



## March is National Nutrition Month

It's no secret, the better we eat, the healthier we are and the longer we live. In recognition of National Nutrition Month, here are a few tips to help you make healthier nutrition choices. But it's not just one of these tips that will be the key to success—the trick is consistency and an overall healthy lifestyle.

### Eat More Plants

A diet rich in plant-based foods can help reduce the risk of diabetes and cardiovascular disease.



### Drink More Water

Drinking enough water every day can help hydrate cells and remove toxins from your body.

### Fill Up On Good Fats

Focus on monounsaturated fats such as olive oil and avocados.

### Use Herbs and Spices

Give chicken, fish, and vegetables an extra kick with garlic, ginger, and turmeric—also known for their anti-inflammatory properties.

### Get Enough Fiber

Fiber can improve blood cholesterol levels. Focus on whole grains, vegetables, and beans.

### Eat More Nuts

Walnuts in particular stand out for their heart-healthy properties.

**National Nutrition Month Events: [Register NOW!](#)**

# Prizes

*Everything is better with prizes, right?*

## Here are the winners for Week 1:

- \$100 Gift Card: Samuel Coleman ~ Department of Corrections
- Ninja: Lashawn Lewis ~ Health Department
- NutriBullet: Priscilla Hafford ~ Dept. of Housing & Community Development
- Hello Fresh: Deonna Hayes ~ State's Attorney's Office
- Hello Fresh: Elisha Yearwood ~ Office of Central Services
- Hello Fresh: Maria Chavez ~ Office of the County Executive
- Hello Fresh: DeJuan Valentine ~ Dept. of Permitting Inspections & Enforcement

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.

## Additional Resources

- [Academy of Nutrition & Dietetics](#)
- [Office of Disease Prevention & Health Promotion](#)
- [Omada Health](#)

## 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:** Charmonique Jackson

**Position:** Office Manager

**Department:** Office of Information Technology

**Years with the County:** 8



## **Why did you volunteer to be a Wellness Champion?**

I volunteered to be a Wellness Champion because I wanted to inspire others to adopt healthier habits and lifestyles. I can do so by sharing resources I come across, leading by example as well as being a supportive team member.

**What do you do for exercise or physical activity?** I love to ride bikes, play ping pong, go walking/jogging and shoot hoops with my family.

**What is your health goal(s)?** My health goals are:

- Getting enough sleep
- Managing stress
- Taking "me time" twice a month for self-care
- Staying hydrated by drink plenty of water daily
- Scheduling regular check-ups w/ my physician

**What is your favorite healthy snack?** Some of my favorite healthy snacks are almonds, Greek yogurt w/ granola, apples, and oranges.

**What keeps you motivated?** My husband and children keep me motivated. I want to be around for a very long time. Knowing that I need to be here for them helps me to stay on track of my goals, living a healthy lifestyle and most importantly, living my very best life.

**What is your favorite motivational quote? I have 2 favorite quotes:**

1. "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."  
– Harriet Tubman
2. "Take care of your body. It's the only place you have to live" – Jim Rohn

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

