

# To Your Health

July 2015

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

## **July is National Park and Recreation Month!**



This July we're celebrating the enduring importance of parks and recreation for the world.

Did you know there are 58 national parks in the National Park Service? Three of those are **right here in Florida**. If you are not able to visit one

of Florida's national parks this summer, don't fret. Pinellas County is packed with things to do for the whole family. Enjoy the beautiful gulf beaches and parks or go on a local adventure. Below are just some of the many fun places to visit in Pinellas County:

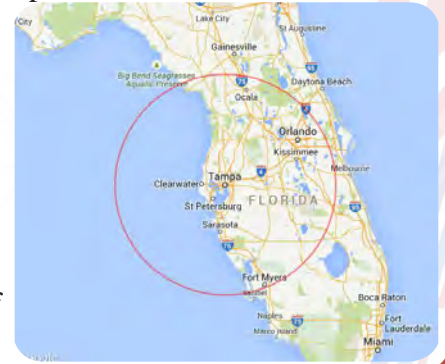
- Go wall climbing at St. Pete's **Vertical Ventures**
- Take a walk through the **Florida Botanical Gardens**
- Go kayaking, camping, canoeing, fishing, swimming or hiking at one or all of our **County parks**
- Visit the **Primate Sanctuary**
- Visit the **Tarpon Springs Sponge Docks**
- Take the family to the **Winter's Dolphin Tale Adventure**



## **Florida Backroads Travel**

The average car gets at least 250 miles on a tank of gas. Some compact cars can get quite a bit more. The Tampa Florida day trips on this website can be made with gallons to spare for sightseeing and back road exploring on the trip.

All of the trips on **this website** are all within 100 miles of Tampa.



## **Hit the ground running with these races in the local area!**

***Click the link to register.***

- **Madeira Beach Sunset 5K**, July 10th and August 7th, Madeira Beach
- **Sunsets at Pier 60 5K Series**, July 17th and August 14th, Clearwater Beach
- **St. Pete Road Runner's Beach Series**, July 24th and August 21st, St. Pete Beach
- **Top Gun Triathlon**, July 25th – Fort De Soto Park, north beach
- **It Starts in Parks**, July 25th – Palm Harbor

## **Financial Resources Available:**

*ICMA-RC Retirement Education Specialist available to come to your location*

The Wellness Program has been offering financial wellness series and promoting other financial resources that are available. One of our deferred compensation plan reps has an exciting opportunity that is absolutely FREE to employees. One of the many benefits that Pinellas County offers to its employees is the ability to save for retirement using a Deferred

Compensation plan. Contact your wellness champion and find out details on how to provide this resource at your worksite.

*Other deferred compensation resources:*

- **<http://icma-rc.org/realizeretirement.html>**
- **<http://thedreambigsite.org/>**
- **<http://www.pinellascounty.org/hr/benefits/defcomp.htm>**

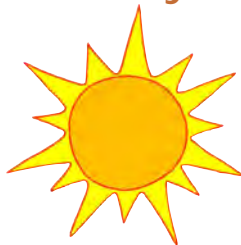
## Onsite Skin Cancer Screening had a big impact on this employee!

I had a faint, dark mark on top of my lip that I thought was psoriasis (and would usually cover up with makeup). It turned out to be pre-cancerous. I've since seen a dermatologist. I got one patch on my forehead, under my bangs, frozen. The other one, right above my lip, is being biopsied. This is the one I was covering up for years with makeup thinking it was just a natural part of age. Best 15 minutes I've spent on wellness all year!



## Importance of Sun Safety

Skin cancer is the most common cancer – but there is a lot you can do to protect yourself. [This podcast](#) focuses on the prevention of sun and heat related illnesses.



Keep an eye out for the Free Vision and Leg Vein Screenings coming in August

Screenings will be offered throughout the county at various worksite locations. Please take advantage of this opportunity. Registration and details about the screening will be sent on July 23rd.

## Refreshing Summer Recipes

*Check out these easy-to-prepare recipes to bring along on your next summer gathering.*

### [Slow Cooker Salsa Chicken](#)

This is THE most popular recipe on SparkRecipes. They've added more vegetables and reduced the sodium drastically to make it even better.



### [Mango Quinoa Salad](#)

Mango lends a sweet note to this colorful quinoa salad with a variety of flavors and textures. It's equally delicious served warm or chilled.



### [Fruit Kabobs with Coconut Yogurt Dip](#)

Serve these fruit kabobs at your next party.



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

### Seasonal Produce

Apricots	Green Beans	Blueberries
Cactus Pears	Cucumbers	Horseradish
Eggplant	Bell Peppers	Lettuces
Melons	Radish	Scallions

[See full list of seasonal produce](#)



## 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 late July.





*Ian Baxter (left), Executive Director of the First Tee of Tampa Bay, accepts a donation of \$900 raised from the May **Pinellas County Employee Golf Tournament**. Presenting is Becky Batten (BTS), a tournament organizer, while Joanna Cheshire, First Tee Board Member looks on.*

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.

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



Get rewards for getting fit! Join the 226 employees, spouses/partners already registered for the [Get Fit! Wellness Incentive](#).

## Rise and Shine: 8 Stretches You Should Do Each Morning

### 8 Stretches to Energize Your Morning



One of the best ways to start your day in a healthy way is to take a moment to ground your thoughts by stretching and intentionally breathing. It's amazing what you can accomplish in less than seven minutes to set your day on the right path.

When you stretch deeply, you should always be warm. So performing this series after a morning workout or after a hot shower is optimal. If you do it right out of bed, make sure you stretch more gently.

[Here are eight stretches](#) to add to your morning routine to feel strong, flexible and grounded. These exercises cover all your major muscle groups and can be followed any time of day, including after your workouts.



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

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



Last month we **Pumped Up The Blue** on **Wear Blue Day**, June 19th, showing our support for Men's Health awareness. **#showusyourblue**



*Civil Court Records*



*Human Resources*



*Office of Management & Budget*



*Human Services*

## 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.

## July 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	1:45 p.m.-2:15 p.m. <i>30 min. interval training</i> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <i>Step Aerobics</i> Instructor: Melissa	1:45 p.m.-2:15 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>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.

## Juvenile Arthritis and Jaw Joint Pain: what's the connection?

Arthritis is a painful problem for people of all ages, including children. Juvenile arthritis is an autoimmune disorder that causes damage to joint tissues and bone. This often impacts the jaw joint, known as the TMJ. Up to 80% of juvenile arthritis cases include TMJ pain. A dentist can diagnose TMJ disorder and provide treatment options. [Click here for a full article on TMJ.](#)



## 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**

## UHCTV

### [Tips for Staying Healthy in the Summer](#)



Dr. Elson Haas shares thoughts on enjoying summer's bounty of nature. "Summer is a great time to get outside and be active. Soak up some sunshine as you enjoy nature's bounty of seasonal fruits, fresh vegetables, and garden herbs."



## Source4Women®

### *How to Cope with Procrastination and Be More Productive*

July 14, 2015 – 12:30 p.m. (ET), Arleen Fitzgerald, LICSW, Behavioral Health Consultant [Register now](#)

Why do we procrastinate? What zaps our energy and feeds into putting projects off and not wanting to finish, let alone start a project? We will look at ways to be more productive in your daily life when you find yourself wanting to procrastinate. Learn coping skills to help you take that first step to overcome procrastination and start doing things to avoid chronic diseases like obesity, diabetes and heart disease will be featured.