



February is American Heart Month. According to the [American Heart Association](#), American Heart Month is a federally designated event that encourages Americans to focus on their heart health and get their families, friends and communities involved.

SHOW YOUR HEART SOME LOVE

[Register for these upcoming webinars!](#)

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: Jasmin Hill

Position: Exec. Assist. to the State Attorney

Department: State's Attorney's Office

Years with the County: 1



Why did you volunteer to be a Wellness Champion? I enjoy health and wellness and assisting others in reaching their wellness goals.

What do you do for exercise or physical activity? I like to go for walks, I enjoy strength training, resistance training, barre, yoga and Pilates.

What is your health goal(s)? To maintain a consistent, and sustainable overall healthy lifestyle. I want to cope with stress in a positive manner, and always make my mental health a top priority.

What is your favorite healthy snack? Tru Fru Chocolate Covered Strawberries.

What keeps you motivated? Seeing results, and the mental clarity I have when I am on top of my physical wellbeing. My mind is much more sound when I am disciplined.

What is your favorite motivational quote? "Nothing beats a failure but a try!"

GO RED FOR WOMEN.

The nation goes red on the first Friday in February. [Go Red for Women](#) is the American Heart Association's global initiative to end heart disease and stroke in women. Launched in 2004 to close the gap in awareness, Go Red quickly expanded into a worldwide movement dedicated to removing the barriers women face to achieving good health and wellbeing.

Feb. 7
Wear Red
Day



Send a photo of you or your team wearing red on Friday to LevelUp@co.pg.md.us and you could win a special prize!

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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