



Human Resources
Helping U Succeed



To Your Health

December 2015

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



Holiday Health and Safety

The holidays are a great opportunity to enjoy time with family and friends, celebrate life, to be grateful, and reflect on what's important. They are also a time to appreciate the gift of health. Here are some [holiday tips](#) to support your efforts for health and safety this season.

Ten Ways to Stay Healthy During Holiday Travel

A disruption in your sleep, exercise and eating habits can set you up for vacation trouble; what to do.

Chances are, you'll be traveling during the holiday season to reconnect with family and friends or take a much-needed vacation. While holiday travel can be great for your psyche, it can take a hefty toll on your health. The journey itself can be filled with stress—traffic, flight delays and those new, more invasive airport security screenings—as well as causing a disruption in your sleep schedule and eating habits; all of these can lower your immune system's ability to fight off cold and flu germs, making you more prone to getting sick. Once you arrive at your destination, you'll likely face large festive meals combined with a lot of sitting and schmoozing, not great for your waistline. If you have a smart action plan, though, you might be able to clear some of these hurdles to stay healthy and fit during the holiday season. Here are [10 tips for dealing with holiday travel](#) provided by leading fitness and travel experts.

National Drunk and Drugged Driving Prevention (3D) Month

With all the holiday parties and celebrations this month, drunk driving accidents increase dramatically. Give the gift of [a safe ride home](#) and ensure everyone has a happy and healthy New Year.



Stress, Depression and the Holidays: Tips for Coping

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few.

But with some [practical tips](#), you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

Overcome Obstacles in Your Life: Resilience

Some people seem to be born with the ability to overcome setbacks with relative ease. It's a trait that experts call resilience.

So, how do you make yourself more resilient? Here are [10 things](#) to focus on.

UnitedHealthcare[®] Leaner Ways Podcast for the Holidays

[This podcast](#) provides strategies to help avoid holiday weight gain, cope with tough economic times, reduce holiday stress and keep the holiday cheer.

Discover what your biometric numbers mean to you.

Benefits **U**

[Know Your Numbers. Know Your Health](#)

Lose Weight Over the Holidays!

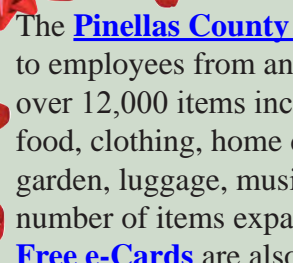
If you are participating in the [Maintain Campaign](#) this article is for you! Even if you are not on a team this year, use these tips to eat, drink and still shrink.

So, you have tracked your food and exercised regularly to improve your health and alter the shape of your body. More than a "diet" or a fitness fad, you've created real lifestyle changes and built the confidence that you can stick with it for the long haul. So why is the winter holiday season so intimidating—even scary—for so many?

Unlike other food-centric holidays like Valentine's Day or Halloween, the winter holiday season lasts for weeks. There are more parties, more potlucks, more food gifts and, well, just more everything. Then there's the stress of buying gifts, decorating, cooking and party hopping which often take the place of cooking healthy meals at home or hitting the gym.

How can we keep up with a healthy diet and fitness program—let alone lose weight—with all of this going on around us, day after day?

Here are [20 tips](#) that will help you keep holiday weight gain at bay and lose a few pounds by New Year.



The [Pinellas County Rewards Program](#) offers gifts to employees from an online awards catalog offering over 12,000 items including electronics, fitness/sports, food, clothing, home decor, jewelry, kitchen, lawn and garden, luggage, music, tools and toys. This year the number of items expanded from 3,000 to over 12,000! [Free e-Cards](#) are also available. Other cool features are [embroidered County logo](#) apparel, an enhanced search function, a more user-friendly look and easy mobile access via a smartphone or tablet.

Go to [Rewards Program website](#) now to redeem your wellness incentive points!

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

Seasonal Produce

Carrots	Beets	Brussel sprouts
Onions	Sweet potatoes	Yacon
Grapefruit	Olives	Pomegranates

[See full list of seasonal produce](#)

Hearty Beef & Vegetable Stew

A heart-healthy one-dish meal made with lean top round beef, lots of vegetables, and an aromatic herb mixture.

Ingredients

- 1 lb. top round beef
- 1 tablespoon paprika
- 1½ teaspoon oregano
- 1/2 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon red pepper
- 1/8 teaspoon dry mustard
- 8 red-skinned potatoes, halved
- 3 cups finely chopped onion
- 2 cups beef broth
- 2 large garlic cloves, minced
- 2 large carrots, peeled, cut into very thin 2½" strips
- 2 bunches mustard greens, kale, or turnip greens, stems removed, (1/2 lb. each) coarsely torn
- Nonstick spray coating as needed

Directions

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8" thick and 3" wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat for 20 minutes.
6. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for dunking.

Yield: 6 servings.

Serving Size: about one cup



Nutritional Info

Servings Per Recipe: 1
Amount Per Serving
Calories: 384.7
Total Fat: 13.9 g
Cholesterol: 83.6 mg
Sodium: 396.0 mg
Total Carbs: 20.6 g
Dietary Fiber: 5.7 g
Protein: 43.7 g



Wellness Coaching Works

Connect one-on-one with a phone-based wellness coach to begin your personal health improvement plan. This program is adjusted to fit your needs, so the number of sessions and the length of time to complete it will be determined by you and your coach based on your initial conversation. To earn your rewards, you must complete the program, which includes three to five calls with your wellness coach. The calls last 20 to 30 minutes each and are spaced out over two to six months. One to two weeks after you and your coach agree you've reached completion, you will see your earnings updated in your www.myuhc.com account in **I Get > My Rewards**.

Here are the programs available to you:

- Diabetes Lifestyle
- Exercise
- Heart Health Lifestyle
- Nutrition
- Stress Management
- Tobacco Cessation
- Weight Management



For **Telephonic Coaching** call (800) 478-1057.

For those of us who will be spending a good portion of our holidays in the **kitchen**, here's a **2-Minute Workout** you can do at your kitchen counter from MindBodyGreen.



One Employee's Experience

Isiah Waller (Clerk):

Q: What made you decide to participate in telephonic wellness coaching?

A: I decided that it really couldn't hurt to add another wellness resource to my tool box. Plus there is no additional charge and it takes very little effort to accept a phone call once a month.

Q: Can you describe how the program worked?

A: Basically you set up a monthly appointment after your initial call determining what your goals for the year would be. I wanted to control diabetes and hypertension through weight control. The program ensures that you are on track from month to month. You do that by discussing your activities and diet plan, and create and set goals for the next month.

Q: What is the time frame?

A: Up to six months and you have the option of stopping at any time by simply not scheduling the monthly appointment. I have extended the program for the last three or four years.

Q: What was the outcome of your participation?

A: I have been able to control my weight and make good eating choices for one thing. I have also received a diabetes monitoring system with test strips and lancers free of charge. I just turned 60 years old in June and can honestly say that I have never felt better in my life. I have no aches or pains and I can still participate in extreme physical activity.

Earn the Preferred Health Insurance Premium for 2016

*Completing a biometric screening and online health assessment
will save you from paying an extra \$500 in 2016.*

The end of the year is almost here and so is the opportunity to **avoid an additional premium of \$500** in 2016. To make sure you maintain your preferred premium it is essential to complete a biometric screening and the online health assessment prior to December 31, 2015.

If you're not sure if you've completed both these activities, log into myuhc.com and review your 2015 wellness incentive activity. For tips on how to do that, [view the Help Guide](#). The My Rewards page will display the date in 2015 that the activity(s) were completed. If a 2014 date is displayed, then take action now to complete these two activities and keep your 2016 preferred premium.

To get your numbers, contact your doctor's office to schedule an annual biometric screening, or visit a **convenience care clinic** such as those located at select Walgreens and CVS locations. Once you have the results of your biometric screening, log into your account on myuhc.com and complete your health assessment.

The 2015 Fall Scramble Golf Tournament was a Huge Success!

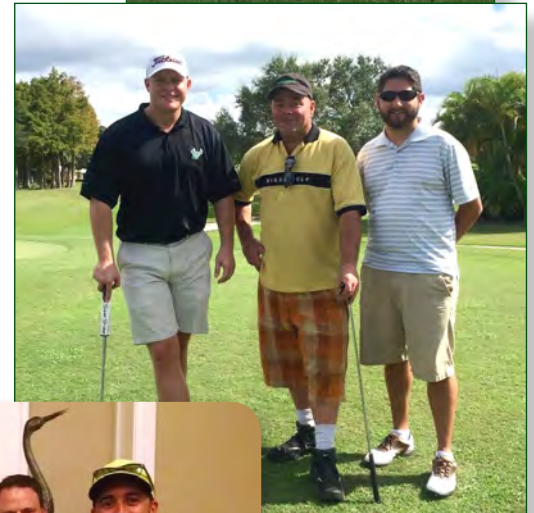
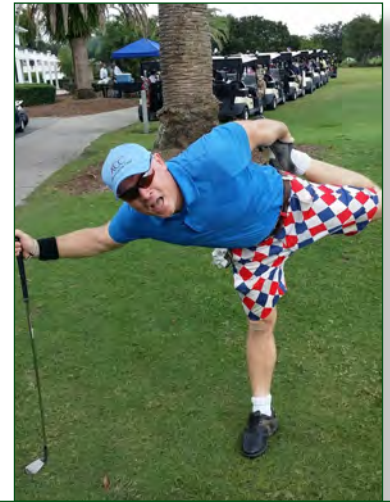
On November 7, over 100 golfers gathered at the Belleview Biltmore Golf Club in Belleair to have some fun and raise money for charity. A total of **\$1,262 was raised**. In memory of Tracey Reece, \$830 in donations went to the Tamar Reece Scholarship Fund and the rest to the **First Tee of Tampa Bay**. Players and organizers said Tracey must've been looking down on them with a smile from ear to ear!

[View the photos](#) taken during the tournament on Google Photos.
(Best viewed in updated browser.)

Save the Date!

The 2016 Spring Scramble is scheduled for **Saturday, May 21** at the Belleview Biltmore Golf Club with a 12:00 p.m. shotgun start. Registration will open early April. **Join us!**

If you'd like to volunteer or donate, please contact Becky Batten at 464-5536 or Jonathan Ferguson at 453-3434.



Organizing Committee L-R: Chris Labiak, Becky Batten, Justin Taylor, Beth Granger, Steve Clark, Jonathan Ferguson



2015 Tampa Bay Heart Walk

Saturday, November 7 at Raymond James Stadium was the best Tampa Bay Heart Walk ever, raising over \$3.7 million with 37,000 walkers participating. **Congratulations to Team Finance** for reaching their goal of \$2,000 and huge round of applause to **Essie McClendon (Clerk)** for being a **Top Walker** raising \$1,045.

Front row: Wyatt Booth, Alicia Booth (Tax Collector), Patti O'Neil (Clerk), Karen Davis (BTS). Back row: Debbie Fulton (Utilities), Essie McClendon (Clerk), Megan Henry (Clerk). Annabelle Booth not available for photo.



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.

December 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
12:10 p.m. - 1:00 p.m. <i>Circuit Training</i> Instructor: Melissa		12:10 p.m. - 1:00 p.m. <i>Mat Pilates</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>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	

* View [class descriptions](#) and [satellite locations](#).

Local Races

One of the perks of living in the Sunshine State is great weather for outdoor activities all year round. This December run your stress away with these local opportunities. (Click the links to register.)



- [The Color Run 5K](#), December 5th, Coachman Park
- [Clearwater Threshers and Phillies 5K & 10K](#), December 5th, Brighthouse Field, Coachman Rd., Clearwater
- [Reindeer Run 5K](#), December 5th, Pop Stansell Park, Palm Harbor
- [Chase the Dreidel 5K](#), December 6th, B'nai Israel of St. Petersburg
- [Green Bench Brewing Holiday Run 5K](#), December 12th, 1133 Baum Ave. N., St. Petersburg
- [DogGone Run 5K](#), December 12th, 7891 26th Ave. N., St. Petersburg
- [YMCA Reindeer Run 5K](#), December 12th, John Chestnut Park, Palm Harbor
- [14th Annual Florida Holiday Halfathon](#), December 13th, 300 Municipal Dr., Madeira Beach
- [27th Annual Say No To Drugs Holiday Classic 5K/10K/1mi](#), December 19th, Coachman Park, Clearwater
- [Santa & Suds 5K](#), December 20th, Capital Beer House, 422 Cleveland St., Clearwater
- [Hooters End of The Year Last Chance Beach 5K](#), December 27th, Hooters, Mandalay Ave., Clearwater Beach

UHCTV

Why Cold Weather Increases Your Appetite

When it's cold outside, we often crave high-calorie comfort foods. Staying active during the winter and exercising a little portion control can [help prevent weight gain](#).



Source4Women®

Strategies to Reduce Worrying and Anxiety

December 8, 2015 – 12:30 p.m. (ET)
Arleen Fitzgerald, LICSW

[Register now](#)

All of us worry about things like health, money or family problems. Maybe you feel frustrated, hopeless and overwhelmed by nagging anxiety that people have told you "Don't worry!" or "You worry too much!" If this sounds like you, stop worrying about the worry! Join us to help build skills to cope with worry and to train your brain to think in different ways when anxieties arise.