



## March is National Nutrition Month

Antioxidants are an important part of a healthy diet—and for good reason. Not only do they support a healthy immune system, but they may be able to protect your body’s cells against free radicals. Free radicals are molecules generated by the body after breaking down food or from exposure to tobacco, pollution, and sunlight. At very high levels, they can damage your body’s cells and genetic material, contributing to chronic conditions such as cancer, cognitive decline, and vision loss.

Luckily, our bodies already know how to defend against free radicals: by extracting antioxidants such as Vitamin C, vitamin E, beta-carotene, lycopene, selenium, and lutein from healthy food sources. So, fill your fridge with disease fighting superfoods.

### Berries Are Best

Blueberries, blackberries, raspberries, strawberries, and cranberries.

### Powerful Proteins

Beef, poultry, fish, chickpeas, and lentils.



### Great Grains

Corn, wheat, brown rice, and barley.

### Produce Picks

Sweet potatoes, carrots, bell peppers, kale, spinach, broccoli, cantaloupe, oranges, pumpkin, and tomatoes.

### Nutritional Nuts and Seeds

Walnuts, almonds, pecans, cashews, peanuts, and sunflower seeds.

### Additional Resources

- [Academy of Nutrition & Dietetics](#)
- [Centers for Disease Control and Prevention](#)

- [Omada Health](#)
- [BurnAlong](#)

## Level Up Your W.A.Y. National Nutrition Month Events:

### Register Now for Webinars

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

Every week, Level Up will raffle off **three items**:

- **One \$100 Gift Card**
- **One Ninja Combi All-in-One Multicooker**
- **One Ninja Kitchen System with Auto IQ Boost 7-Speed Blender**



#### Here are the winners for Week 1:

- Ashley Woodard ~ County Council
- Eulanda Shaw ~ Health Department
- Chandra Paudel ~ Dept. of Permitting Inspections & Enforcement

**To be entered into the random drawing every other 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. Prizes will be distributed at the end of the month.

## Showing Our **LOVE** to the Wellness Champions!

**Level Up is spreading the love with a new initiative: 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:** Roslyn Walker

**Position:** Compliance Officer

**Department:** Office of Ethics & Accountability

**Years with the County:** 7



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

I love to encourage good health for everyone. Also, to encourage breaks to focus on your mental health with providing healthy breaks with quarterly activities.

**What do you do for exercise or physical activity?** I work out at the gym two days a week and it helps with my physical and mental health. I also am an avid reader of self-help books, which I believe keep me grounded and assist in maintaining my mental health, which I believe is also a large part of Wellness as a whole.

**What is your health goal(s)?** My health goal is to continue to up my workout game. LOL. I do get lazy at times, but I push myself to do a little more each time.

Additionally, another goal is to encourage others. Many people have things going on that no one knows about, so I think therapy is a great solution.

**What is your favorite healthy snack?** My favorite health snacks are granola, which I add to my yogurt and cereal. I also include blueberries and nuts.

**What keeps you motivated?** My motivation comes from wanting to be the best version of me. Maintaining my mental health and overall giving back to the Office with fun and meaningful events that allow staff to reset and enjoy being here. It's important to me because everyone needs a little motivation, we pause and reset. Additionally, I love challenging myself to learn, grow, and surround myself with a supportive environment. I also set attainable goals, which also provides me an opportunity to learn as much about my interest and challenges me to pursue whatever it is I want. There is no limit to motivation, but I do believe, that we are our best motivators.

**What is your favorite motivational quote?**

I have several: 😊

- "When you stop chasing the wrong things, you give the right things a chance to catch you."
- "Don't let anyone tell you what you can't do."
- "If you always do what interests you, at least one person is pleased."
- "Enjoy the moment."
- "If someone treats you poorly, just remember that there's something wrong with them, not you. Normal people don't go around destroying other human beings."
- "It's never too late to be what you might have been."

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