



March is National Nutrition Month

Although National Nutrition Awareness Month is coming to an end, your healthy eating habits should continue. A healthy diet is essential for good health and nutrition. Level Up will continue to encourage and provide resources on the importance of eating healthy, as it has many health benefits to protecting you against many chronic diseases.

Healthy Baking

Instead of sourdough bread, try your hand at gluten-free or vegan baking. Substitutes like coconut or almond flour for white flour or applesauce for oil pack a flavorful and nutrition punch.



Plant-based Eating

Plant-based diets consist of mainly whole-plant-based foods like whole grains, legumes (beans, peas, lentils), vegetables, fruits, seeds, and nuts. Adopting a plant-based diet is not only good for your health, but it's also good for the health of the planet.

Watch Your Beverages

Be mindful of the types of drinks you are consuming. Excessive sugary or alcoholic beverages can lead to weight gain over time and can contribute to conditions like pre-diabetes. Drink water, unsweetened iced teas, or sparkling water. Give your water a kick with a squeeze of fresh lemon or lime, or a small splash of 100% juice.

Additional Resources

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

Last day for the National Nutrition Month Events:
[Register NOW!](#)

Prizes

Everything is better with prizes, right?

Here are the winners for Week 3:

- \$100 Gift Card: Lisa White ~ Office of Homeland Security
- Ninja: Deborrah Banks ~ Dept. of Corrections
- NutriBullet: Mary Sanders ~ Dept. of Permitting Inspections & Enforcement
- Hello Fresh: Iris Melgarez ~ Circuit Court
- Hello Fresh: Janet Curtis ~ Police Department
- Hello Fresh: Jessie Williams-Jordan ~ Dept. of Family Services
- Hello Fresh: Shalene Whye ~ County Council

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 and distributed at the end of the month.

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: Tammie Milliner

Position: Risk Management Admin. Aide

Department: Office of Finance

Years with the County: 16

Why did you volunteer to be a Wellness Champion?

Health and Wellness is important to me. I personally enjoy keeping busy, it's motivating and encouraging to have like-minded support along the way.

What do you do for exercise or physical activity? Zumba is my favorite. In addition



to outdoor walks, Spin class, Pilates, the Treadmill and Strength Training. I love to mix it up!

What is your health goal(s)? Acquire and maintain overall health and wellbeing; Physically, Financially, Mentally & Spiritually.

What is your favorite healthy snack? I love trying new things, so I won't get bored. I enjoy high protein yogurt parfaits. When I'm in a rush, I enjoy fresh fruit, or a protein bar.

What keeps you motivated? Always maintaining a positive attitude, seeing others around me begin their health & wellness Journey and encouraging one another to be their best.

What is your favorite motivational quote? I have two quotes: "Attitude is a little thing that makes a big difference." "Nothing is impossible. The word itself says I'm possible!"

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774

