

# To Your Health

March 2015

A publication of the Pinellas County Employee Wellness Program 464-4049 [www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness)

## March is National Nutrition Month®

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

### Bite into a Healthy Lifestyle

Each March, the Academy encourages Americans to return to the basics of healthful eating through National Nutrition Month®. This year's theme encourages consumers to adopt a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

For more information go to [www.eatright.org](http://www.eatright.org).



### Take Advantage of Your Local Farmers Markets

Pinellas County offers a variety of opportunities to promote healthy nutrition. Among these are the Pinellas County Farmers Markets. Support our local economy while taking advantage of all the diverse options of available produce in our area.

Click [HERE](#) for listing of Farmers Markets and Produce Stands in the area.



### Include Physical Activity in Your Daily Routine

#### Regular Physical Activity is a Must

Most health benefits come from at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights are also beneficial. [Read more](#)

### Healthy Eating on the Run:

**A Month of Tips** Here are [30 tips](#) to help you eat healthy when eating out.

### Wellness in the Community

- [Healthy Happenings](#) offered by Florida Hospital North Pinellas including FREE health workshops.
- Wellness related [classes and events](#) offered by Baycare Health System
- LIVESTRONG is a free program offered to anyone affected by cancer at the [Suncoast YMCA](#) or [St. Pete YMCA](#).

### What's your LEPRECHAUN name?



#### The first letter of your name:

A - Adorable	H - Helpful	O - Outgoing	V - Vibrant
B - Bubbly	I - Itchy	P - Playful	W - Witty
C - Cheerful	J - Jolly	Q - Quiet	X - X-tra Special
D - Dreamy	K - Kind	R - Restless	Y - Youthful
E - Eager	L - Lucky	S - Silly	Z - Zany
F - Fussy	M - Musical	T - Timid	
G - Grouchy	N - Noisy	U - Useful	

#### The month you were born:

Jan. - McCheesy	May - McWiggles	Sept. - McBlarney
Feb. - O'Gratin	June - O'Lucky	Oct. - O'Doodles
March - McMuffin	July - McNoodles	Nov. - McWobbles
April - O'Really	Aug. - O'Wacky	Dec. - O'Goofy

## The Human Services Bike Club is Gearing up for Its 7<sup>th</sup> Season!

Rides are held two times a month from various starting points in Pinellas County and start at 6 p.m. after work. The length of each ride ranges from about 15-20 miles, with an average speed of about 12 miles per hour. There are also occasional weekend rides scheduled.

If you are interested in joining this fun group, please contact Lisa Freeman at [lfreeman@pinellascounty.org](mailto:lfreeman@pinellascounty.org) or 464-8427.



## Thanks to On-site Screening, I am Cancer-free

"I want to take this opportunity to say how grateful I am that I went to a skin screening hosted by Pinellas County at work last summer. Taking time out from work for doctor's appointments can be difficult. The fact that the screening was free and on-site made my decision to go easier: it cut down the time I missed from work.

Because of the screening I learned I needed further medical attention. I saw my doctor and found my biopsy came back bad. I had two surgeries and I am now cancer free. I'm going for check up's every six months to remain that way.

I am thankful for that session last summer and encourage everyone to attend even if you think you do not have any issues. I went in for what I thought was a bad mosquito bite. Had I not been treated, I am not sure how short my life would have been. Thanks Pinellas County Government for helping us stay healthy longer!"

*Catherine McKillips  
Public Safety Services*

*On-site skin screenings will be offered in April.  
Registration begins on March 18<sup>th</sup>.*

## Yummy for Your Tummy Cauliflower Pizza Crust

This low-carb crust is great on its own or topped as you would pizza.

### Ingredients

12 ounces cauliflower florets, fresh or frozen  
1/2 cup shredded reduced-fat Italian blend cheese  
2 teaspoons Italian herb blend  
1 pinch cayenne pepper  
1 egg white, beaten

### Directions

Flip over two baking sheets so the bottom faces up. Coat with cooking spray. (You can also use two pizza stones.)

Cook the cauliflower with 1/2 cup water until tender, either on the stovetop in a covered saucepan or in the microwave. Drain any excess water and allow the cauliflower to cool slightly. Finely chop the cauliflower (or use a box grater or ricer).

In a medium bowl, combine the chopped or grated cauliflower with the cheese, herbs and cayenne pepper. Stir in the egg white.

Divide the "dough" in half and place each portion on a prepared baking sheet. Use a large spoon to flatten the "dough" into an 8-inch circle.

Bake on the top oven racks for 15-17 minutes.

Top as desired (calories not included) and bake until toppings have cooked through.

Serving size: Makes 2 eight-inch pizza crusts, 4 wedges per pizza, 2 wedges per serving.

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=2348034>

### Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	70.5
Total Fat:	2.6 g
Cholesterol:	7.6 mg
Sodium:	140.2 mg
Total Carbs:	7.9 g
Dietary Fiber:	3.6 g
Protein:	6.7 g

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

### Seasonal Produce

Arugula	Cauliflower	Fava Beans
Mushrooms	Strawberries	Sprouts
Kumquats	Cress	Onions
Spinach	Lemons	Garlic

[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](mailto:wellness@pinellascounty.org) to schedule an orientation.

## March 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 AEROBICS</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 AEROBICS</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.



### Extra Virgin Olive Oil: Nutrition Facts and Health Benefits

Check out the video on UHC TV by clicking [HERE](#).

**Source4Women®** offers seminars covering the health topics that may be important to you and your family, at no additional cost to you.

The seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may e-mail the speakers with your questions during the presentation and they will respond during a question and answer session.



Next up - **Food Labels 101 on March 10**. Click [HERE](#) for registration and other information.

### What does Eating Mediterranean Mean?

Eating Mediterranean covers the potential health benefits of the Mediterranean diet and lifestyle. Meal plans and recipes are provided. Check out this [podcast](#) to learn more.

## DO IT DAILY X2 REPS

### WAKE UP YOUR WORK-OUT WITH

20 jumping jacks

10 crunches

5 push ups

10 calf raises

25 Russian twists

10 squats

20 high knees

10 reverse crunches

30 sec plank

15 sec side plank

*Keep scrolling! There's more!*

# PHOTOS: National Wear Red Day for American Heart Month!



*Human Services,  
St. Pete*



*Economic Development*



*Human Services*



*Utilities, Clearwater*



*Justice & Consumer Services*



# SPRING SCRAMBLE

Saturday, May 2, 2015

8 a.m. shotgun start

*Pinellas County is committed to the health of our employees. This event is an opportunity for Pinellas County Government employees, family and friends to be active while spending a beautiful day on the golf course. So tee it high and let it fly as it is sure to be a day filled with golf, fun, fellowship and a few laughs!*



Clearwater Country Club  
525 N. Betty Lane, Clearwater  
(727) 446-9501

## Prizes Awarded for:

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams
- Longest drive
- Closest to pin
- Putting contest
- Raffle drawings

**\$240**

FOURSOME\*

**\$60**

INDIVIDUAL\*\*

## Cost Includes:

- Player entry
- 18 holes of golf
- Golf cart fee
- Range balls
- Breakfast
- BBQ awards lunch
- Gift bags

**Questions?** Contact  
Jonathan Ferguson at  
(727) 453-3434

**Like to volunteer  
or donate?** Call  
Becky Batten at (727)  
464-5536

Proceeds will benefit [The First Tee of Tampa Bay](#), a nonprofit which aims to impact the lives of young people in the greater Tampa area by providing educational programs that build character, instill life-enhancing values and promote healthy choices through the game of golf.



\*If you have an established 4-person team, submit one registration form listing all players with complete payment.

\*\*Individual entries or teams with fewer than four players will be paired with other non-foursome teams.



**2015 Registration Form**  
**3<sup>rd</sup> Semi-annual Pinellas County Government Golf Tournament**  
***Entry deadline is April 17, 2015 or first 120 golfers.***

**Your Name**\_\_\_\_\_

Department\_\_\_\_\_

Division\_\_\_\_\_

Phone Number\_\_\_\_\_

Email address\_\_\_\_\_

Mailing address\_\_\_\_\_

City, State, Zip\_\_\_\_\_

**Please list name(s) of all other paying tournament partners:**

**Player #2**\_\_\_\_\_

Department/ Relation to Employee\_\_\_\_\_

Phone Number\_\_\_\_\_

Email Address\_\_\_\_\_

Mailing address\_\_\_\_\_

**Player #3**\_\_\_\_\_

Department/ Relation to Employee\_\_\_\_\_

Phone Number\_\_\_\_\_

Email Address\_\_\_\_\_

Mailing address\_\_\_\_\_

**Player #4**\_\_\_\_\_

Department/ Relation to Employee\_\_\_\_\_

Phone Number\_\_\_\_\_

Email Address\_\_\_\_\_

Mailing address\_\_\_\_\_

**Amount Enclosed:** \$\_\_\_\_\_ **Number of Players:** \_\_\_\_\_

Interoffice **or** mail this completed entry form to:

**Becky Batten**

**Pinellas County Government – BTS**

**201 Rogers Street, Clearwater, FL 33756**

**Make checks payable to:** Pinellas Golf Tournaments. Completed entry form must be accompanied by entry payment via check or cash.