



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. Make an effort 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

- [BurnAlong](#)
- [Omada Health](#)
- [Centers for Disease Control and Prevention](#)

Coming Soon:

BurnAlong Total Well-being Journey

To help you jumpstart your New Year, we are also excited to announce the launch of the **BurnAlong Wellness Journey Challenge**. This four-week challenge features a range of well-being classes. Your challenge is to complete 200 minutes within the four weeks.



The BurnAlong Total Well-Being Journey Challenge will run Monday, January 22, 2024, through Friday, February 16, 2024.

A little friendly competition never hurts, right? 5 random winners will win a \$250 Gift Card and 5 top winners will win an Apple iPad.



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