

To Your Health

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

Posture Do's and Don'ts to Help Protect Your Back

You've always been told to stand up straight. That can feel like a pretty tall order, especially if you have osteoporosis. The truth is that good posture is particularly important for those with this degenerative bone disease. That's because a straight spine can reduce your risk of kyphosis, or dowager's hump, a condition common in people with osteoporosis that can occur from fractured bones in the back. [Follow these do's and don'ts](#) to keep from slouching.

UHC Podcast: Get Back to Health!

Back pain is one of the most common reasons for sick days and the second most common reason for doctor visits. [This podcast](#) will teach you how to take better care of your spine. It includes an overview of back anatomy, common causes of back pain, the role of safe lifting and information on UHC resources that are available to assist with back health.



12 Ways to Ease Back Pain

Like the nearly 80% of Americans who will experience a back problem during their lifetime, Beverly Hayes suffers from back pain. For many, the injury is triggered by a strenuous activity, like gardening or weight lifting. Others simply bend down to pick up a pencil and their back gives out.

"It felt like a screwdriver was piercing through my bones," the 46-year-old Chicago artist says about the pain that developed shortly after she ran a half-marathon. "It took over my life. I couldn't bend down or sleep — I was petrified I would never feel normal again."

Mary Ann Wilmarth, DPT, a spokeswoman for the American Physical Therapy Association and chief of physical therapy at Harvard University, says it is critical that people address any back pain or injury right away. "Early intervention can help prevent a chronic problem from developing and obviate the need for medication and surgery," she says.

Thanks to a combination of activity, core strengthening exercises, and physical therapy, Hayes says her symptoms have improved dramatically over the last year. [Read about 12 ways to help alleviate back pain.](#)

Whether you're a beginner or seasoned runner, check out these fun races in the area!

Click the link to register.

- [Sunsets at Pier 60 5K Series](#), August 14, Clearwater Beach
- [Sea Dog Brewery 5K](#), August 16, Clearwater

FREE Vision & Leg Vein Screenings

Screenings have been scheduled at many County worksites. Find locations and contacts and [make an appointment](#) today.

2 + 3 for a Healthier ME!

The Fruit and Veggie Challenge has begun!

Do you have questions on what a serving should look like? Even if you are not one of the 400+ participants that registered for this six week challenge, you can [watch this slideshow](#) for examples of what a cup of fruit or a cup of a vegetable looks like to help you with planning your meals.

Also, watch our [Two Minute Tuesday](#) video on the Fruit & Veggie Challenge. It contains helpful information on how to stay on track as well as valuable resources that will help you continue enjoying your fruits and veggies beyond the Challenge.

Don't forget, you can sign up for delivery of fresh fruit and veggies at work. Order online at [Simply Fresh](#). Get 10% OFF your first online order! Use promo code: **FIRSTORDER**



Hydration is Key to Happy Healthy Cells

Water is the basis of all life and that includes your body. The muscles that move your body are 75 percent water. Your blood, responsible for transporting nutrients throughout your body is 82 percent water. Your lungs, that take oxygen from the air to provide your body with oxygen, are 90 percent water while your brain is 76 percent water. Even your bones are 25 percent water!



When it comes to water, most people believe they need to drink more than they currently do and without a conscious effort, this never seems to happen. The wonders of water are well documented, ranging from glowing clear skin and eyes to the prevention of kidney stones. Yet as with most nutritional information, there is so much conflicting information out there, it makes it difficult for consumers to truly know how much is enough.

[Read this article](#) from FoodMatters.tv to find out how to make sure you are staying hydrated.

Salmon with Summer Tomato Salsa

This simple summer recipe is good hot or cold. The creamy avocado pairs so well with fresh summer tomatoes.

4 (4 ounce) fillets salmon, skin removed
1 cup chopped fresh tomato
1/2 Hass avocado, chopped
1 garlic clove, crushed
1 tbsp. balsamic vinegar
1 tsp. olive oil
1/2 cup cooked corn kernels
1/4 cup minced red onion
1/4 cup chopped fresh cilantro
salt and pepper, to taste
1 lime, cut in wedges



Nutritional Info

Servings Per Recipe:	4
Amount Per Serving	
Calories:	253.5
Total Fat:	9.9 g
Cholesterol:	75.9 mg
Sodium:	187.9 mg
Total Carbs:	11.2 g
Dietary Fiber:	3.0 g
Protein:	30.6 g

View full nutritional breakdown of [Salmon with Summer Tomato Salsa](#) calories by ingredient

Directions

1. Preheat oven to 325 degrees.
2. Combine all ingredients (except salmon fillets and lime) in small bowl and refrigerate for 30 minutes.
3. Bake salmon for 15-20 minutes, or until cooked thoroughly.
4. Serve salmon surrounded by the salsa and lime wedges.

Serve salmon either hot or cool. Serving cool salmon with salsa is a great summer recipe; just refrigerate until cool. Makes four 4-ounce fillets.

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

Seasonal Produce

Almonds	Avocados	Beets
Blueberries	Leeks	Sprouts
Grapes	Cress	Carrots
Summer Squash	Tomatillos	Cauliflower

[See full list of seasonal produce](#)

FREE CPR/AED & First Aid Classes



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.

OurSpace Employee Blog

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



Mini-Fitness Centers

The following County office locations provide [mini-fitness centers](#) for employee use. To join, schedule a 15 minute orientation by calling 464-4049 or emailing 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

Do these exercises to help strengthen your lower back

Low Back Pain Exercises



Standing hamstring stretch



Cat and camel



Pelvic tilt



Partial curl



Quadruped arm/leg raise



Extension exercise



Gluteal stretch



Side plank



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

Wellness Center Orientation

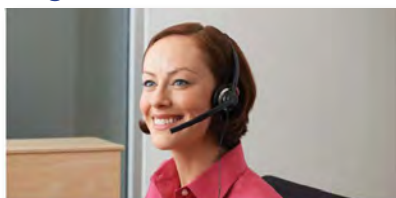
The Pinellas County Wellness Center is free for all permanent employees of the County. To join, you must attend an orientation. During this orientation you will tour the facility, receive information about available programs and classes, and complete the necessary paperwork. Please contact Melissa Reyes at 464-4049 or wellness@pinellascounty.org to schedule an orientation.

August 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	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>Zumba®</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>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.

myNurseLine



When you have a health concern, it can be difficult and time-consuming to find the information you

need. [myNurseLine](#) can help you make smart health care decisions with immediate telephone and online access to experienced registered nurses.

myNurseLine is your convenient and holistic resource for all the health care questions and needs of you and your loved ones. [Contact them today.](#)

UHCTV

Low back pain is all too common. Fortunately, there are lots of things you can do to relieve your pain, strengthen your core muscles, and maintain a healthier back. Click the picture to watch a short video with [Tips for Relieving Low Back Pain.](#)



Source4Women®

Diets, Diets and More Diets: How to pick a perfect diet for you

August 11, 2015 – 12:30 p.m. (ET)

Kathleen Zelman, MPH, RD

[Register now](#)

With hundreds of weight loss diets to choose from, how do you select the right one for you? Which dietary patterns are the easiest to follow for long-term effects on weight and health? Join us for this cutting edge seminar that will review healthy diets to follow and provide tips to help you find the best plan suited to your lifestyle. Fad diets, myths, red flags to watch out for, promises too good to be true, detox cleanses, paleo, gluten free and trending diets will be reviewed.

