

# To Your Health

June 2015

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

## Men's Health Week June 15-21, 2015

*Celebrated each year on the week leading up to and including Father's Day*



### What is Men's Health Week?

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

This week gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury. The response has been overwhelming with [hundreds of awareness activities](#) in the USA and around the globe.

Resources like [Men's Health Facts](#) (such as which is the healthier sex and why) and [ways to get stronger](#) are available from [Men's Health Network](#).

*Pump Up the Blue!*  
*Pinellas County*  
*Wear Blue Day*  
*is June 19th*



Be a part of **Wear BLUE**. Show your support for the men and boys in your lives. [#showusyourblue](#)

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue at work on Friday, June 19th.

### Ten Health Benefits of Regular Exercise for Men

Why bother working out?  
Whose got time to walk?

[Find out](#) what regular exercise can do for you.

### Looking for Men's Workout Routines?

Check out this [interactive website](#) that allows you to view dozens of workouts for every part of your body. Start today and benefit for the rest of your life.

### The Workout for Every Guy - The Beginner's Workout

Keep falling off the fitness wagon? [Find out how](#) to adjust your strategy and get in the habit of success.

### Health Resource Center, Just for Men

Healthier men live happier, longer lives. [Search](#) through the various disease categories we've compiled to learn more about different health topics and what you need to know.

## Wellness in the Community

- Health Happenings offered by Florida Hospital North Pinellas - [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](#)
- Find fun things to do in Pinellas County. Visit [FindTheFunNow.com](#) for active and fun things to do.

## Fruit and Veggie Challenge: NEW Wellness Incentive Option

The six-week [challenge](#) begins Monday, August 3rd and ends Sunday, September 13th. It's easy to participate and be eligible for **50 wellness incentive points**. Email communication will be sent out with the link to register in July.

## Prostate Cancer Prevention: Can Proper Nutrition Help?

By Christopher R. Mohr, PhD, RD, Published March 19, 2015

Did you know that, not counting some forms of skin cancer, prostate cancer is the most common cancer in American men? Every year, more than 220,000 men are diagnosed with prostate cancer, and more than 27,000 men die from it. There is no way to know for sure if you will get prostate cancer, and men have a greater risk of prostate cancer if they are 65 years old or older, are African-American, or have a father, brother or son who has had prostate cancer.

### Can You Reduce the Risk?

While it's recommended that men discuss the benefits and risks of prostate cancer screening with their doctors, there's also the question if there's a way to reduce the risk of developing prostate cancer in the first place. Lycopene, vitamin E and selenium are marketed to men as tools to reduce the chance of developing the disease. But is supplementation beneficial? Can eating specific foods help?

Find out more at [eatright.org](#).

## It's Grillin' Season!

Wow your family and friends this summer with these delicious recipes.

### BBO Chicken Burgers

What a treat these burgers are! You'll love how the tangy flavor of the sauce and the peppery notes of the greens play off the savory burger.



#### Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	262.4
Total Fat:	4.2 g
Cholesterol:	79.7 mg
Sodium:	259.9 mg
Total Carbs:	28.5 g
Dietary Fiber:	6.5 g
Protein:	41.0 g

### Grilled Garlic Citrus Flank Steak

There is room for red meat in a healthy lifestyle. The key is choosing lean cuts and healthful cooking methods.



#### Nutritional Info

Servings Per Recipe:	6
Amount Per Serving	
Calories:	231.4
Total Fat:	13.1 g
Cholesterol:	56.8 mg
Sodium:	181.0 mg
Total Carbs:	4.2 g
Dietary Fiber:	0.4 g
Protein:	23.5 g

### Tropical Grilled Chicken

You'll love shredding this sweet and savory chicken to turn it into tacos, but it's also delicious as is with a side of grilled veggies.



#### Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	264.8
Total Fat:	3.4 g
Cholesterol:	70.2 mg
Sodium:	209.8 mg
Total Carbs:	33.8 g
Dietary Fiber:	3.5 g
Protein:	27.5 g

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

### Seasonal Produce

Apricots      Figs      Asparagus  
Avocados      Nectarines      Plums  
Chili Peppers      Shallots      Tomatoes  
Summer Squash

[See full list of seasonal produce](#)

## Our First Annual Sodium Challenge

This April we partnered with the American Heart Association and took part in the Sodium Pledge Challenge. This was a County-wide challenge to pledge to eat less sodium for the month of April. It kicked off on National Walk Day and went through the end of the month. There were a total of 40 work groups and 615 employees who pledged to break-up with excess sodium. The average for all work groups emptying their Salt Shaker was close to 50 percent. However, there were a few work groups who had 100% participation.

***Congratulations to the following work groups for emptying 100% of their Salt Shakers:***



- ▶ Clerk of the Circuit Court, Probate
- ▶ County Attorney
- ▶ Division of Inspector General
- ▶ Justice and Consumer Services
- ▶ North County Clerk of the Court
- ▶ Purchasing
- ▶ Supervisor of Elections



*Clerk of the Circuit Court, Probate*



*Division of Inspector General*

Did you know that the County offers **FREE CPR/AED and first aid certification to employees?** Search your OLM Learner in OPUS for upcoming classes and enrollment.



Check out these [\*\*Fitness Zones and Recreation Centers\*\*](#) in Pinellas County.

Subscribe to the [\*\*RSS Feed\*\*](#) for our Wellness category through the [\*\*Our Space\*\*](#) blog and get notifications on new posts.



Registration for the learning series “[\*\*Become the Ringmaster of Your Life\*\*](#)” is open. Find a location near you.

Get rewards for getting fit! Join the 226 employees, spouses/partners already registered for the [\*\*Get Fit! wellness incentive.\*\*](#)

The following County office locations provide [\*\*mini-fitness centers\*\*](#) for employee use. To schedule an orientation, contact the Health & Wellness Specialist at 464-3768 or [\*\*wellness@pinellascounty.org\*\*](mailto:wellness@pinellascounty.org)

- Fort De Soto, 3500 Pinellas Bayway S., Tierra Verde
- North Clerk’s County Branch, 29582 U.S. Hwy 19 N., Clearwater
- Public Works, 22211 U.S. Hwy 19 N., Clearwater

## 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.

## June 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>Mat Pilates</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>Mat Pilates</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	

## Healthy LifeCycles with United Healthcare Pro Cycling Team

As your body ages and changes, so do your health needs. Safeguard your well-being at every stage of life with [health and fitness tips](#) from elite cyclist and United Healthcare Pro Cycling Team member Jake Keough.

### UHC Podcast: [Men's Health Seminar](#)

The goal of this podcast is to help us make more informed health decisions, and to educate ourselves about differences between men's and women's health care needs.



### 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**

## Looking for support and resources to improve your life?

When life presents challenges of any kind, [GuidanceResources® Online](#) is available 24 hours a day to provide expert support. This online tool contains information on thousands of topics from managing daily stress to health and wellness tips. GuidanceResources Online is a comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.



### Source4Women®

***Men's Health: Power Up Your Energy and Physique with Good Nutrition***

**June 9, 12:30 p.m., Kathleen Zelman, MPH, RD**

[Register now](#)

This seminar is just for men, tackling issues from choosing supplements and alcohol and belly fat, to improving athletic performances before and after workouts. Specific nutritional needs for men to help enhance energy and promote health, which may help to avoid chronic diseases like obesity, diabetes and heart disease will be featured.