



It's a new year and Level Up is encouraging you to energize your well-being, by working vitality into your day! Vitality is the energy that lives inside all of us. And when it's considered, cared for and strengthened, it can help you become the healthiest version of yourself.

There are so many small, consistent actions you can do to increase vitality – from connecting with positive people or volunteering to meditating or finding ways to move more. Little changes like these can add up to improved vitality over time. That means happier lives, homes, workplaces and communities for everyone.

Try out these vitality boosters for starters.

Have a laugh.

The simple act of laughing can have a powerful impact on your mood and boost vitality. Take breaks from work to look up funny jokes or a video clip from your favorite comedian. Even better? Share them with a friend.

Get moving.

Exercise can help prepare you for the day by giving you a boost of energy and relieving stress. Just a quick 10-minute walk or short yoga session can give you a new perspective on the day.

Step outdoors.

Step outdoors. Sunshine and fresh air, even if just for a quick five minutes at lunchtime, can help improve your mood, reduce stress and anxiety, and lead to better overall health. It's perfectly normal to try to change a habit, go along for a while, and then have a setback.

Connect with others.

Connect with others. Feeling connected and cared for by people contributes to higher vitality. Try to reach out to coworkers or friends often or try to make new connections. It's motivating to know that someone is trying to make the same change that you're making, like being more active or changing your eating habits.

Additional Resources

- [Omada Health](#)
- Level Up also wants you to continue to embrace mindfulness, daily. Kaiser Permanente is providing great resources on [mindfulness](#) and [well-being](#) — free webinars available to all employees. Register and tune in!



Have You [Registered for Star Trak](#) yet? Capture the spirit of space exploration and adventure in this physical wellness challenge. Everyone (*including household members, 13 years and older*) can boldly go to better health and fitness in Star Trak! **The challenge begins on Monday, January 27.**

Don't forget the [BIG giveaways!](#)

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