

# To Your Health

April 2015

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

## April is National Stress Awareness Month

*Take time to unwind...*

*It's healthy to relax, renew, and rejuvenate*

Stress happens. Sometimes it's unavoidable. At times it seems unbearable. That's why taking time for yourself is a necessity.

Stress does not merely afflict your mind; it can also affect you on a cellular level. In fact, long-term stress can lead to a wide range of illnesses – from headaches to stomach disorders to depression – and can even increase the risk of serious conditions like stroke and heart disease. Understanding the mind/stress/health connection can help you better manage stress and improve your health and well-being. For more information and resources, click [HERE](#).

## Conquering Your Stress

Uncontrolled stress can increase your risk for heart disease, obesity, asthma, and cancer. There's no magic pill to manage it, but you can lower your stress by teaming up with your primary care doctor and a psychologist. Click [HERE](#) to enjoy a stress-free video.



## Soothing Stress Podcast

[Soothing Stress](#) was created to help you identify personal sources of stress and help you learn how to manage or reduce everyday stress. This podcast also provides information on available professional resources.

## GOLF

Don't forget to sign up for the Spring Scramble, Pinellas County's Semi-Annual Golf Tournament taking place on May 2nd. Scroll to page 4 and 5 for details and the registration form.



## IF IT GETS ON YOUR NERVES, IT MAY GET TO YOUR MOUTH.

Don't let stress harm your oral health.



We all know stress triggers physical and emotional symptoms. But it can also impact your oral health in a number of ways. It's important to look for the signs so you can discuss treatment options with your dentist. Click [HERE](#) to learn how to look for stress-related symptoms that may occur in your mouth.

## Wellness in the Community

- 2015 [Suncoast Hospice Beach Stroll](#) on May 2nd at either Sirata Beach Resort on St. Pete Beach or Palm Pavilion on Clearwater Beach.
- [Healthy Happenings](#) offered by Florida Hospital North Pinellas during April, May and June - FREE health workshops
- Wellness related [classes & events](#) offered by Baycare Health System
- LIVESTRONG is a free program offered to anyone affected by cancer - [Suncoast YCMA](#) or [St. Pete YMCA](#)

## How I Ran My First Marathon ... at Age 52!

### *Q. When did your wellness journey begin?*

Back in 2013, when I was 230 pounds. Now I am 170 pounds. I started running again and ran a 5K race at age 50. Then I ran 10K races and Gasparilla in January 2014.

### *Q. How did you stay motivated?*

I liked how running farther made me feel and wanted to run a marathon. I used the training app *Run Less, Run Faster* for 16 weeks.

I've made new friends through racing and training. We ran the Clearwater marathon in January 2015 in 4:42 at age 52. The marathon was hard and awesome!

### *Q. So what's next?*

I now know if I plan and train I can do it. I plan to run a marathon once a year.

*R. Medlock, Fleet*



**FREE skin cancer screenings** available now. Registration is still open. Check **HERE** for a location near you!



## Yummy for Your Tummy Brown Rice and Mustard Greens

### Ingredients

16 ounces mustard greens  
2 cups long grain brown rice  
1 tbsp extra virgin olive oil  
1 tsp salt  
1 medium onion, raw  
3 whole bay leaves  
½ tsp parsley flakes  
½ tsp crushed red pepper

### Directions

Bring 5 cups of water to a boil. Add salt, chopped onions, oil, herbs and rice and stir. Cover. Lower heat and simmer for 30 minutes until the rice is almost tender and most of the water is absorbed. Remove the bay leaves, add the chopped mustard greens (don't stir yet) and cover. When greens have wilted and the water is absorbed, stir the greens/rice mixture and remove from the heat, allow to rest for 5 minutes, covered before serving.

Note: Cabbage leaves, Chinese cabbage or other greens can be substituted depending on your tastes.

Number of Servings: 8 (1 cup each)



### Nutritional Info

Servings Per Recipe:	8
Amount Per Serving	
Calories:	199.1
Total Fat:	2.9 g
Cholesterol:	0.0 mg
Sodium:	300.2 mg
Total Carbs:	39.4 g
Dietary Fiber:	4.4 g
Protein:	5.4 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1242174>

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PRODUCE

## Mobile Produce Delivery

Let the farmer's market come to you with mobile produce delivery. Order online at [Simply Fresh](http://SimplyFresh.com). Get 10% OFF your first online order! Use promo code: **FIRSTORDER**

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

### Seasonal Produce

Artichoke      Cabbage      Carrots  
Rhubarb      Chard      Cress  
Cherries      Pomelos      Pomegranates  
Mustard and Dandelion Greens

[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.

## April 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>Zumba®</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>Zumba®</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.

## Healthy Campfire Cooking Program

Are you looking for some culinary inspiration for your next camping trip? Want to brush up on your fire-building skills and learn how to prepare tasty, healthy foods on an open fire? Then the [Healthy Campfire Cooking Program](#) is for you! Brought to you by the Florida Department of Environmental Protection in partnership with the Florida Department of Health, the Healthy Campfire Cooking program is designed to create opportunities for park visitors to try healthier camping foods while learning new recreational skills. Campfire cooking classes are taught by Florida park rangers and appeal to both adults and children.



**Keep scrolling! There's more!**



Check out the Wellness category on [Our Space](#) and subscribe to the RSS feed to get notifications on new posts!

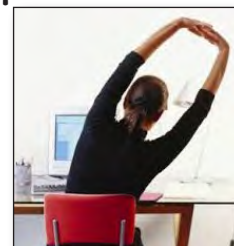
**Source4Women®** offers seminars covering the health topics that may be important to you and your family, at no additional cost to you.

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

Next up - ***What Momma Never Taught You about Filing*** - April 14th at 12:30. Click [HERE](#) for registration and other information.

## Yoga at Your Desk?

Stuck at your desk all day? These moves ease neck and back strain--and let you slip in quick toning. Click [HERE](#) for the moves from *Health Magazine*, March 2015!





# 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.