

To Your Health

Human Resources
Helping U Succeed

Pinellas County Wellness Program | *Wellness for Life*

Visit www.pinellascounty.org/hr/wellness or contact Wellness staff at 464-4049 or wellness@pinellascounty.org APR 2018

Stop Mindlessly Going Through Your Work Day

By Leah Weiss, *Mindful.org*



Do you remember what you did this morning? Here are three ways to stay present and bring purpose to each moment of your work day.

How often have you looked at the clock stunned because even though you've been scrambling all morning, it's now noon and you have no idea where the time went or what you've actually accomplished? There are sound reasons why it's so hard for us to stay

If we are clear about what we are meant to be tackling from moment to moment, and understand what our work amounts to, our sense of purpose increases and our stress decreases.

focused — and fortunately there's research that shows what we can do about it.

One of the most effective tactics for staying on task is to bring purpose to each moment of your work.

That might sound daunting — and it does take

work — but mindlessly performing tasks (think about slogging through emails or conducting meetings on autopilot) is a recipe for inefficiency, disengagement, and even poor health.

[Read the rest of the article online](#) and learn how to bring a clarity of purpose to every moment and every task.

Reward Points or Cash?

Remember: If you'd prefer to receive cash rather than wellness reward points, you must make the election each year.

[Select cash instead of reward points.](#)



April is Stress Awareness Month

In the spirit of Stress Awareness Month, we still have learning series registration openings for the Stress-Proof Brain Wellness Series. This four-part series, based in part on a book by Dr. Melanie Greenberg, provides information about the brain's physiological response to stress and provides practical stress-buster techniques. Get a sneak preview with the [Stress-Proof Your Brain video](#). Many locations/times remain available. [See page 6.](#)



April is also [Counseling Awareness Month](#). The American Counseling Association designates it each year. The celebration, first held in 2002, was created to recognize the important work done by professional counselors and to draw attention to the many ways that counseling can help everyone.

Pinellas County employees are eligible for services through our EAP provider [ComPsych](#). And they provide [more than counseling](#)

Emotional Stress and Heart Disease in Women: An Interview with Dr. Viola Vaccarino

The National Heart, Lung, and Blood Institute (NHLBI)

When it comes to the effects of emotional stress on the heart, young men and women may not be created equal. Understanding the role of emotional factors— in particular psychological stress—on heart disease risk is a professional passion for longtime NHLBI grantee, Dr. Viola Vaccarino, a leader in women's health research.

During her doctoral training in epidemiology at Yale University, Dr. Vaccarino learned about the interconnection between psychological factors and physical disease, particularly heart disease, and her interest in the mind-body connection grew.

Read about [her latest research](#).



Your
UHC
Nurse
Amy

Why Are There New Blood Pressure Guidelines?

By Amy Hertog, RN, BSN, Clinical Nurse Liaison

You may have heard that the guidelines that define high blood pressure have been changed. You may also be wondering *why* these guidelines have changed.

The last time the guidelines for hypertension were changed was in May 2003. In spite of those recommendations, cardiovascular disease has remained the leading cause of death for men and women. According to the Centers for Disease Control (CDC), 1 in 4 people die of heart disease.

For the first time in 14 years, the American Heart Association and the American College of Cardiology redefined high blood pressure as a reading of **130 over 80**, down from 140 over 90. The new guidelines were developed by the American Heart Association,

American College of Cardiology and nine other health professional organizations. They were written by a panel of 21 scientists and health experts who reviewed more than 900 published studies.

Much of the data to support the updated guidelines came from Systolic Blood Pressure Intervention Trial, a large-scale study of more than 9,000 people sponsored by the National Heart, Lung, and Blood Institute. This study showed that bringing blood pressure below 120 versus the recommended 140 to 150 could reduce the risk of heart attack and stroke.

Today, rather than 1 in 3 U.S. adults having high blood pressure (32 percent) with the previous definition, the new guidelines will result in **nearly half** of the U.S. adult population (46 percent) having high blood pressure, or **hypertension**. Therefore, it is even more important than ever before to monitor your blood pressure and “know your numbers.”



If you are on the County’s United Healthcare medical plan and want to create a heart healthy lifestyle, you may be eligible for personalized **Healthy Heart Wellness Coaching**. Call OptumHealth at (800) 478-1057 and select option 2 for a Wellness Coach.

[Visit Amy’s web page](#) or contact her at 464-5579 or by email at amy_hertog@uhc.com.

Protecting Your Health and Happiness While Caring for a Loved One



Source4Women® Free Online Seminar

In the U.S. alone, more than 90 million people are fulfilling a vital role by helping to care for a family member. Caregiving touches almost every family, but often in very different ways — with different health conditions, different levels of need and even different cultures. [Listen to this recording](#) as we discuss the emotional, physical and financial toll caregiving can sometimes take. If you are a caregiver, learn how to “Take Your Oxygen First” to help avoid burnout and bring balance in your life while caring for a loved one. (Recorded Nov. 17, 2015.)

No driving. No crowded waiting rooms. See a doctor when you need a doctor.

The Doctor Will See You Now ...

Virtual Visits are available 24/7 and are perfect for conditions like a cold, flu, fever, pinkeye or sinus problems. During a Virtual Visit, you're able to see and talk to a doctor about your health concerns, symptoms and treatment options. There's no need to make an appointment, though you can make one if you prefer, and most visits last from 10 to 15 minutes.

Go to myuhc.com or the **Health4Me** app and click the Virtual Visits button to learn more and get started.



Ways to Trick Your Fitbit (or other step tracking device)

Contributed by Amy and Mary

1. Twirl it in the air repeatedly.
2. Attach it to your dog. *Bonus: Tell the dog to run up and down the stairs!*
3. Shake your arm like you were pounding a desk or table.
4. Put it on your Roomba robot vacuum which can add steps *while you're sleeping!*
5. Turn it into a cat toy.
6. Put it on a toddler.

Or better yet, **walk more!**

The average American walks 3,000 to 4,000 steps a day, or roughly 1.5 to 2 miles. It's a good idea to find out how many steps a day you walk now as your own baseline. Based on your average steps, you can then set a daily step goal.

Why set a daily step goal?

Walking is a form of exercise that's available to most people. You don't need any special equipment other than some supportive walking shoes.

The U.S. Department of Health and Human Services recommends 150 minutes a week of moderate-intensity exercise, such as brisk walking. If your Fitbit (or other fitness device) is giving you some feedback that you aren't happy with, gradually increase your activity week by week.

Best of all, those 150 minutes a week can be divided in many different and creative ways. Some people aim for 30 minutes of exercise five days a week. Others fit in 10 minutes of exercise several times a day. Walking the dog, going on a walk with your co-workers and friends, taking the stairs, or parking your car further away can all make your steps count toward your goal.

Benefits of Walking

Your heart won't have to work so hard.

You'll slash your risk of stroke.

Cholesterol levels may improve.

You'll stress less.

Your bones will get stronger.

You may lose weight.



Check out [these tips](#) on the benefits of walking from United Healthcare.



Get walking with this [12-week schedule](#) from the Mayo Clinic.



Check out this guide [Be Active Your Way](#) from the U. S. Department of Health and Human Services.

If you work on the Clearwater campus, you may find these maps/guides helpful: The [WalkingU Downtown Clearwater: A Healthy Walk Through Local History](#) gives you directions and tells you the history of the buildings you pass along the way. The [WalkingU Harbor Oaks](#) guide has alternate routes through the nearby historic neighborhood.

Learning something about your walk route is just one way to enhance your walk and make it more interesting and enjoyable.

Tell us how YOU enhance your walk. Email the Wellness Center at wellness@pinellascounty.org and let us know tips and tricks you use to keep yourself motivated and moving.



Get Tank Top Ready



The Fitness Floor

Get tank top ready for the summer with these easy-to-do arm exercises! Don't have dumbbells? No problem, use filled water bottles or canned goods to substitute. Repeat each rep 12 times for 3 sets.

Overhead triceps extensions with dumbbell

Start standing with feet slightly wider than hips, holding one dumbbell overhead, palm facing away from body. Supporting elbow with opposite hand, bend arm and lower dumbbell to 90 degrees then extend upward again to straighten arm. Switch to other arm after 12 repetitions.



Alternating front dumbbell raise

Grab the dumbbells with your palms facing your torso. Keep your back straight with your elbows close to your torso and your shoulder to hand perpendicular to the floor. Begin to raise your right arm straight out in front to shoulder height and lower as opposite arm raises to shoulder height.



Shoulder press

Stand with your feet hip-width apart, holding a pair of dumbbells, palms facing away from you. At shoulder height, bend elbows to 90 degrees then raise your hands with palms facing forward until arms are fully extended, then bring back to 90 degrees at the elbow.



Dumbbells cross jab

Stand with your feet a bit wider than hip width and knees slightly bent. Hold the dumbbells at chest height with elbows close to torso and palms facing each other. Alternating with each arm, bring the arm across the body in a punching motion until arm is fully extended and then switch.



Bent over reverse flies

Rotate from the hips until your body is almost parallel to the floor or about 45 degrees and allow the arms to hang straight down from the shoulders with a neutral grip, palms facing each other.



Without moving your torso, maintaining the slight bend of the elbows, move the weights out and away from each other (to the side) in an arc motion while exhaling.



Long-time Wellness Champion Abby Bryant Soon to Bid “Adieu”

Abby Bryant, an Engineering Specialist 2 with Utilities and long-time Wellness Champion, will retire next month. We wanted to get her take on the Champion experience and asked a few questions:

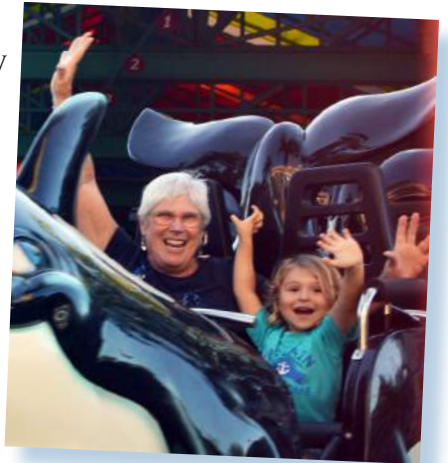
How long have you been a Champion?

How long is hard to pinpoint. My best guess is over 10 years. I was helping before there was an official name for the Wellness Champions: Many moons ago, Beth Woodbury needed help with some of the very first ever Thanksgiving and Christmas Maintain Campaigns—getting flyers posted and getting the word out for upcoming wellness seminars—which led to scheduling seminars for 14 S. Fort Harrison, which led to monitoring some of those meetings. I was not the only one in the County to help. Finally, we were all invited to a joint meeting and Wellness Champions grew from that point.

What have you enjoyed most about being a Wellness Champion?

Co-workers asking questions! A question to me means they are concerned and want to improve their health. When I was growing up, no one ever told me how important it is to take care of yourself. Hearing a co-worker say how much they enjoyed a seminar

and hearing that they passed information on to family and friends is also great. For example, one of the ladies in the “Not Me” class started walking and ended up with half her neighborhood getting together and exercising as a group.



There are some really fun things coming up in the near future like the healthy cooking live demos, that I hope will take place before I retire!

What are you plans for retirement?

The first thing I want to do is teach my dogs to sleep past 4:00 a.m. Also, there is a kayak at my house that needs to hit the river. And my sister in Pennsylvania and I have been working on a sisters’ bucket list. Last but not least, I hope to get a lot of play days in with my 3-year-old grandson, Kai!

We wish Abby the very best in her retirement and thank her for her service to our community.

The 2018 Spring Scramble is April 28!

Register by April 14

\$65 per person

Where: Clearwater Country Club
525 N. Betty Lane, Clearwater

When: Saturday, April 28, 2018
8:00 a.m. Shotgun Start



Registration includes:

- Green and cart fees
- Range balls
- Welcome bags
- BBQ buffet lunch

Prizes and Awards

- 1st, 2nd and 3rd place teams
- Longest drive
- Closest to the pin
- Long putt contest
- Gift card raffles
- 50/50 raffle

[View the flyer and register.](#)

Want to volunteer or have questions? Email pinellasgolf@gmail.com or call Jonathan Ferguson (453-3434) or Becky Batten (464-5536)



All proceeds will benefit The First Tee of Clearwater, a youth development organization introducing the game of golf and its inherent values to young people. Through after school and in school programs, they help shape the lives of young people from all walks of life by reinforcing values like integrity, respect and perseverance through the game of golf.



Heart Health @ Work

You are invited to a program on heart health education. The one-hour program is currently being offered on these dates at these locations:



Solid Waste HEC₃ Facility
2855 109th Ave. N., St. Petersburg
April 11, 7:30 a.m.

Logan Lab
1620 Ridge Rd., Building B
April 16, 12:00 noon

This program is led by a local heart disease survivor trained as a health educator. Although the program's focus is on women, the program is valuable for both men and women.

You will learn about signs and symptoms, risk factors, and get a free blood pressure screening from UHC Nurse Amy Hertog.

[Please register](#) to attend this valuable program.
[View the flyer online.](#)

Additional dates and locations are currently being scheduled. Remember to check back again, or contact the Wellness Center at wellness@pinellascounty.org.

To Your Health

A monthly publication by the Pinellas County Wellness Center and the Human Resources Department.

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Contact To Your Health at wellness@pinellascounty.org.



The Cost of Tobacco

Smoking is bad for your health and wallet!

If you live in Florida and you smoke a pack of cigarettes a day, you're burning more than \$2,100 a year. Want to find out how much money you can save by quitting? Check out the free online [Cost Calculator](#) offered by Tobacco Free Florida.

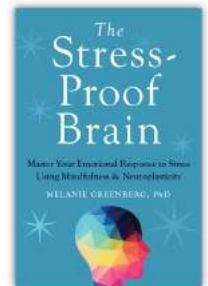
Tobacco is expensive, but quitting is free. [Tobacco Free Florida offers free tools and services](#) to help you get started.

Pinellas County and United Healthcare in conjunction with Optum, offer support by phone and online to help you quit tobacco. View all of your [Tobacco Cessation Program Options](#) online.

The April 30 deadline is near. If you complete a qualified tobacco cessation program prior to **April 30**, no tobacco premium will be assessed for tobacco users.

There are still openings for The Stress-Proof Brain Wellness Series

During this popular series, you'll learn how stress affects brain physiology and the health implications it has on the rest of your body. You'll also learn practical stress-busters to help manage the stress in your life.



Starting locations/dates still open are:

- Utilities (14 S. Fort Harrison) - April 24
- Annex (400 S. Fort Harrison) - April 24
- Animal Services (Largo) - May 1
- Extension Building (Largo) - May 2
- S. County Tax Collector - May 2
- N. County Tax Collector (3 start times) - May 3
- South GMD (Largo) - May 8
- Airport (Clearwater) - May 8

[Register online.](#) To earn the 25,000 reward points or \$100 cash, you must register and attend all four one-hour sessions.



February Races



[View information on all the races.](#)



- April 7, Dunedin 5K Highland Trail Run, Dunedin
- April 7, Healthy St. Pete, Fit City 5K, St. Petersburg
- April 8, Caddy's On the Beach 5K, Treasure Island
- April 8, Iron Girl Clearwater Women's Half Marathon & 5K, Clearwater
- April 14, Family Fun Run Series - Family Nature Trail Run, Largo
- April 14, PreK 5K Readiness Run, St. Petersburg
- April 14, Rotary Runs the Beach, Indian Rocks Beach
- April 14, SPC Titan Trot 5K, Clearwater
- April 15, Tax Day 5K, Clearwater
- April 21, Mad Dash 5K/10K for Music Education, Clearwater
- April 21, Palm Harbor Spring Fling 5K, Palm Harbor
- April 22, Academie Da Vinci Charter School's Run for the Arts, Dunedin
- April 22, Blue Ribbon Child Abuse Prevention 5K, Largo
- April 22, Peace Love Stop 5K/10K, St. Petersburg

Spotlight: Justice Center Exercise Classes



Marlica Tomlinson

Marlica Tomlinson (the Wellness Champion at the Justice Center) along with other Justice Center staff organized their own group fitness class after work!

Exercise classes are offered Monday through Thursday from 5:15 – 5:45 p.m. The group changes up the routine using DVDs and YouTube videos. On any given day, they may find themselves doing Zumba, Line Dancing, walking or other types of exercises. The purpose of the class is simple; it's about moving your body for 30 minutes.

Our hats off to you PCJC staff! Thank you so much for sharing your photos and your group enthusiasm. You're an inspiration!

If you're interested in setting up a self-run class at your location, please contact Jane Grannis, the Wellness Program manager, or your Wellness Champion.





Empañapita

Ingredients

- 2 cups canned low-sodium black beans, rinsed
- 2 cups frozen broccoli, corn, and pepper vegetable mix, thawed
- 2 cups grilled boneless, skinless chicken breasts, diced (about 4 small breasts)
- 1/2 cup shredded low-moisture part-skim mozzarella cheese
- 1 tablespoon fresh cilantro, rinsed, dried, and chopped (or substitute 1 teaspoon dried coriander)
- 2 tablespoons scallions (green onions), rinsed and chopped (or substitute red onions)
- 2 (6½ inch) whole-wheat pitas
- 1 cup tangy salsa

Directions

1. Preheat oven to 400°F.
2. Combine beans, vegetables, chicken, cheese, and seasonings. Mix well.
3. Cut pitas in half, and open the pockets. Divide filling evenly between the four halves (about 1½ cup each).
4. Place pitas on a nonstick baking sheet, and bake for about 10 minutes until the filling is hot, cheese melts, and chicken is reheated.
5. Serve each empañapita with 1/4 cup of tangy salsa.



From National Heart, Lung,
and Blood Institute
<http://wecan.nhlbi.nih.gov>

Seasonal Produce

Click the links to view nutrition, selection, storage and preparation info from FruitsandVeggiesMoreMatters.org.



[Bitter melon](#)



[Fiddlehead ferns](#)



[Jackfruit](#)



[Morel mushrooms](#)



[Watercress](#)



[Learn more.](#)



Fruits and Vegetables On a Budget

Getting More for Your Money

From Fruits & Veggies More Matters

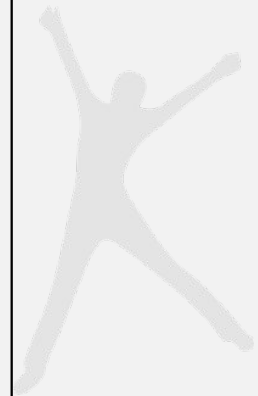
With careful meal planning, smart shopping, and a few tweaks in storage and preparation techniques, you can make the most out of your family's budget by always including fruits and vegetables in your meals. They're an excellent value for the money! [Check out these tips and get the most for your money](#) from fruits and veggies.



April 2018 Group Fitness Classes



Monday	Tuesday	Wednesday	Thursday	Friday
	12:15 to 12:45 pm Spin* Instructor: Melissa K (4/10, 4/17, 4/24)			
	12:45 to 1:15 pm Full Body Blast Instructor: Ashley (4/3, 4/10, 4/17, 4/24)	12:45 to 1:15 pm Spin & Body* Instructor: Ashley (4/4, 4/11, 4/18) NO CLASS 4/25	12:45 to 1:15 pm Full Body Blast Instructor: Ashley (4/5, 4/12, 4/19, 4/26)	
	5:15 to 6 pm Killer Abs & Back Instructor: Isiah (4/3, 4/10, 4/17)	5:15 to 6:15 pm Yoga Instructor: Kelli (4/4, 4/11, 4/18) NO CLASS 4/25	5:15 to 6 pm **NEW** Gentle Yoga Instructor: Amanda (4/5, 4/12, 4/26) NO CLASS 4/19	
5:30 to 6:00 pm Spin & Body* Instructor: Ashley (4/9, 4/16, 4/23, 4/30)	5:30 to 6:30 pm Step & Stretch Instructor: Lisa (4/24)			



* Separate orientation required for Spin class.

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 at wellness@pinellascounty.org.

Classes are subject to change.

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

Pinellas County Wellness Program
(727) 464-4049

www.pinellascounty.org/hr/wellness

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 these time frames:

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.

