



Outside Is Where It's At

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, chirping birds) 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.

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 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 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.



Register for the Summer of Wellness

Everything is better with prizes, right? Each month, Level Up will raffle off the following:

- One Cuisinart Griddler
- One Ninja Smoothie & Food Processing Blender
- One \$100 Gift Card

To be entered into the drawing each month, you must **register and attend** at least one **webinar that month**. Prize winners will be announced during the weekly Wellness Wednesday newsletters. Prizes will be distributed at the end of the Summer of Wellness Campaign.

KNOW YOUR NUMBERS

Take Control of Your Health – [Know your Numbers & Get Rewarded!](#)

Additional Resources

- [BurnAlong](#)
- [Omada](#) for Cigna & Kaiser Permanente members
- [Mindful Mondays](#) & [Well-Being Wednesdays](#) webinars – free to all employees

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us

