



**National Nutrition Month®** is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for 2016 is “Savor the Flavor of Eating Right,” which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences that food can add to our lives. How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right! [Get more info.](#)



**We want to hear from you!**

## TELL IT WELL

### EMPLOYEE FEATURE

If you or your spouse/domestic partner has improved their life by making healthy changes, *To Your Health* wants to feature and congratulate you! Contact Crystal Lockwood at [clockwood@pinellascounty.org](mailto:clockwood@pinellascounty.org) for details on how to share your story.

## Welcome Aboard, Crystal

*Please welcome the newest member of the HR staff, **Crystal Lockwood**! She is leading the Employee Wellness Program and will work with Melissa Reyes.*



### ***What interested you in this position?***

This position actually caught my eye the second I saw it, and I said to myself, “That’s the job I want to do.” I love to see when employers take a real interest in the health of their employees. We spend a majority of our day at work. It only makes sense that we provide ongoing education, tools and resources—which actually leads to a healthy home life for the employee and their family as well. It’s so exciting to see people really caring about other people.

### ***What experiences from your past will help in your position here in the County with Employee Wellness?***

I think what drives anyone in this field is a past health experience or struggle they’ve experienced. When you understand how severely poor health can affect you, then you truly understand the power of good health.

Professionally, I started my career as a Health and Physical Education teacher for students and for adults trying to attain their high school diplomas later in life. Most recently I came from the YMCA of Broward County. There, I worked to create a mobile physical education program called YFit. In my time there I served 5,000 children daily and I'm proud to say that we provided them with the 60 minutes of daily physical activity they needed to become active adults and skilled movers, while integrating concepts of healthy food choices into their daily routines.

*Continued on page 5.*

## Vegetarian Collard Wraps

*You'll never think of a burrito the same way!*

Minutes to Prepare: 10

Number of Servings: 8

Minutes to Cook: 5

Serving Size: 1 wrap



### Ingredients

8 collard leaves, thick stems removed

1 block baked tofu

1 can refried black beans

1 cup chopped tomatoes

1 avocado, mashed

### Directions

Steam the collard greens until pliable.

Layer ingredients inside greens, wrap like a burrito and serve.

Source: [Spark Recipes](http://SparkRecipes.com)

Nutritional Info	
Servings Per Recipe:	8
Amount Per Serving:	
Calories:	173.8
Total Fat:	7.1 g
Cholesterol:	0.0 mg
Sodium:	359.9 mg
Total Carbs:	17.9 g
Dietary Fiber:	6.1 g
Protein:	11.7 g



## Colon Cancer Awareness Month

Colon cancer is the third leading cause of cancer death among men and women in the U.S., but many

colon cancers can be prevented with regular testing. March is National Colorectal Cancer Awareness Month – no better time to learn the facts about colon cancer and get tested. It could save your life.

The American Cancer Society recommends – if you are 50 or older – that you talk with your doctor about colon cancer screening. Only about 60% of adults of screening age are up-to-date on their colon cancer screening, and many have never been screened at all.

Screening can find colon cancer early, before symptoms develop, when it's easier to treat and survival rates are more favorable. Some of the tests can help doctors find growths called polyps that can be removed before they turn into cancer.

What's encouraging is that fewer people have been dying from colon cancer over the past few decades. That's due partly to improvements in screening. However, more than 50,000 deaths from colon cancer are expected this year, accounting for 9% of all cancer deaths.

For more information about colon cancer, call the American Cancer Society at 1-800-227-2345 or visit [cancer.org/colon](http://cancer.org/colon).

*More on page 4.*

## Seasonal Produce

Avocados

Bok Choy

Chicory

Guavas

Mandarins

Beets

Chard

Collards

Kale



2 + 3

*for a Healthier Me*

Eat at least 2 servings of fruit and 3 servings of veggies each day!

[Learn more](#)

## February 5 was National Wear Red Day...

...to help raise awareness of heart disease.  
Here are some photos of Pinellas County  
employees "in the red".



Business Technology Services



Human Services



Communications Department



Human Services



Human Services



Clerk Finance



Human Services



EMS Division



Human Resources



Early detection.  
Accurate diagnosis.  
Proper treatment.

Thank you to the WomenHeart@Work Coalition which, in honor of Wear Red Day, did a presentation on February 16 about stress and heart disease. Employees learned about risks for heart disease, signs of a heart attack and strategies to better manage stress.

# No Equipment, At-Home Workouts

Try this workout to tone your midsection:



## FIRE UP YOUR CORE

### Circuit Workout

After warming up with light cardio for five minutes, repeat each three-exercise circuit three times.

### CIRCUIT 1



**RUNNER'S LUNGE WITH PUSH-UP**  
15 REPS



**BIRD DOG**  
15 REPS EACH SIDE



**ELBOW PLANK WITH REACH**  
15 REPS

### CIRCUIT 2



**REVERSE LUNGE WITH REACH**  
15 REPS



**GOOD MORNING**  
15 REPS



**SIDE LUNGE**  
15 REPS

### CIRCUIT 3



**ELBOW PLANK AND ROTATE**  
15 REPS



**DEAD BUG**  
15 REPS



**SINGLE-LEG BRIDGE**  
15 REPS EACH SIDE

**POPSUGAR**

[www.popsugar.com/fitness/Printable-Core-Workout-33284620](http://www.popsugar.com/fitness/Printable-Core-Workout-33284620)

*Colon Cancer Awareness Month,  
Continued from page 2*

Begin getting screening for colon cancer at age 50. If you are older than age 75, ask your doctor if you should continue to be screened. If you are a high risk, talk to your health care professional about screening earlier and more often. Talk to your doctor about your screening test options.

#### Tests that find pre-cancer and cancer:

- Colonoscopy – Every 10 years
- Virtual colonoscopy – Every 5 years
- Flexible sigmoidoscopy – Every 5 years
- Double-contrast barium enema – Every 5 years

#### Tests that mainly detect cancer:

- Stool occult blood test (FOBT) (guaiac) – Every year
- Stool immunochemical test (FIT) – Every year
- Stool DNA (sDNA) – Ask your health care professional; the FDA approved the use of the sDNA test in 2014.

An abnormal result of a virtual colonoscopy or a double-contrast barium enema or a positive FOBT, FIT or sDNA test should be followed up with a colonoscopy.

 **UnitedHealthcare**  
**PODCAST**



### Creating a Healthy Eating Plan

Understand the definition of a healthy diet; determine daily calorie needs; learn about major food groups, including proteins, carbohydrates, and fats.

[Register now.](#)





## Local Races

It's March Race Madness!  
Find a local race near you.  
(Click the links to register.)

- [Firestone Grand Prix 5K](#), March 11th, North Straub Park, St. Petersburg
- [Shamrock'n' Run 5K](#), March 11th, Ulmer Park, Largo
- [Glowbash 5K Scavenger Hunt](#), March 12th, Ferg's Bar & Grill, St. Petersburg
- [Armadillo Run](#), March 12th, Oldsmar Library, Oldsmar
- [St. Patrick's Day Run](#), March 19th, Downtown Palm Harbor
- [Tarpon Springs Mayor's Fitness Challenge](#), March 19th, Splash Park, Tarpon Springs
- [Bay Area Brew Runs](#), March 19th, Crooked Thumb Brewery, Safety Harbor
- [St. Pat's Shamrock Shuffle](#), March 19th, 1501 Trotter Rd., Largo
- [Annual Seminole Stampede](#), March 19th, Walsingham Park, Seminole
- [Nolan's Pub St. Patrick's Day 5K](#), March 20th, Nolan's Pub, Safety Harbor
- [Hooters Easter Hottie 5K Run & Ocean Mile Swim](#), March 26th, Hooters, Clearwater Beach, Pier 60
- [March Mustache 5K](#), March 28th, Capitol Beer House, Cleveland St., Clearwater

## 16 Health Tips for 2016

Dedicate yourself to a healthy lifestyle in 2016. Here's some tips:



### Enact Family Meal Time

Plan to eat as a family at least a few times each week. Turn off the TV, phones and other electronic devices to encourage mealtime talk. Get kids involved in meal planning and cooking and use this time to teach them about good nutrition.

### Banish Brown Bag Boredom

Prevent brown bag boredom with easy-to-fix, healthy lunch ideas. Try a whole-wheat pita pocket with veggies and hummus or a low sodium vegetable soup with whole grain crackers or a salad of mixed greens with low-fat dressing and a hard boiled egg.

### Eat Seafood Twice a Week

Seafood—fish and shellfish—contains a range of nutrients including healthy omega-3 fats. Salmon, trout, oysters and sardines are higher in omega-3s and lower in mercury.

### Make Half Your Plate Fruits and Vegetables

Fruits and veggies add color, flavor and texture plus vitamins, minerals and fiber to your plate. Experiment with different types, including fresh, frozen and canned.

Read all [16 Health Tips for 2016](#) from the Academy of Nutrition and Dietetics.

*Continued from page 1.*

### *What strengths and skills will help in your role?*

More than anything I enjoy working with people. I feel that my teaching background will help us to create great educational sessions for the staff and hopefully a stronger grasp on how to better yourself. I'm also looking forward to using my planning skills to create a greater culture of health and wellness throughout the County.

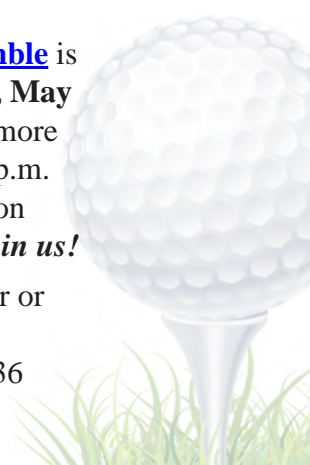
### *What are your favorite activities to stay active?*

That's a tough one because I love to change my activities often so I don't get bored. Most recently I've started to participate in triathlons and half-marathons. If I'm not doing that I love to paddleboard, kayak or just go for a long walk.

## Save the Date for Golf!

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.



# March Exercise Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy	6:15 - 7:15 a.m. <b>Spin</b> Instructor: Nancy
12:10 - 1:00 p.m. <b>Circuit Training</b> Instructors: Melissa/ Isiah	1:45 - 2:15 p.m. <b>Interval Training</b> Instructor: Ashley	12:10 - 1:00 p.m. <b>Zumba®</b> (3/2, 3/9, 3/16) <b>Circuit Training</b> (3/23, 3/30) Instructors: Melissa/ Isiah	1:45 - 2:15 p.m. <b>Interval Training</b> Instructor: Ashley	12:10 p.m. - 1:00 p.m. <b>Circuit Training</b> Instructor: Melissa/ Isiah
	5:15 p.m. - 6:15 p.m. <b>Zumba®</b> (3/1, 3/8, 3/15) <b>Circuit</b> (3/22, 3/29) Instructors: Melissa/ Isiah	5:15 p.m. - 6:15 p.m. <b>Yoga</b> Instructor: Kelli	5:15 p.m. - 6:15 p.m. <b>Circuit Training</b> Instructors: Melissa/Isiah	

## Wellness Center Orientation

Exercise classes are held at the Pinellas County Wellness Center in downtown Clearwater. The facility 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](mailto:wellness@pinellascounty.org) to schedule an orientation. Also see [exercise class descriptions](#) and [satellite Fitness Center locations](#).

## How Tobacco Affects Your Oral Health

Tobacco greatly increases your risk of cancer, heart disease and stroke. But did you know that it is also harmful to your mouth?

When you use tobacco, it affects your [oral health](#) in many ways:

- It can give you bad breath.
- Your teeth become stained.
- You lose your ability to taste.
- The roof of your mouth becomes inflamed.
- Your risk of tooth decay increases.

Smoking is also a serious risk factor for gum disease. Nicotine reduces the flow of blood to your gums. This prevents your gums from getting the nutrients they need. Germs, called bacteria, gather around your teeth and gums, and deep pockets form between them. This

allows more germs to gather.

Without treatment, you eventually lose the bone and tissue that support your teeth.



If you are ready to quit using tobacco, help is available. Pinellas County is partnering with the Florida Department of Health and the Tobacco Free Florida Area Health Education Center (AHEC) to offer free IQuit classes to employees and their covered spouses/partners. If you don't see a location near you, contact your department's Wellness Champion to request a series.

Register for the [IQuit Tobacco Cessation Program](#).

