



Healthy Habits, Happy Heart

You can help avoid future heart problems by managing your stress, keeping up with your screenings and applying the *SELF* principle. The same habits that help keep your heart strong also reduce your risk for other conditions — improving your overall total health!

Manage Stress

Building resilience and managing stress is more important than ever, not only for your heart health but your total well-being.

Don't Forget Your Screenings

It's important you don't miss your preventive screenings and don't delay health treatment if you're experiencing a problem. If you're over 50 and haven't had your cholesterol checked in the last 18 months or seen your doctor, schedule your appointment today!

Apply the SELF Principle

Based on five simple steps for a healthy heart, the first step of the SELF principle is to get between 7 to 9 hours of sleep each night. The second step is to reduce your sitting time by moving more throughout the day. The third step is to floss!? That's right, who knew that flossing keeps the bacteria from inflaming the blood vessels and heart. Step four is don't smoke—no surprise there. And finally, step five is to aim for a healthy blood pressure under 120/80.

Level Up is spreading the love with our Wellness Champions Spotlight! We value our Wellness Champions who are MVPs that inspire, encourage and lead individuals 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.

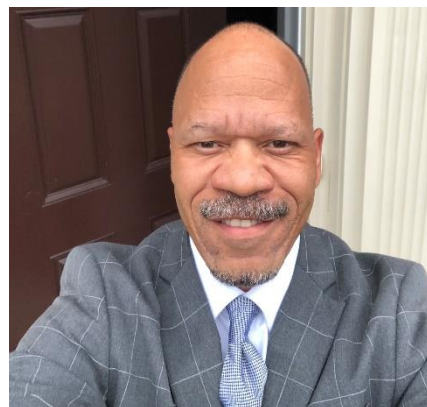
Wellness Champion Profile

Name: David Barmer

Position: Budget Analyst

Department: Office of Management & Budget (OMB)

Years with the County: 15



Why did you volunteer to be a Wellness Champion? I enjoy sharing knowledge to co-workers and abroad about eating well and exercise. I also like to see the positive impact of them both.

What do you do for exercise or physical activity? I run, walk, cycle and lift weights for exercise 4-5 times weekly.

What is your health goal(s)?

1. Eat well rounded, i.e. fruits, vegetables, meats
2. Drink proper amounts of water/tea
3. Exercise for proper blood flow and tone
4. Daily observation of better mental health

What is your favorite healthy snack? Assorted nuts, low salt.

What keeps you motivated?

1. Seeing my blood pressure numbers
2. Looking at my weight
3. The challenge of getting better

What is your favorite motivational quote? "Try to get better, one day at a time."

Coming Soon: [Register NOW!](#)



Wellness on Demand – Free & Available for All

- [Health Education Calendar](#) to help you stay on track.
- [Health & Wellness webcasts](#) to help improve your overall well-being.

Additional Resources

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

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