



Level Up
Elevate your total wellbeing.

OHRM Office of Human
Resources Management



Today is National Walking Day!

[The American Heart Association](#) created this day a decade ago to help manage stress and improve heart health for all. A walk is not just good for your body, it's good for your soul. Physical activity, like walking, is one of the best ways to reduce stress and boost your mood. Level Up is encouraging you to get up and get moving – that's elevating your total well-being!

It's Spring...Get Back to Nature

You don't have to travel far from home to experience nature. The next time you go outside, take notice of nature—green spaces, fresh air, birds chirping—and how it makes you feel. The natural world is all around us, and spending time outdoors can have a positive effect on your health and well-being.

Here are some ways that nature can give you a boost:

- **Get fit.** Spending time outdoors provides plenty of ways to move your body, whether you're going for a hike in the woods or a walk around the block.
- **Increase vitamin D.** A daily dose of sunlight can help improve your levels of vitamin D. Be sure to protect yourself by wearing sunscreen when spending time outdoors.
- **Boost your mood.** Sunlight can raise your body's serotonin levels, which may also help improve your mood. Spending time outdoors may even improve your outlook and help you tap into some positive energy.
- **Improve your focus.** Taking a break to step outside can help you clear your mind. And doing so may also help you refocus your attention when you return to your task.
- **Lower your stress.** When stress builds up, a change of scenery can help you feel better. The sights and sounds of nature may help you calm your mind while reducing stress and anxiety.
- **Sleep better.** Getting outdoors in the sun helps keep your sleep cycle on track. This helps you feel energized during the day and ready for sleep at night. Try some fun ways to add more nature to your day:
 - Explore your own backyard to add more nature to your day
 - Add a bird feeder and birdbath to attract wildlife
 - Go hiking, fishing or camping
 - Go outside for a walking meeting
 - Read a book under a tree
 - Step outside to admire the night sky

Additional Resources

- [American Heart Association](#)
- [Mindful Mondays](#) – open to all employees
- [Well-Being Wednesdays](#) – open to all employees
- [Omada Health](#)
- [BurnAlong](#)

Save the Date – Financial Wellness Week Events:

Register Now for Webinars

Elevate your total well-being! [Browse the offerings and sign up today!](#)

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