

To Your Health

May 2015

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

Get Physical Do What You Love

Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bones, muscle and joint development, and decreases the risk of obesity.

Physical activity is an essential component of a healthy lifestyle. Combined with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death.

The U.S. Department of Health and Human Services (HHS) [physical activity guidelines](#) for Americans recommends that adults get at least 2½ hours of moderate to vigorous physical activity each week. You don't have to do it all at once; you can spread this activity out over easy 30-minute increments, five days a week. Or you can choose from many activities and do them in bouts of 10 minutes. The HHS also advises doing muscle-strengthening exercises 2 or more days a week.



Get Up & Go Podcast

Part of *UnitedHealthcare At Work*, this [fitness podcast](#) will help you learn the many benefits of daily physical activity and gives helpful hints for getting more active.

United At Work is a health and wellness podcast series. Available 24/7, *United At Work* podcasts are designed to increase health risk awareness, educate and encourage healthy behaviors.

Got Up and Went!

See photos of Pinellas County Employees who used their "get up and go" on April 1, National Walk Day, on page 3.

May is ...

Employee Health & Fitness Month
[National Association for Health and Fitness, ACTIVE Life](#)

National Physical Fitness and Sports Month
[President's Council on Fitness, Sports, and Nutrition](#)

National Bike Month
[League of American Bicyclists](#)

May 1 – 7 (same dates annually)

National Physical Education and Sports Week
[National Association for Sport and Physical Education](#)

May 11 – 15. Bike to Work Day: May 15

Bike to Work Week
[League of American Bicyclists](#)

"Not Me!"

That's what a group of employees said when faced with the possibility of developing Type 2 Diabetes. After completing a 16-week diabetes prevention series and another eight months of maintenance meetings, the group wanted to continue to motivate each other to stay active. They started a walking group.

The group meets every second Tuesday of the month in front of the courthouse (315 Court St., Clearwater) and leaves no later than 12:10 p.m. They walk for 15-20 minutes then turn around to come back to the starting spot giving plenty of time to get back to work areas.



Any and all are welcome to join. If you don't think you can make the entire walk then come along as far as you can, take a break and rejoin the crew on the return trip. NO PUSHING, unless you request it.

So dust off the sneakers, grab water and join the group next week for a first shot at conquering the bridge! See you soon and bring along a friend or two! Group contact is Abby Bryant abryant@pinellascounty.org.

Wellness in the Community

- Find fun things to do in Pinellas County. Visit FindTheFunNow.com for active and fun things to do.
- [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](#)

Nutrition Facts & Statistics From the President's Council on Fitness, Sports & Nutrition

- Typical American diets exceed the recommended intake levels or limits in four categories: calories from solid fats and added sugars, refined grains, sodium, and saturated fat.
- Americans eat less than the recommended amounts of vegetables, fruits, whole-grains, dairy products, and oils.
- Since the 1970s, the number of fast food restaurants has more than doubled.
- More than 23 million Americans, including 6.5 million children, live in food deserts – areas that are more than a mile away from a supermarket.
- Empty calories from added sugars and solid fats contribute to 40% of total daily calories for 2–18 year olds and half of these empty calories come from six sources: soda, fruit drinks, dairy desserts, grain desserts, pizza, and whole milk.
- US adults consume an average of 3,400 mg/day of sodium, well above the current federal guideline of less than 2,300 mg daily.
- US per capita consumption of total fat increased from approximately 57 pounds in 1980 to 78 pounds in 2009 with the highest consumption being 85 pounds in 2005.

For more nutrition facts, visit www.fitness.gov/resource-center/facts-and-statistics.

Yummy for Your Tummy Tropical Energy Smoothie

Ingredients

2 tablespoon tahini
1 medium size ripe banana
1 cup low fat plain yogurt
1½ cups pineapple juice
1 medium papaya



Directions

Scoop out flesh from papaya with spoon. Add to blender with rest of ingredients. Blend until smooth. Serves 2 (8 oz glasses each).

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=280544>

Nutritional Info

Servings Per Recipe:	2
Amount Per Serving	
Calories:	350.0
Total Fat:	10.6 g
Cholesterol:	7.4 mg
Sodium:	109.4 mg
Total Carbs:	57.8 g
Dietary Fiber:	5.8 g
Protein:	10.9 g

Hydrating Green Drink

Ingredients

2 cups spinach
2 cups cucumber
1 head of celery
1/2 inch or teaspoon ginger root
1 bunch parsley
2 apples
Juice of 1 lime
Juice of ½ lemon

Directions

Combine all ingredients in a blender. This makes approximately 28-30 ounces, or 3-4 servings.

Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	64.7
Total Fat:	0.6 g
Cholesterol:	0.0 mg
Sodium:	82.1 mg
Total Carbs:	15.0 g
Dietary Fiber:	4.2 g
Protein:	2.3 g

<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1759308>

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

Seasonal Produce

Apricots	Turnips	Peaches
Arugula	Fennel	Cherries
Fava Beans	Chard	Blackberries
	Raspberries	

[See full list of seasonal produce](#)

County Employees stepped it up for National Walking Day!

April 1st was the American Heart Association National Walk Day. Thank you to all the employees who participated in the event. Here are a few pictures of groups of employees enjoying a walk.



Business Technology Services



CJC



Commissioners' Office



Convention & Visitors Bureau



Risk Management



Real Estate Management



Human Resources



*Inspector
General
Group*



Clerk of the Circuit Court and Comptroller



Office of Management & Budget



Purchasing

Spring Scramble Golf Tournament Raises Over \$800 for Charity

Over 100 Pinellas County, City of Clearwater, and Pinellas County Sheriff's employees participated in the May 2nd Spring Scramble golf tournament at the Clearwater Country Club on Betty Lane. Men and women from Public Works, Utilities, Planning, Risk Management, the Tax Collector and the Property Appraiser's offices, family and friends spent a beautiful morning on the course.

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

The money raised at the tournament helps The First Tee provide discounted lessons and equipment like clubs and gloves for the children. With this support The First Tee was also able to spruce up the look of the club house which they formerly termed "a hot mess."

The team taking home the 1st place honors included Jonathan Ferguson, Tom Fredrick, Steve Clark, and Mike Albant, all of BTS.

View more photos taken during the tournament [HERE](#).



First place team.



Second place team.



Third place team.



Tournament organizers.

MARK YOUR CALENDARS!

The Fall Scramble will be **November 7** at the Belleview Biltmore with a 12 noon shotgun start!



Coach Secah starting a lesson at First Tee of Tampa Bay.



Coach Andy starting a lesson at First Tee of Tampa Bay.

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.

May 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	11:45 a.m.-12:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Zumba®</i> Instructor: Melissa	11:45 a.m.-12:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	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.

It's Employee Appreciation Week May 4-8!

On behalf of the Wellness Program we extend a special thank you to all of the employees who support the employee wellness efforts.

A special thank you to all the wellness champions, exercise class instructors (Kelli Levy, Nancy Iannotti, Ashley Skubal, Isiah Waller, and Dave Mangicaro) and the golf tournament committee (Jonathan Ferguson, Becky Batten, Chris Labiak, Silas McGhee, Mary Sault, and Justin Taylor).

Thank You!



Mobile Produce Delivery

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

We congratulate our UHC on-site rep, Cathy Baker, on her retirement May 1st!

When you have questions regarding your UHC benefits, please contact **United Healthcare Member Services toll-free at (888) 478-4752**. This number is listed on the back of your ID card.

For the free **NurseLine** call **(800) 846-4678** for non-emergency health care concerns. This number is also listed on the back of your ID card.

Source4Women®: Juicing for Better Health

[Kathleen Zelman](#), MPH, RD

May 12 at 12:30 p.m. (ET)

Click [HERE](#) for registration and other information.

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.