Human Resources
Helping U Succeed

To Your Health

Pinellas County
WELLNESS PROGRAM

February 2016

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

February is American Heart Month

This **American Heart Month**, the Centers for Disease Control and Prevention (CDC) and **Million Hearts** – a national effort to prevent one million heart attacks and strokes in the United States by 2017 – are encouraging Americans to know their blood pressure, and if it's high, to make control their goal.

Uncontrolled **high blood pressure** is a leading cause of heart disease and stroke. In fact, more than 67 million Americans have high blood pressure. People with high blood pressure are four times more likely to die from a stroke and three times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy to get your blood pressure checked. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor.

UnitedHealthcare **Podcast**

Overcoming Exercise Barriers

Lose and Win! The podcast facilitator will help you identify your barriers to exercising, discuss ways to overcome them, and encourage you to make exercise a priority. She will also review helpful tips to increase activity.

Manage Stress, Manage Your Heart Health

Join us Tuesday, February 16th at 1 p.m. in Clearwater for this important presentation on stress and heart disease. Learn about your risks for heart disease, signs of a heart attack and strategies to better manage work and life stress. Please **preregister**.

National Wear Red Day Friday, February 5

Why **Go Red**? Heart disease and stroke cause one in three deaths among women each year, killing approximately one woman every 80 seconds. Fortunately, we can change that because 80 percent of cardiac and stroke events may be prevented with education and action.

Heart-Healthy Exercise

Exercising on a regular basis can sound great – in theory. But when it comes to actually doing it, are you among the many who will find anything and everything possible to occupy your time instead?

If every effort to embark on a new fitness plan ends with a new running shoes or exercise equipment that remain unused, it's time to change your mind-set. First of all, know you're not alone. We all face this struggle. The good news is that we can all conquer it. After all, you don't have to work out like you're training for a marathon to get your heart in great shape.

It can be as simple as walking briskly for just 30 minutes a day. And the housecleaning you did to postpone your workout? Believe it or not, that counts as exercise, too. You don't have to go for an actual run to get a runner's high. That rush you get at the sight of a gleaming bathroom counts, too.

There are so many types of physical activity that can improve your cholesterol levels, lower your blood pressure and simply make you feel good – and we're going to tell you all about them. **Keep reading for more tips** to help you get your heart in shape, and learn why women who Go Red have exercise to thank for their successful recovery.

Basics of Cooking Techniques

What Every Home Cook Should Know

With a Knife

The way you cut ingredients is important; it helps distribute the ingredient throughout the dish (mincing or finely chopping garlic, for example), ensuring that ingredients cook at the same time (like cutting your carrots and potatoes into 1-inch dice) or improving texture (a thinly sliced piece of smoked salmon, for example, is more tempting on your bagel than a fat chunk). Pay attention to, but don't stress about these terms: your common sense will go a long way in helping you as you cook.

From **Million Hearts**, **here are the terms** you'll want to become familiar with to cook any recipe successfully.

UHCTV

Foods for Heart Health

In UHC-TV's **Health Minute video**, Keri Glassman, Nutrition Expert, reviews the staples of a heart-healthy diet and provides a grocery list of foods that are good for your heart.

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

Seasonal Produce

Artichokes	Asparagus	Fennel
Grapefruit	Leeks	Mandarin
Oregano	Pecans	Radishes

See full list of seasonal produce

Heart Healthy Quick Pork and Chile Stew

Ingredients

4 tsp. extra-virgin olive oil, divided
1 pound pork tenderloin, trimmed and cut into 1-inch cubes
1 onion, halved and sliced
2 poblano peppers, diced
2 cloves garlic, minced
1 medium russet potato, peeled and cut into 1/2-inch pieces
1 14-ounce can reduced-sodium chicken broth
1½ tsp. ground cumin
1 tsp. dried oregano
1/2 tsp. salt
1/8 tsp. cayenne (optional)
1 tbsp. lime juice

Nutrition Facts

Servings Per Recipe 4

Amount Per Serving

Calories 266

	% Daily values*
Total Fat 8g	12%
Saturated Fat 2g	10%
Trans Fat 0g	
Monounsaturated Fat 5g	
Cholesterol 74mg	25%
Potassium 938mg	27%
Sodium 588mg	25%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 27g	54%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate	Equals	300g	375g
Dietary Fiber	Equals	25g	30g

Directions

1. Heat 2 teaspoons oil in a large saucepan over medium heat. Add pork; cook, stirring, until no longer pink on the outside, about 4 minutes. Transfer with any juice to a bowl.
2. Add the remaining 2 teaspoons oil, onion and poblanos to the pan. Cook, stirring, until softened, about 3 minutes. Add garlic and cook 1 minute more.
3. Add potato, broth, cumin, oregano, salt and cayenne (if using); bring to a simmer over medium heat. Reduce heat to maintain a low simmer and cook, partially covered and stirring occasionally, until the potato is tender, about 10 minutes.
4. Return the pork and any juice to the pan and cook, partially covered, until the pork is cooked through and the potatoes are fall-apart tender, about 5 minutes more. Stir in lime juice before serving.

Minutes to prepare: 25
Minutes to cook: 40
Yield: 4 servings about 1½ cups each

Maintain Campaign 2015

Healthy Habits Through the Holidays

The purpose of the Campaign is to maintain healthy habits and not gain extra pounds over the holidays. It works! Making that commitment to find a healthy balance during the holidays paid off. Out of the 86 people who participated in the post weigh-in, 92% either maintained or lost weight.

One of the most frequent comments we received is how important it is for team members to hold each other accountable and to keep each other motivated. This helps to keep the momentum going and temptations at bay. It also adds a competitive feel that encourages the continuation of healthy habits.

All of the teams worked hard to earn their points over the seven weeks but there was one team that earned the winning spot:

Congratulations to Team Lean Into It!

Susan Koehler, Lynn Smith, Ashley Long and Angela Powell. Yes those are prize Fitbits are on their wrists!

Some positive feedback from our participants

"We should have more maintain campaigns throughout the year!"

"The maintain campaign has the added bonus of team building with new friends."

"Awesome program. It has been a tremendous help in maintaining my weight throughout the holiday season, and will continue throughout the year."

"It is a great experience for our entire office. It gets people working together and encouraging one another to make healthier lifestyle choices."

"This was an awesome challenge. I found myself missing the daily activities when the challenge was over. I enjoyed how everyone on the team tried to motivate each other, especially around daily office temptations during the holidays."

Thank you to our Maintain Campaign Donors:

Whole Foods Market, Clearwater
WageWorks
ComPsych
EyeMed
Cigna
Ameriprise
MetLife
Verizon

*Go to **page 4** to see the door prize winners.*

Tips for Managing High Blood Pressure

Dr. Don Lloyd-Jones tells us high blood pressure is the most common risk factor right now in this country. Ninety percent of us will develop high blood pressure during our lifetimes. The central problem for most of us is that we eat too much salt. **Watch to learn** where salt is hiding in your diet.

And the 2015 Golden Sneaker Award goes to Team Happy Feet!

Congratulations to **Team Happy Feet** on winning the 2015 ***WalkingU Challenge*** with an average of 94.10 miles per team member in 60 days!

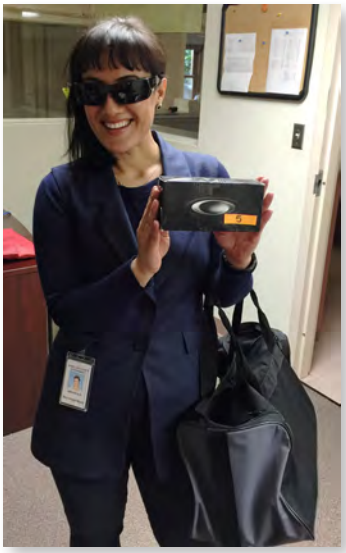
Laura Knapp, Theresa Robinette (Team Captain holding award), Donna Willhoite, Kimberly Jenkins, Ayda Kearney, Cynthia Eden, Not available for photo: Deniesha Mitchell, Tee Wilson

Congratulations to the Maintain Campaign Door Prize Winners!

Maria Cascone
Heather Hodgdon
Helen Karampelas
Amantia Kempton
Jamie Mosley
Lori Poppler
Inaki Rezola
Carol Strickland
Esther Weston *(no photo)*

Lori Poppler

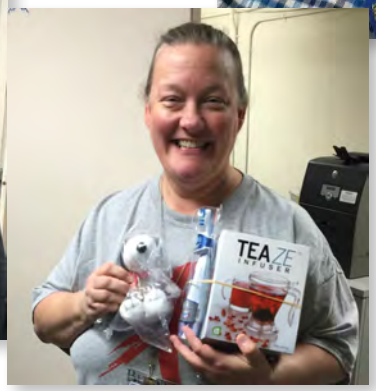
Heather Hodgdon, Helen Karampelas, Maria Cascone



Amantia Kempton

Inaki Rezola

Jaime Mosley



Carol Strickland

Linda Magnusson

For BONUS Team Photos, Click Here!

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.

February Community Events

Brooker Creek Night Hike

Saturday, Feb. 13 & 27

Participants will join the Friends of Brooker Creek Preserve for a one-mile hiking experience along the Education Center trail. Experienced guides will lead participants through the evening. Space is limited to 20 people per hike. 6 to 8 p.m. Advance registration required. A $3 per person donation is requested. **Register online**. Brooker Creek Preserve, (727) 453-6800; 3940 Keystone Road, Tarpon Springs.

Weedon Walkabout

Thursday, Feb. 18

Hike through coastal mangrove and upland ecosystems of the preserve and learn about the coastal environment and the early residents of Weedon Island Preserve. A hat, closed-toed shoes, and water are recommended. Best for ages 6 and older. 9 to 10 a.m. Free; advance registration required. **Register online**. Weedon Island Preserve, (727) 453-6500; 1800 Weedon Dr. NE, St. Petersburg.

28th Annual Gasparilla Classic Gymnastics Championships

Feb. 19 — Feb. 21

Catch all of the gymnastics action over a full weekend of women's and men's meets at Tropicana Field.

ABA BMX- Gator Nationals

Feb. 19 — Feb. 21

This 3-day national BMX competition will feature UCI C1 and USA Cycling Elite National Championships, part of the series leading up to August's Olympic Games in Brazil. Watch all the extreme action go down at the new Oldsmar BMX track. See the full schedule at **www.oldsmarbmx.org**.

Source4Women®

Strategies for a healthy heart

February 9, 2016 – 12:30 p.m. (ET) with Kathleen Zelman, MPH, RD

Register here

Progress is being made to improve heart health, but heart disease continues to be the leading cause of death for both men and women in the United States. According to experts, most heart disease may be preventable! A healthy diet and lifestyle may be your best weapons in the fight against heart disease. Discover how healthy diets like the Mediterranean and others may help lower your risk for heart disease and improve your health and longevity. Learn how easy and delicious it is to eat for a healthy heart. This seminar will uncover simple heart smart strategies to help benefit your heart, lower your risk for heart disease and improve your overall health.

12-Minute Low Impact Cardio Workout

Boost your metabolism and burn calories in this quick, **12-minute cardio excerpt** from the three-DVD set, "Keeping Fit: Cardio, Strength, Pilates." Andrea Metcalf guides you through low-impact exercises to help you maintain your figure and preserve bone and muscle health at any age.

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.

February 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. ***Zumba®*** *(2/3, 2/10)* ***Step Aerobics*** *(2/17, 2/24)* Instructor: Melissa	1:45 - 2:15 p.m. ***Interval Training*** Instructor: Ashley	12:10 p.m. - 1:00 p.m. ***Circuit Training*** Instructor: Melissa
	5:15 p.m. - 6:15 p.m. ***Zumba®*** *(2/2, 2/9)* ***Step Aerobics*** *(2/16, 2/23)* Instructor: Melissa	5:15 p.m. - 6:15 p.m. ***Yoga*** Instructor: Kelli	5:15 p.m. - 6:15 p.m. ***Mat & Ball Pilates*** *(2/11, 2/25)* ***Circuit Training*** *(2/4, 2/18)* Instructor: Melissa	

** View **class descriptions** and **satellite locations**.*

Local Races

February is all about you, the ones you love and, of course, football. Treat yourself and/or your family to a fun run this month. Run or walk for a cause, a valentine for your favorite football team!(Click the links to register.)

- **Peace Love Stop 5K/10K**, February 6th, Fort De Soto Park, St. Petersburg
- **Play Dirty Adventure Run 4.0**, February 6th, Central Park Nature Preserve, Larg
- **Best Damn Race**, February 6th, Safety Harbor Resort and Spa, Safety Harbor
- **5K Crusader Gallop and 1 Mile Fun Trot**, February 6th, Eagle Lake Park, Largo
- **Pre Bowl Superbowl Hangover 5K**, February 7th, New England's Ale House, Palm Harbor
- **Valentine's Run for the Bling**, February 13th, Spring Valley School, Palm Harbor
- **Valentine's Day 5K**, February 14th, Honeymoon Island State Park, Dunedin
- **5K Color Blast**, February 27th, Largo Central Park Nature Preserve, Largo
- **5K Zombie Run**, February 27th, Largo Central Park Nature Preserve, Largo

Healthy Teeth, Healthy Heart?

Paying attention to your dental hygiene and health—especially your gums—may pay you back with more than a gleaming, healthy smile and manageable dental bills. It may keep your heart healthy too. Read **Gum Disease and Heart Disease: How Could They Be Linked?** for more information.