

To Your Health

January 2016

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

January is Healthy Weight Month!

Sponsored by UHC

Slow and Steady: How to Lose Weight and Keep It Off

Looking for solid weight-loss advice? Set modest goals and take it slowly if you want to keep pounds off.

Your skirt is too tight. You can't zip your jeans. You don't even want to think about putting on a swimsuit. You look in the mirror and mutter about how you've got to lose weight.

Though there's enough dieting advice out there to fill a dozen refrigerators, be wary of programs that offer quick weight-loss solutions. Remember, modest goals and a slow course will increase your chances of losing the weight and keeping it off.

Losing weight isn't just a matter of looking good, but of staying healthy. Carrying extra pounds puts you at risk for developing many diseases, especially heart disease, stroke, diabetes and cancer.

Check out these
articles from UHC:
[Rev Up Your Metabolism](#),
[Top Five Dieting Myths](#),
... and more.

Back to Basics

If you are really serious about long-term weight loss, look to change habits, not slash calories and deprive yourself. Start with these tips:

Maintain a sensible calorie intake. If you cut back too much, you will risk failure and lose muscle tissue, not fat. A one to two-pound per week weight loss is optimal.

Spread your calories evenly throughout the day. Do you eat as little as possible during the day so you can save calories for later? This approach almost always backfires. You'll find yourself raiding the kitchen in the late afternoon. On an 1,800-calorie meal plan, for instance, aim to have 300 to 500 calories at your meals. This leaves room for two snacks of 100 to 200 calories in between. Eat every three hours to keep hunger at bay.

Combine food groups for best blood sugar control. This also helps keep you feeling satisfied and away from the cookie jar. Examples would be: one or two eggs with a whole-grain English muffin, salad with tuna and a little olive oil, hearty bean soup, oatmeal with a handful of walnuts, low-fat cottage cheese with almonds and sliced fruit.

Eat high-fiber foods that are wholesome and satisfying. These will keep you full without breaking your calorie budget. Eat bean soups, lots of cooked vegetables, salads and whole grains (brown rice, barley, whole-grain breads and cereals). Also include some healthy fat in your meal plan, such as some avocado, nuts or olive oil.

Keep a food journal. Write down everything you eat and drink for at least three days, along with the time. Little things can add up. Are you drinking some of your calories that you are not aware of? Picking at leftovers? Going long periods without eating? Do you eat most of your calories in the latter part of the day? Are you getting enough healthy fat and protein? Are your carbohydrates coming from wholesome sources or are they refined (lots of white bread, pastas)?

Be positive. Don't approach this with a diet mentality. You are changing your eating habits for health, weight control and quality of life. Feeding your body nutritious food is truly a gift you can give yourself.

Exercise! If you want to trim down, you will need to include regular exercise in your life on most days of the week. Walk briskly, swim, bike—work up to anything that will get your body moving. To lose weight, aim to work out 60-90 minutes, five days a week. Working with light weights at least twice a week can help keep your muscles from wasting and your bones from shrinking. Always check first with your doctor before you increase your activity level.



Benefits of Healthy Whole Foods

Healthy whole foods: you might know that you're supposed to eat them. But do you really know what they are?

"We live in a society that eats so much processed and manufactured food, that I think there's some genuine confusion about what qualifies as a whole food," says Tara Gidus, RD, a spokesperson for the American Dietetic Association. Even for the health conscious, the phrase gets tangled up with other terms. Whole foods might be organic, or locally grown, or pesticide-free. But they aren't necessarily. The definition of healthy whole foods is much simpler.

"When you eat whole foods, you're getting the food in its natural state," Gidus tells WebMD. "You're getting it intact, with all of the vitamins, minerals, and other nutrients that are in the food." Basically, it's the healthy whole food, rather than the bits that remain after refinement and processing. It's the difference between an apple and apple juice, or a baked potato and mashed potatoes.

Learn more about what's so good about [healthy whole foods](#).

National Wear Red Day is February 5th

Our mothers, daughters, sisters and friends are at risk. Heart disease and stroke cause 1 in 3 deaths among women each year – more than all cancers combined. Fortunately, we can change that because 80 percent of cardiac events can be prevented with education and lifestyle changes.



National Wear Red Day® — the first Friday each February — is our special day to bring attention to this staggering fact. We encourage everyone to wear red, raise their voices, know their cardiovascular risk and take action to live longer, healthier lives.

Get informed about the risks of heart disease and stroke. Know the red flags. Know your heart health story. **[Go Red For Women](#)** inspires women to make lifestyle changes, mobilize communities, and shape policies to save lives. United, we are working to improve the health of women in the community.

*It's time to put our hearts into it and **Go Red For Women!***

Spicy Garlic & Lime Shrimp

Addictively delicious and unbelievably easy, this dish is perfect on pasta, in tacos, or simply atop steamed rice and veggies.

Ingredients

Lime juice from one fresh lime
1 tablespoon olive oil
1 clove garlic, pressed
36 peeled shrimp
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
1/4 teaspoon dried parsley flakes
1/4 teaspoon paprika
1/8 teaspoon dried thyme
1/8 teaspoon onion powder



Nutritional Info

Servings Per Recipe:	2
Amount Per Serving	
Calories:	167.5
Total Fat:	7.9 g
Cholesterol:	193.1 mg
Sodium:	804.3 mg
Total Carbs:	2.7 g
Dietary Fiber:	0.4 g
Protein:	21.0 g

Directions

1. Mix all dry seasoning together in small bowl.
2. Preheat a large skillet over medium heat.
3. Add oil to the pan.
4. When oil is heated, stir in garlic.
5. Immediately add shrimp.
6. Squeeze fresh lime juice into pan over shrimp.
7. Sprinkle entire seasoning blend over shrimp.
8. Sauté shrimp for 5-8 minutes.

Minutes to prepare: 5

Minutes to cook: 10

Yield: 2 servings

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

Seasonal Produce

Arugula	Avocados	Grapefruit
Citron	Mandarins	Onions
Pomelos	Scallions	Turnips

[See full list of seasonal produce](#)



Gum Disease Associated with Heart Disease

The causes of heart disease are well known, including smoking, obesity and high blood pressure. But did you know that people with gum disease are more likely to have heart disease?

While a cause-and-effect relationship has not yet been proven, research has indicated that patients with gum disease are more likely to have heart disease and that this is independent of other factors such as smoking or diabetes. Scientists believe that inflammation caused by gum disease may be responsible for the association.

If you have heart disease, let your dentist know; he or she will work with you to design a treatment plan that can positively impact not only your oral health but your overall health.

Learn more on [how to treat gum disease](#).



UHCTV

Understanding Back Pain

The best treatment for back pain is prevention.

Four out of five adults will suffer from back pain in their lifetimes. What raises your risks? What can you do to treat back pain and prevent it? [Get answers in this helpful overview](#) of a common condition.

Wellness Incentives for 2016

Participate in your choice of Wellness Incentive activities and earn Pinellas County Rewards Program points, or you may elect cash.

New for 2016

There is a new [Nutrition Challenge](#) and your [annual physical](#) now earns you 12,500 points or \$50 cash. The [Fruit and Veggie Challenge](#) is now available year-round. And coming in March from UHC is a new [Rally website](#) with personalized health and wellness recommendations and more opportunities to earn rewards, called "Rally coins."

Get more information on the [2016 Wellness Incentive Program](#).



Source4Women®

50 Ways to Trim Your Love Handles

January 12 – 12:30 p.m. (ET) with Kathleen Zelman, MPH, RD

[Register now](#)

If you are looking for lasting and effective weight loss tips – look no further. Nutrition experts agree the healthiest way to win the battle of the bulge may be by making small, doable changes you may be able to sustain for a lifetime and not through restrictive dieting. Weight loss may be as simple as shaving 100 calories per day when you take small steps.

There is no better time than the beginning of a New Year to wipe the slate clean and get started on (or recharge) your journey toward sustainable weight control and better health. Join us for this seminar where we will unveil 50 simple tips and tricks for cutting or burning an extra 100 calories a day to help you trim 10 pounds in a year and add up to significant health improvements.

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 by email at wellness@pinellascounty.org to schedule an orientation.

January Exercise Class Schedule*

Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy	6:15 - 7:15 a.m. Spin Instructor: Nancy
12:10 - 1:00 p.m. Circuit Training Instructor: Melissa	1:45 - 2:15 p.m. Interval Training Instructor: Ashley	12:10 - 1:00 p.m. Step Aerobics (1/3, 1/13, 1/20) Zumba® (1/27) Instructor: Melissa	1:45 - 2:15 p.m. Interval Training Instructor: Ashley	12:10 p.m. - 1:00 p.m. Circuit Training (1/8, 1/15, 1/22) Mat Pilates (1/29) Instructor: Melissa
	5:15 p.m. - 6:15 p.m. Step Aerobics (1/5, 1/12, 1/19) Zumba® (1/26) Instructor: Melissa	5:15 p.m. - 6:15 p.m. Yoga Instructor: Kelli	5:15 p.m. - 6:15 p.m. Circuit Training (1/7, 1/14, 1/21) Mat Pilates (1/28) Instructor: Melissa	

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

Local Races

Start the New Year off right! Gather friends and family and participate in a local event! (Click the links to register.)

- [Kettle Krush 5K](#), January 9th, Albert Whitted Park, St. Petersburg
- [Kiwanis Adventure Run](#), January 10th, Honeymoon Island State Park, Dunedin
- [Clearwater Distance Classic](#), January 17th, Coachman Park, Clearwater
- [St. Pete Beach Classic](#), January 15th, 16th, 17th, St. Pete Beach
- [Discover Caladesi Island Run](#), January 23rd, Clearwater Beach

Happy New Year!