **One Ninja Foodi Air Fryer with DualZone Technology**
- **One NutriBullet Full-Size Blender Combo**

GRAND PRIZE GIVEAWAY

4 lucky participants will receive a Hello Fresh box



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 and distributed at the end of the month.

Showing Our **L♥VE** to the Wellness Champions!

Level Up is spreading the love with our Wellness Champions Spotlight! We value our Wellness Champions who are rockstars that inspire, encourage, and lead individuals and teams on a journey to a happier and healthier life. And we want you to get to know these ambassadors who are committed to building a culture of wellness for Prince George's County Government.

Wellness Champion Profile

Name: Belinda Moore

Position: Executive Assistant

Department: Office of Management & Budget

Years with the County: 36

Why did you volunteer to be a Wellness Champion?

Initially, it was an assignment but now it's a choice. It is so much valuable information for the better of my health...It's Personal Now!



What do you do for exercise or physical activity? I walk daily and often outside playing soccer with my grandkids.

What is your health goal(s)? To remain as healthy as possible.

What is your favorite healthy snack? Popcorn and carrots.

What keeps you motivated? Me living a good healthy life and my family.

What is your favorite motivational quote? "Be Patient, I Have Already Won!"

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774

