

To Your Health

A publication of the Pinellas County Employee Wellness Program 464-3768

January 2015

You Can Do It! Think Positive!

Positive thinking is associated with positive actions and outcomes. No matter what your goals, resolutions or intentions are for 2015, if you focus on the positive and productive, you are more likely to succeed.

Are you a positive or a negative thinker? Learn about how you think by taking this short [quiz](#). Do you

need to re-shape your thinking to improve your likelihood of success?

Check out this [article](#) from the Mayo Clinic which offers practical advice on how to stop negative self-talk.

Even if you find you are good at positive thinking, there are still those days that are more “meh” than motivation. This [article](#) from WebMD offers 10 ways to help you stay positive and motivated.

Forget the past and find the fun. You can do this!

**Positive thinking will let you
do everything better
than negative thinking will.**

– Zig Ziglar
personal development guru

HAPPY NEW YEAR!

February 6th is National
Wear Red for Women Day



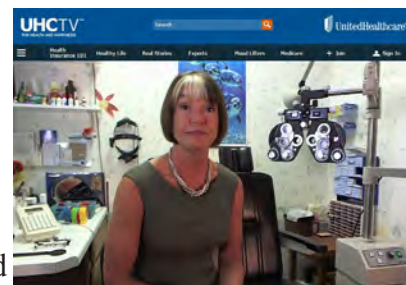
January is National Glaucoma Awareness Month

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization, and there is no cure. In the most common form, there are **virtually no symptoms**. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is permanently lost.

Glaucoma is the leading cause of blindness among African-Americans, and among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma.

The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately.

Click [HERE](#) to view this informative video from UHC. For more information on glaucoma, click [HERE](#).



Tips and tools for dental care planning

AVOID THE “NEW YEAR RUSH.”

than 50% of U.S. employers who offer dental benefits starting their annual coverage cycles on January 1, lengthy wait times after the New Year are common. Click [HERE](#) to get tips and tools for dental care planning.

It's a new benefit year for dental coverage.

Consider scheduling your annual dental check up. With more

New Employee Wellness Program staff member

*Please welcome **Melissa Reyes!**
Her home base is the Clearwater Wellness Center in the Old Courthouse. She works with Health & Wellness Specialist Beth Woodbury.*



What interested you in this position? I was completely moved that an organization would offer wellness programs to their employees for free. I knew I had to be a part of this team! This career path allows me to share all the things I love.

What experiences will help in your position here? I believe being genuine and sincere with your own health struggles helps people relate to you and be motivated in the process. Behavior changes do not happen overnight and having gone through my own personal issues, I understand how difficult it can be to take that first step and to be consistent. I have learned how to help others stay inspired throughout their wellness journey while still working on my own.

What strengths and skills will help in your role? My background is stronger in nutrition than it is in fitness. However physical fitness has always been a part of my life and I know how important it is in improving health. Combining both allows for a wider range of skills used to customize a person's health plans.

What motivates you to stay focused on your own wellness? From past employment experiences to loved ones, I have seen how preventable diseases, genetics and lifestyle choices have negatively impacted and even destroyed lives. My goal is to have overall wellness and a good quality of life for as long as possible and to help motivate others in the path.

What are your favorite things to do to help you stay active? My husband and I love doing anything outdoors; it's usually going for a run, walking, or bike riding.

I would love to start hiking. I also enjoy working out at home usually with a DVD because I can change up my workouts. I honestly do not have a fitness routine - I love variety!

Don't forget to eat the recommended servings of vegetables and fruit each day!

Seasonal Produce

Apples	Brussel Sprouts	Cabbage
Parsnips	Pomegranates	Swiss Chard
Turnips	Citron	Olives
Oranges	Walnuts	

[See full list of seasonal produce](#)

Yummy for Your Tummy

Pan-seared Parsnips and Turnips

Sliced parsnips and turnips with chopped onions, garlic, fresh basil, salt and cracked pepper to taste, sautéed in olive oil.

Ingredients

2 large parsnips (about 8-9" long)
3 large turnips (2.5-3" across)
1 medium onion
5 or 6 cloves of garlic, chopped finely
fresh basil, 3 tbsp or more, to taste
olive oil (used 4-5 tbsp to cook but drain off extra)
salt and fresh cracked pepper to taste

Directions

Peel turnips and parsnips, quarter, chop and slice into 1/4-1/2" thick pieces. Peel and chop onion, as small or large as desired. Clean cloves of garlic, mince finely. Clean basil leaves (or use whatever spices/herbs you like, dried or fresh) and chop coarsely. Heat 2-3 tbsp of olive oil in a deep saucepan over med-high heat and add chopped onion first, to flavor the oil and give the onions a chance to get a little golden.

Toss the remaining ingredients (including salt and pepper) together in a mixing bowl with 1 or 2 tbsp of olive oil, try to coat evenly, and add to the pan. Put a lid on the saucepan and let cook for 5 minutes. Remove lid and stir with a spatula. Replace lid and cook for 5 more minutes. The parsnips and turnips should be getting slightly tender. Sauté everything until there is some golden brown color, stirring and flipping often. Try not to overcook - the texture of the vegetables is great when they're just cooked through and seared a bit.

Nutritional Info

Servings Per Recipe:	3
Amount Per Serving	
Calories:	228.6
Total Fat:	9.6 g
Cholesterol:	0.0 mg
Sodium:	135.3 mg
Total Carbs:	34.8 g
Dietary Fiber:	8.0 g
Protein:	3.9 g

Divide into 3 large servings, about 3/4 cup each. Note: Parsnips develop a rich, sweet flavor when cooked (in this fashion at least) that plays wonderfully off the fresh basil and garlic. The turnips add a sort of crisp, spicy element to the dish.

Wellness Center Orientation

The Pinellas County Wellness Center is free for all permanent employees of the County. To join, you must attend an orientation. During this orientation you will tour the facility, receive information about available programs and classes, and complete the necessary paperwork. Please contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation.

January Exercise Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
		6:15 a.m. - 7 a.m. <i>SPIN</i> Instructor: Nancy		6:15 a.m. - 7 a.m. <i>SPIN</i> Instructor: Nancy
12:10 p.m. - 1:00 p.m. <i>CIRCUIT TRAINING</i> Instructor: Melissa		12:10 p.m. - 1:00 p.m. <i>STEP CIRCUIT</i> Instructor: Melissa		12:10 p.m. - 1:00 p.m. <i>CIRCUIT TRAINING</i> Instructor: Melissa
5:15 p.m. - 6:15 p.m. <i>SPIN</i> Instructor: Nancy	5:15 p.m. - 6:15 p.m. <i>STEP CIRCUIT</i> Instructor: Melissa	5:15 p.m. - 6:15 p.m. <i>YOGA</i> Instructor: Kelli	5:15 p.m. - 6:15 p.m. <i>CIRCUIT TRAINING</i> Instructor: Melissa	

Class Descriptions:

Circuit Training: This workout combines strength training and aerobic/anaerobic training all in one. Various circuits offered including a full body conditioning circuit, a lower body circuit, core circuit, upper body circuit, etc. By doing the exercises consecutively, your heart rate stays in the aerobic zone, at the same time developing lean muscle tissue. Circuits are great for all levels, beginners up to advanced and burns more calories in less time than a typical strength training workout.

Step Circuit: This is a full body workout combining cardiovascular training and muscle toning. Expect a fun-packed step aerobics routine for fat-burning coordinated with multiple sets and repetition to build muscular endurance. Appropriate for beginner to intermediate fitness levels.

Spin: *Note: An orientation is required in order to register for this class. Click [here](#) to sign up!* Spinning classes provide an intense cardio workout while still catering to participants of all fitness levels. The best part is that you control your own resistance and speed, allowing you to continuously progress forward from your current fitness level. Please be sure to arrive early to allow time to properly adjust your bike. Bring water and a towel.

Yoga: In ancient Sanskrit, the word yoga means "union." It combines ethical standards, dietary guidelines, physical movements, and meditation to create a union of mind, body, and spirit. It is a form of non-aerobic exercise for enhancing posture, balance and strength. You will have ample opportunity to increase healthy flexibility in both body and mind.

* All classes are free and are held in the employee Wellness Center in the basement of the old courthouse. If you're a member of the Wellness Center, come take advantage of these great classes! If you're not a member yet, email the Center staff at wellness@pinellascounty.org to schedule an orientation.

- If you choose to leave any of these classes early, please remember to cool down and stretch.
- Be sure to stay hydrated by drinking lots of water before, during, and after class and always work within your own intensity.
- Other services provided include blood pressure readings, body analysis, individualized exercise plans and fitness assessments. Please see Wellness Center staff for details!

Note: Email the Wellness Center staff at wellness@pinellascounty.org for any class changes.

Additional Satellite Fitness Locations!

Open to all, each location requires an orientation before use of the facility. To set up an appointment, email wellness@pinellascounty.org.

The Clerk's North County Branch Office

29582 U.S. Hwy 19 North, Clearwater

Fort De Soto, 3500 Pinellas Bayway S., Tierra Verde

Public Works, 22211 U.S. Hwy 19 N., Clearwater