



## TELL IT WELL EMPLOYEE FEATURE

*Contributed by a satisfied participant  
in the EnhanceFitness program*

I have a secret friend named PBJ. Well not really that secret if I think about it. You see, and trust me you can see, PBJ (a.k.a. pot belly jelly) likes to hang out with me as often as it can. You know the drill—pizza, ice cream, donuts and such. These things make PBJ really happy. In fact, PBJ has so much fun that at times it feels like it wants to explode.

There are a few side benefits of having a PBJ friend. Don't like how your toes look? No worries. Just stand up and poof, they disappear. Plus PBJ is high tech: need a shelf to lay your tablet on or a smooth surface to shine off all those fingerprints? PBJ has you covered though please do cover PBJ with a shirt before cleaning that tablet.

Lately though, PBJ has been feeling a bit sad and neglected. You see we have joined a fitness class the County offers called EnhanceFitness and with effort it has begun to transform PBJ.



As you could imagine, PBJ is not on board with this program and

does rebel at times. Thus at times, I will still eat pizza and have a bit of ice cream which makes PBJ laugh when I do that ... I can tell by how it jiggles.

Don't get me wrong. I will always love PBJ. I simply want to love less of it, and this class is helping me to do it.

Look, I get it. If you are like me you probably don't like going to an exercise class. You find it easier to think of reasons not to exercise than to take the time to do it. So, do I love going to class? Not on your life. I love the couch, snacks and watching a good movie that require no exercise on my part.

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## Need Stress Relief? Try the 4 A's

*Source: MayoClinic.org*

Expand your stress management tool kit by mastering [these four strategies](#) for coping with stress: avoid, alter, accept and adapt.

When we feel the effects of stress weighing us down, it's like lugging a backpack that's becoming heavier by the minute. Too much stress can make our journey through life difficult.

Happy events, such as a wedding, as well as unhappy events, such as overwork, can cause stress. When your stress level exceeds your ability to cope, you need to restore the balance by reducing the stressors or increasing your ability to cope or both. Try using one of the four A's: avoid, alter, accept or adapt.

## Mindfulness: Five Ways to Jumpstart Your Day

*Source: Mindful.org*



*Feeling overwhelmed at work? Too busy to function? [Here are five opportunities](#) to pause, recharge your batteries, and stay on top of your game.*

We all live tense, stress-filled lives packed with back-to-back meetings, appointments, and tasks. Perpetual busyness, which used to be intermittent enough that we could see contrast between chock-full days and the others, seems like it might be the new norm in the 21st century. Socked in with activity; no break in our schedules.

So what can we do to clear the air? To function with

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**Your  
UHC  
Nurse**  
*Amy*

## Give Yourself the Gift of New Holiday Traditions

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

As a society, we tend to hold on to tradition. We make it a point to ensure that Great Aunt Gladys's "Cheesy Bacon Corn Casserole with Fried Onion Topping" is on our holiday table or that Granny's cookie recipe (with a whopping 3 cups of sugar and a full cup of Crisco) is freshly baked. It wouldn't be the holidays without it, right?

We might feel guilty if we break with our cherished family traditions. Yet, there are certain holiday treats that aren't much of a treat. Give careful consideration to the food that you are preparing or consuming.

- ▶ Anything made with hydrogenated or partially hydrogenated fats is the fastest ticket to a coronary artery bypass surgery. If you must use processed foods (but hopefully you don't), read the labels. If anything says hydrogenated or partially hydrogenated, avoid it.
- ▶ Avoid anything made with a lot of sugar. If sugar is listed at the beginning of any list of ingredients on a label or is being added to the mixing bowl in a large quantity, reconsider your options. Is there another ingredient that you can use that will add sweetness such as fruit puree without altering the end result? Look for recipes that use alternatives to sugar.
- ▶ Dips are fun but can be high in fat. Consider healthier alternatives such as hummus (which is made with chickpeas). Better yet, try your hand at making a fresh salsa (way better than anything in a jar) AND get some fresh veggies in as a bonus.
- ▶ Avoid beverages that are high in fat, sugar, and calories. Eggnog, fancy coffee beverages with added syrups, milk, heavy cream, and overly sweet cocktails are very tempting and it is easy to forget

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[Mindfulness - continued from page 1.](#)

competence calls for perspective that's hard to find when we've got our heads down, forging through a never-ending to-do list, hoping things will work out. The kind of perspective that brings focus and clarity comes from space. And while we may not always have a choice about clearing our calendars, we can make the choice to clear our minds of the habitual momentum that blocks creativity and compassion. And, at times, we may find that access to creativity and compassion can lead to a little more space in the day. In any event, we can always begin to be more mindful of our busyness and how we are choosing to meet the moments of our daily lives.

[Tell It Well- continued from page 1.](#)

One thing I love more though is to live longer and to feel good while I do that. And it feels good to have some extra energy so I am not tired so much.

I love the community of being with others that go to class to exercise, and the support we give each other. And even though we have to sweat, I love our instructors, they have such a passion to help us feel better through fitness.

If you haven't noticed yet, I am not the perfect spokesperson for exercising. It is a pain compared to eating fun, fattening food which PBJ loves.

For me, I can only say that I am getting older now and the Enhanced Fitness class 'fits' my needs for my age range and exercise level. It may not fit PBJ's needs though and I will be ok with that. If nothing else it will be good to see what my shoes look like without having to bend over to look. Now that is a change I can live with. How about you?

 **UnitedHealthcare  
PODCAST**



### Staying Healthy While Traveling

Learn practical tips on how to achieve and maintain a healthy eating and exercise plan while traveling.

[View podcast.](#)



how many calories can be in just one serving.

- ▶ The little nibbles can make us forget about what a portion actually is. A few doughnut holes, some cheese straws, a handful of nuts, a little chocolate, mini pigs in a blanket, tiny quiches, sausage rolls, a cheese tray ... it all adds up.
- ▶ Watch out for salt. Not only is salt found in abundance in processed foods (shelf or frozen) but it also tends to be in the aforementioned nibbles. Excessive salt is no friend to your blood pressure.
- ▶ Beware of “the gift basket” unless it is fresh fruit or veggies. Do you really want to eat that block of shelf stable cheese and roll of “farmer’s sausage” that doesn’t expire until next November? Graciously thank the gift giver but don’t allow guilt to make you partake of something that isn’t good for you.
- ▶ Be kind to yourself. If you “slip”, don’t fret. Just recommit to be more mindful of your food choices and have a healthy holiday season.

*Amy Hertog, UHC's Nurse Liaison (a.k.a. Nurse Amy) is here to educate and counsel employees and to help connect employees with needed healthcare resources. [Visit Amy's web page](#) or contact her at 464-5579 or by email at [amy\\_hertog@uhc.com](mailto:amy_hertog@uhc.com).*

## Preventing Weight Gain

If you're currently at a healthy weight, you're already one step ahead of the game. To stay at a healthy weight, it's worth doing a little planning now.

Or maybe you are overweight but aren't ready to lose weight yet. If this is the case, preventing further weight gain is a worthy goal.

As people age, their body composition gradually shifts — the proportion of muscle decreases and the proportion of fat increases. This shift slows their metabolism, making it easier to gain weight. In addition, some people become less physically active as they get older, increasing the risk of weight gain.

The good news is that weight gain can be prevented by choosing a lifestyle that includes good eating habits and daily physical activity. By avoiding weight gain, you avoid higher risks of many chronic diseases, such as heart disease, stroke, type 2 diabetes, high blood pressure, osteoarthritis, and some forms of cancer.

[Choosing an Eating Plan to Prevent Weight Gain](#)

## Study on Wellness in the Workplace

Pinellas County has been asked to assist in a new research study on workplace wellness. The study is funded by the National Institutes of Health (NIH) and run by Organizational Wellness & Learning Systems (OWLS).

Pinellas County employees are invited to participate in evaluating a new online program. Participation is confidential, voluntary and is to be completed while off-duty. Participants will be compensated.

The program began October 31. Slots are limited. If you are interested, you will find [more information here](#).



## Enjoy the Holidays Without Gaining Weight



**Source4Women® Online Seminar**  
**December 13 at 12:30 p.m.**

Gaining weight is so easy, especially during the holidays when parties and seasonal foods are part of the festivities. Forget starting a diet during this fun, celebratory and often stressful time of year. Instead, use this webinar to help teach you how to get through the holidays using ‘social weight maintenance’, a strategy designed to keep your weight stable. Learn how to use social strategies that will allow you to enjoy the holidays without the dreaded weight gain that you won’t have to swear off come January 1st.

[Register here.](#)





This year's Tampa Bay Heart Walk kicked off **WalkingU** on November 12 at the Raymond James Stadium. Here are photos of some of the WalkingU teams who participated.

**Team: Lost in Pace**



**Team: South Cross Bayou**



**Team: Planning Bi-Peds**



**Team: Sam's Klub**



**Team: Walking Warriors**



**Team: The Walkettes**



**Team: The Walkers  
(Utilities Customer Service)**





# WELLNESS WINTER WALK



In partnership with Pinellas County Government's Wellness Program, City of Clearwater and Pinellas County employees are invited to take part in the Winter Wellness Walk.

Thursday, Dec. 15, 7 to 10 a.m.

- Check-in behind Clearwater City Hall
- Enjoy a lovely walk through Coachman Park or over the Memorial Causeway
- Socialize with colleagues
- Light refreshments
- Wear your favorite holiday attire and accessories
- Pose for photos
- Give back to the community



*WalkingU participants  
get triple points at event!*

In honor of the holiday spirit of giving, attendees are encouraged to bring donations for Religious Community Services (RCS).

#### Donation Wish List:

- Toiletries
- Diapers and wipes
- Clothes of all sizes (can be gently used)
- Non-perishable food items
- Baby food

For more information, contact Melissa Reyes at 464-4049 or [Wellness@PinellasCounty.org](mailto:Wellness@PinellasCounty.org).

## Seasonal Produce



Mandarin Oranges  
Kiwi Fruit  
Pear  
Tangerines  
Brussel Sprouts  
Kale  
Leeks  
Delicata Squash  
Turnips

[Learn more](#)



## Local Races

(Click the links to register.)

- [Tampa Bay AIDS Walk & 5K Run](#), December 10th, Vinoy Park in Downtown St. Petersburg
- [YMCA Reindeer Run](#), December 10th, John Chesnut Park in north Pinellas County
- [Florida Holiday Halfathon](#), December 11th, Madeira Beach
- [Jingle Bell Run](#), December 14th, Boley Centers, Bayshore Drive NE, St. Petersburg
- [Say No to Drugs Holiday Classic](#), December 17th, Coachman Park, Clearwater
- [Hooters Clearwater Beach Last Chance 5K Run](#), December 31st, Pier 60

## Lentil Soup

### Ingredients

2 tablespoons olive oil  
2 medium carrots, diced  
2 medium celery stalks, chopped  
1 small yellow onion, chopped  
2 cloves garlic, minced  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon ground black pepper  
2 cups dry lentils  
1 14½ ounce can crushed tomatoes  
2 cups vegetable broth  
6½ cups water

Source: [www.nhlbi.nih.gov/health/educational/wecan/](http://www.nhlbi.nih.gov/health/educational/wecan/)



### Directions

- In a large soup pot, heat oil over medium heat. Add carrots, celery, and onions; cook and stir until the onion is tender.
- Stir in garlic, oregano, basil, and pepper. Cook for two minutes.
- Stir in lentils and tomatoes, then add the vegetable broth and water. Cover and bring to a boil. Reduce heat and simmer for at least 1 hour or until lentils are tender.
- Store leftovers in the refrigerator and reheat on the stove or in the microwave.

**Yield** 11 servings, **Serving Size** 1 cup, **Calories** 151

**Total Fat** 3g

**Saturated Fat** 0g

**Cholesterol** 0mg

**Sodium** 248 mg

**Total Fiber** 7g

**Protein** 9g

**Carbohydrates** 24g

**Potassium** 503 mg



## What is Your Food Personality?

The Dairy Council of California created a [Food Personality Quiz](#) as a fun way to determine how you prefer to cook and prepare meals. Whether you love cooking or dread walking into the kitchen, this Food Personality Quiz will help you better understand your food and cooking style and provide strategies to help you prepare healthy meals. Your quiz results include recipe recommendations and healthy lifestyle tools that match your food and cooking style, plus some handy tips. The quiz will also generate a list of recipes based on your food preferences – making healthy food choices at mealtime a snap.

## Refresh Your Breath

*Learn what causes bad breath and how you can prevent it.*

Halitosis, commonly known as bad breath, affects 50% of adults and many aren't even aware of the problem.

- ▶ What can you do to help avoid bad breath?
- ▶ Visit your dentist regularly
- ▶ Have periodic cleanings
- ▶ Floss regularly
- ▶ Brush teeth, gums and tongue properly

Learn more about [causes and some other ways to avoid bad breath.](#)



## Fall 2016 Golf Scramble: Another great success!



Event organizers Becky Batten and Justin Taylor (BTS) present the donation check to THE Chi Chi Rodriguez, Nov. 14, 2016.

It was a spectacular day for golf, fun, and fundraising on Saturday, November 5 at the beautiful Lansbrook Golf Club in Palm Harbor. The volunteers and 89 players together raised \$1,100 for [The First Tee of Clearwater](#). Congratulations to all the winners! [View more photos.](#)



**SAVE THE DATE**



The next tournament is scheduled to be at Countryside Country Club in Clearwater, **Saturday, June 3rd, 11 a.m. shotgun start.** BBQ dinner buffet is included. Registration will open in April.

### 1st Place



John Downey, James Poulter, Kirk Heller, Mallory Hubbard.

### 2nd Place



Clay Harvey, Nathan Harvey, Pick Talley, and Ken Jacobs. The Harvey kids' mom in the middle is Gina Harvey.

### 3rd Place



Drew Working, Skip Sprague, Steve Chesley, and Danny Hage.





## Have You Completed Your Biometric Screening and Health Survey?

Getting an annual screening and bloodwork provides many valuable health benefits. Plus you save \$500 on your health insurance premium in 2017 if you complete the screening and survey by December 31, 2016.

- ▶ [Learn how](#) to complete the necessary steps.
- ▶ [View a list](#) of Convenience Care Clinics where you can get a biometric screening done.
- ▶ [Find out](#) what your biometric numbers mean.

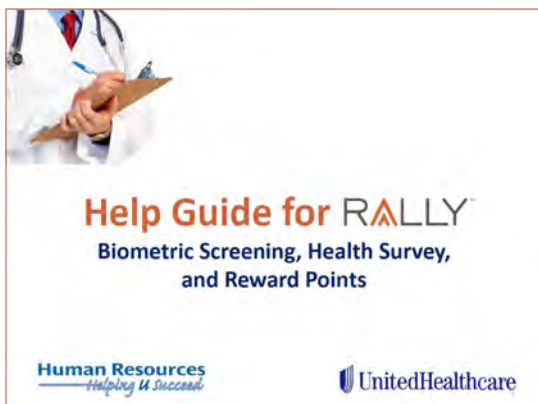
Don't delay!

## RALLY<sup>SM</sup> Help Guide

Did you know we have an online guide to help navigate the Rally website? It covers:

- ▶ How to Log In
- ▶ Biometric Screening
- ▶ Health Survey
- ▶ Reward Points
- ▶ Incentive Payouts
- ▶ Rally Coins

Please [view the guide](#) and let us know how else we can help.



## 6 MOVES TO IMPROVE BALANCE

THE FIT FOODIE MAMA



Source: <https://www.pinterest.com/pin/231161393353192680/>

## Quarterly Incentive Payouts

The wellness incentives are reported and processed quarterly. (It takes about six weeks to process once a quarter ends.) See the breakdown of the time frames below:

### Activities completed within:

Jan-March (1st qtr.)	Incentive rewarded in May
Apr-Jun (2nd qtr.)	Incentive rewarded in August
Jul-Sept (3rd qtr.)	Incentive rewarded in November
Oct-Dec (4th qtr.)	Incentive rewarded February of following year

To learn more about the Wellness Incentive Program, visit [www.pinellascounty.org/hr/incentive](http://www.pinellascounty.org/hr/incentive).





# December 2016 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (12/6, 12/13, 12/20, 12/27)		<b>6:15 to 7:15 am</b> <b>Spin*</b> Instructor: Nancy (12/1, 12/8, 12/15, 12/22, 12/29)	
<b>12:10 to 1:00 pm</b> <b>Total Body Circuit</b> Instructor: Melissa (12/5, 12/12, 12/19) (12/26 – NO CLASS)	<b>11:45 to 12:15 pm</b> <b>Full Body Blast</b> Instructor: Ashley (12/6, 12/13, 12/20, 12/27)	<b>12:10 to 1:00 pm</b> <b>Mat Pilates</b> Instructor: Melissa (12/7, 12/14) <b>Step Circuit</b> Instructor: Melissa (12/21, 12/28)	<b>11:45 to 12:15 pm</b> <b>Full Body Blast</b> Instructor: Ashley (12/1, 12/8, 12/15, 12/22, 12/29)	<b>1:10 to 2:00 pm</b> <b>Total Body Circuit</b> Instructor: Melissa (12/2, 12/9)
	<b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa K. (12/6, 12/13, 12/20, 12/27)	<b>12:15 to 12:45 pm</b> <b>Spin*</b> Instructor: Melissa K. (12/7, 12/14, 12/21, 12/28)		<b>12:10 to 1:00 pm</b> <b>Total Body Circuit</b> Instructor: Melissa (12/16, 12/30) (12/23 – NO CLASS)
	<b>5:15 to 6:15 pm</b> <b>Zumba</b> Instructor: Melissa (12/6, 12/20) (12/13 12/27 – NO CLASS)	<b>5:15 to 6:15 pm</b> <b>Yoga</b> Instructor: Kelli (12/7, 12/14, 12/21, 12/28)	<b>5:15 to 6:15 pm</b> <b>Mat Pilates</b> Instructor: Melissa (12/1, 12/8) <b>Total Body Circuit</b> Instructor: Melissa (12/15, 12/22, 12/29)	

\* Orientation required for Spin class.

*Classes are subject to change.*

All group fitness classes are held in the Wellness Center located in the basement of the old courthouse at 324 South Fort Harrison Avenue in downtown Clearwater, and are free for all members. If you're not a member yet, contact our staff to schedule an orientation.

See [exercise class descriptions](#) and [satellite fitness center locations](#).

Pinellas County Wellness Program  
 (727) 464-4049  
[www.pinellascounty.org/hr/wellness](http://www.pinellascounty.org/hr/wellness)

