

To Your Health

February 2015

A publication of the Pinellas County Employee Wellness Program 464-4049 www.pinellascounty.org/hr/wellness

February is American Heart Month

*Learn about your risks for heart disease and stroke
and stay “heart healthy” for yourself and your loved ones.*



Are You at Risk for Heart Disease?

During the month of February, Americans see the human heart as the symbol of love. February is American Heart Month, a time to show yourself the love. Learn about your risks for heart disease and stroke and stay “heart healthy” for yourself and your loved ones.

Cardiovascular disease (CVD)—including heart disease, stroke, and high blood pressure—is the number one killer of women and men in the United States. It is a leading cause of disability, preventing Americans from working and enjoying family activities. CVD costs the United States over \$300 billion each year, including the cost of health care services, medication, and lost productivity.

To learn more, click [HERE](#).

Heart-healthy diet: 8 steps to prevent heart disease

*Changing your eating habits can be tough.
Start with these eight strategies to kick-start
your way toward a heart-healthy diet.*

Although you might know that eating certain foods can increase your heart disease risk, it's often tough to change your eating habits. Whether you have years of unhealthy eating under your belt or you simply wanted to fine-tune your diet, [here are eight heart-healthy diet tips](#). Once you know which foods to eat more of and which foods to limit, you'll be on your way toward a heart-healthy diet.



American Heart Association Recommendations for Physical Activity in Adults

*Being physically active is important to prevent
heart disease and stroke.*

To improve overall cardiovascular health, they suggest at least **150 minutes per week of moderate exercise** or **75 minutes per week of vigorous exercise** (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

*Physical activity is anything that makes you
move your body and burn calories.*

This includes things like climbing stairs or playing sports. Aerobic exercises benefit your heart, and include walking, jogging, swimming or biking. Strength and stretching exercises are best for overall stamina and flexibility.



Something is always better than nothing!

And everyone has to start somewhere. Even if you've been sedentary for years, today is the day you can begin to make healthy changes in your life. Don't let all-or-nothing thinking rob you of doing what you can every day.

For more information from the American Heart Association, click [HERE](#).

Congratulations to Team Caliente!

The team accumulated 856 points over the seven week Maintain Campaign challenge during the holidays.



L-R: Vanessa Castrogiovanni, Myriam Irizarry, Karen Lamb, Nancy Dickman

This year, 43 teams participated in the annual Maintain Campaign, a record high for this event! That is a total of 172 employees who committed to completing the challenge to maintain their weight over the holiday season.

In addition to earning weekly points there were also a few bonus opportunities. One was to take a picture of your team eating a healthy snack or doing physical activity together. (Click [here](#) to check out the teams in action!)

IT WORKS! Of the 172 people that participated in the post weigh in, 87% either maintained or lost. Making that commitment to find that healthy balance during the holidays paid off.

All of the teams worked hard to earn points over the seven weeks but there was one team that earned the most points: Team Caliente (see above).

There were also eight door prize winners:

Alvira Lucas - *Go Go Go Girls*
Amy Leask - *Team Determined*
Joe Morrissey - *W.O.W. Warriors of Wellness*
Kevin Campanaro - *4 Square*
Maria Nenos-Politis - *Team Determined*
Mary Burleson - *Belly Acres*
Paul Dean - *Berger Monger*
Val Grajirena - *The Well Nuts 3*

Thank you to United HealthCare, Towers Watson Health Consultants and to Cigna for their contributions.



Maintain Campaign - County Attorney Style!

If you have ever visited the County Attorney's office around the holidays, you will find baked goods with ingredients like chocolate, sugar and butter.

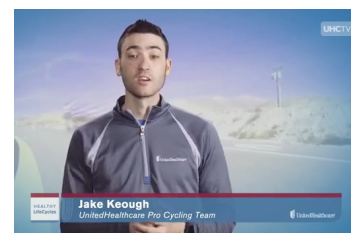
When our Wellness Champion sent out the email promoting the Maintain Campaign it started off as one team. Then so many others wanted to get involved that names were drawn from a hat to form a total of four teams. There was a spirit of competition but also a lot of support and encouragement. Different teams brought in healthy breakfast and snack items for all, and one team member brought his blood pressure machine in so everyone could complete one of the challenges. Co-workers walked together at lunches and breaks. When the post weigh-ins were totaled up, the office lost 96 pounds and all of the teams finished in the top 13!

We are not saying that we did not sample the delectable holiday sweets. However, there was a sense of "limits" and "moderation" not often witnessed in the break room. We even had our own holiday miracle; the treats in the office lasted multiple days!

If your office didn't participate, make sure to sign up next year and enjoy a little friendly competition that also gives you great health benefits! Everyone who completes this challenge wins!

Contributed by the County Attorney's Office

Click the Pic
for some
Tips for a Healthy Heart from UHC.



Jake Keough, UnitedHealthcare pro cycling team

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

Seasonal Produce

Bell Peppers	Broccoli	Celery
Eggplant	Guava	Chestnuts
Dates	Kale	Kiwifruit
Leeks	Papaya	Persimmons

[See full list of seasonal produce](#)

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.

February Exercise Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
		6:15 a.m. - 7:15 a.m. <i>SPIN</i> Instructor: Nancy		6:15 a.m. - 7:15 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	

* Click [here](#) for class descriptions and satellite locations.

Resilience - The ability to recover readily from illness, depression, adversity, or the like.

Do you know how resilient you are? Here's a quick [Resilience Self-Test](#) to help you assess and develop your resilience level.

Research has shown that while some people seem to come by resilience naturally, these behaviors can also be learned. Build your resilience and coping skills with [These Tips](#).



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

Yummy for Your Tummy Heart Healthy Texas Chili

Lean ground turkey makes this chili both filling and low-fat.

Ingredients

2 lbs. ground turkey meat (24 oz. cooked)
1½ cups chopped onion
1 cup chopped green pepper
3 cloves garlic
2 (28 oz.) cans low sodium chopped tomatoes in puree
2 cups water
1 (6 oz. can) low sodium tomato paste
8 teaspoons low sodium beef bouillon
2 tablespoons chili powder
1 tablespoon ground cumin
2 teaspoons oregano leaves
2 teaspoons sugar
½ cup dried lentils
2 cans kidney beans, drained and rinsed

Directions

1. In large kettle, brown turkey and pour off fat. Add onion, green pepper, and garlic. Cook and stir until tender. Add remaining ingredients. Cover. Bring to boil. Reduce heat and simmer for 1½ hours. Makes 12 servings.

Nutritional Info

Amount Per Serving

Calories: 305.5

Total Fat: 6.3 g

Cholesterol: 0.0 mg

Sodium: 598.3 mg

Total Carbs: 40.5 g

Dietary Fiber: 12.9 g

Protein: 24.5 g