



March is National Nutrition Month

For many, nutrition can be overwhelming, especially when trying to make changes to your eating habits. It can be hard to know where to begin. One starting point is to bring awareness to your eating habits by practicing mindfulness. Here are a few ideas to get you started:

Hunger Cues

Learn your hunger cues. What physical signs do you experience when you're hungry? Does your stomach growl, or do you notice other symptoms? It's also important to recognize if you're eating for reasons other than hunger, such as boredom or stress. Understanding the difference between hunger and other triggers can help you to understand your eating patterns.



Engage All Your Senses

Enjoy a meal by eating with all senses—taste, smell, and texture. This can help you savor your food and may lead to discovering new favorites or realizing you enjoy certain foods less than you thought.

Minimize Distractions

Try eating without distractions (such as watching TV, working, or driving) to better tune into your hunger and fullness cues.

Eat Slowly

Did you know it takes your brain about 15-20 minutes to tell your stomach you're full? Slowing down your eating pace can promote better digestion and prevent overeating.

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

Prizes

Everything is better with prizes, right?

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.



Additional Resources

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



And the Winners are...

Look at what we were able to accomplish together:

- Total participants: **399 participants**
- Number of teams: **32 teams**
- Total steps: **154,826,886 steps**
- Agency with the most participants: **State's Attorney's Office**

Individual Competition Winners

- **Apple Watch** ~ Regina Washington, Office of Community Relations
- **Apple iPad** ~ Jayden Wingard, Circuit Court
- **Apple AirPods Pro** ~ Sandra Longs-Hasty, Office of Information Technology

Random Registration Drawing – Apple HomePod Mini

- **Tiffany Fields**, Department of Social Services
- **Richard Dickens**, State's Attorney's Office

Random Weekly Prizes – \$50 Gift Card

- **Joseph McGinnis**, Fire/EMS Department
- **Yanira Diaz**, Health Department
- **Antonae Hodge**, Office of the County Executive
- **Nicole Esuola**, Office of Law

Team Prizes – \$50 Gift Card

- **BOllisSuite ~ Police Department**
- **Donna Engles**
- **Jordan Swonger**
- **Kyle Benson**
- **Shawné Waddy**
- **Zachary Olare**

Showing Our **LOVE** 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: Ethel El-Tayef (Susie)

Position: Human Resources Coordinator

Department: Dept. of Public Works & Transportation

Years with the County: 3

Why did you volunteer to be a Wellness Champion?

I wanted to help our employees be able to access all the benefits available to them. I want to help our agency to be full of healthy happy employees.

What do you do for exercise or physical activity? Walk, run or clean my house! I also do yoga for my mental health.

What is your health goal(s)? Gain muscle, stress relief and have more energy.

What is your favorite healthy snack? Peanut butter and apples.

What keeps you motivated? My family and my future self. I want to be an active grandparent and healthy older person.

What is your favorite motivational quote? Comparison is the thief of joy.



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Tara H. Jackson
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