

How can Colorectal Cancer Awareness Month make a difference?

March is colorectal cancer awareness month and a opportunity to take action towards awareness and prevention. Of cancers that affect both men and women, colorectal cancer is the second leading cancer killer in the Nation. Colorectal cancer affects all racial and ethnic groups and is most often found in people age 50 and older. You may have a higher risk factor if you have inflammatory bowel disease and/or a family history of colorectal cancers. Be proactive! Talk to your doctor and see if you need to schedule a colonoscopy. It's not that bad, and when you are done you will have that peace of mind.

The importance of a good diet and exercise as a preventative measure is vital. Like your mother used to say: "Eat your fruits and vegetables." You've heard this statement since childhood. Research shows why it's important:

- Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases.
- Fruits and vegetables provide essential vitamins, minerals and fiber that are important for good health.
- Most fruits and vegetables are naturally low in fat and calories and are filling.



"Don't wait until you reach your goal to be proud of yourself. Be proud of each step you take toward reaching that goal". -unknown

The Employee Wellness Program celebrates it's first year!



Just to give you all a little background on how the Employee Wellness program started. In the fall of 2012 a survey for Employee Wellness was sent out to all DOH-Broward employees. The results from that survey were then used as the framework for the Employee wellness program. The top four areas of interest were learning about healthy food choices, different types of physical activity, increasing physical activity and exercises that can be done at your work station. We use the different monthly health observances to steer the direction of the monthly activity / newsletter for each month.

Every month there is a feature article on health, nutrition and wellness, inspirational quote, healthy recipe and a Back page story. Lunch and Learn (in-services) and for exercise there is a Lunch Walk and Yoga. Do you believe in one year we have covered the following topics:

- Eat Right
- Adapting a Healthy Lifestyle
- Hypertension
- Stroke
- Diabetes
- Benefits of exercising
- Breast Cancer Awareness
- Good Bone Health
- Great American Smoke out and the impact it has had
- Stress Management: Achieving balance at home and at work
- Men's Health
- Prostate Cancer
- Utilizing Fitness Apps
- Urban Gardens and Farmers Markets in Broward
- Prevention of Osteoporosis
- Living with Diabetes
- UV Safety
- Hepatitis
- Breastfeeding Awareness
- Immunizations
- Hurricane Preparedness
- Flu Prevention
- Health Benefits of Kindness
- Twelve Weeks to a Healthier you
- Heart health

All of this and The Weight of the Nation video series!! Anyone that would like to borrow it to view at home, please talk to **Nilka Reyes ext.: 5256**.

**To all of you, that have helped us make this a great year we
THANK YOU!**

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Twelve week challenge the homestretch!

How great it feels to be a LOSER!!

Little by little the numbers go down, the clothes fit a little better, the blood sugar is more stable and we have more energy! How nice is that. Today is a new day and another chance to get things right.



Little suggestions that make a big difference: **Identify your triggers**, afternoon slump, TV munching, anxiety. **How can you do it differently?** Instead of reaching for the stale muffin in the vending machine, go for a walk around the building (inside or out). Instead of reaching for the bag of chips or chocolate, (first of all don't buy them, then you can't be tempted) drink a glass of water have some fruit like a nice crisp apple. At work, try the exercises at your desk segment. At home, look at some family photos. Clean out the closet or kitchen cabinets. You will find things you forgot you had! Call a friend or do some gardening. Take your dog for a 10 minute walk, he is always thrilled to go and he'll love you for it!

For the love of FIBER!!

Did you know that your body works harder to process protein and fiber? That's good! The calories spent on processing are used up by your body. That's great news for weight loss. Also, protein and fiber contribute to feeling of fullness. Read your labels, look for items with a higher fiber content. That also explains why whole fruit and veggies in their natural form are so much better for you than juices, for example.

Your body doesn't work as hard to process carbs and fat. What your body doesn't use gets broken down into sugars then stored as fat.

Dietary fiber is found mainly in fruits and vegetables, whole grains and legumes. It is best known for its ability to prevent or relieve constipation. Foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes and heart disease. Fiber is commonly classified into two groups. **Soluble**, dissolves in water to form a gel like substance. It can help lower blood cholesterol and glucose levels. Found in oats, peas, beans, apples, citrus fruits, carrots and barley, for example. **Insoluble**, creates bulk and helps movement of material through the digestive system, wheat bran, beans and vegetable such as cauliflower.

Yoga has been a great success!! A big **THANK YOU** to Govinda Gonzales, Renee Podolsky and Dr. Thaqi for making this happen.

The Employee Wellness Committee welcomes **Jeanette Alonso** to our group. We are always looking for members to join us in putting the newsletter together. If you are interested please contact any of the members listed on the back page.

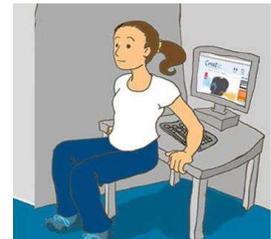


A positive lifestyle change is another step in making Florida the Healthiest State in the Nation.

“Go vegetable heavy. Reverse the psychology of your plate by making meat the side dish and vegetables the main course.”

-Bobby Flay

EXERCISES YOU CAN DO AT YOUR DESK



The Cubicle Dip: Triceps dips can be done almost anywhere, including a cubicle. Using a sturdy desk or a non-rolling chair, sit at the very edge and place hands on either side of the body while gripping the chair's edge. With the feet planted on the floor a step or two away from the desk or chair, straighten up the arms to lift up the body. Next, bend the arms to reach a 90-degree angle so that your body dips down, hold, and re-straighten while keeping the body raised above the chair. Complete 8-10 reps.

HEALTHY EATS!

Ingredients:



- 1 pink grapefruit
- 2 large tangerines
- 3 navel oranges
- 1/2 cup dried cranberries
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon,
- 11.6- or 17.6-ounce container Greek yogurt

2/3 cup minced crystallized ginger

1/4 cup brown sugar

Additional cranberries for toppings



Tangerine and Ginger Yogurt A Yummy Treat

Directions:

Break grapefruit and tangerines into sections. Cut grapefruit sections into thirds; cut tangerine sections in half. Transfer grapefruit, tangerines, and all juices to deep serving bowl. Using small sharp knife cut all peel and white pith from oranges. Slice oranges into 1/4-inch-thick rounds, and then cut slices into quarters. Add oranges and all juices to same bowl. Mix in 1/2 cup dried cranberries, honey, and cinnamon. Cover and refrigerate at least 1 hour.

Mix yogurt and ginger in bowl. **DO AHEAD** - Fruit and yogurt can be prepared 1 day ahead. Cover separately; chill.

Spoon fruit into 6 serving bowls with yogurt atop fruit. Sprinkle with brown sugar and additional cranberries.



What's in season for the month of February? Bell Pepper, Broccoli, Cabbage, Carambola, Cauliflower, Celery, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Squash, Strawberry, Sweet Corn.

Nutrition Facts	
Serving Size 1 medium tangerine (109g)	
Amount Per Serving	
Calories 50	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 160mg	4%
Total Carbohydrate 13g	4%
Dietary Fiber	2g 8%
Sugars	9g
Protein 1g	
Vitamin A 6%	• Vitamin C 45%
Calcium 4%	• Iron 0%
Thiamin 4%	• Riboflavin 2%
Niacin 2%	• Vitamin B6 4%
Folate 4%	• Pantothenic Acid 2%
Phosphorus 2%	• Zinc 2%
Magnesium 4%	• Selenium 0%
Copper 2%	• Manganese 2%
* 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 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



Tangerine

A ripe tangerine is firm to slightly soft, heavy for its size, and pebbly-skinned with no deep grooves, as well as orange in color. Peak tangerine season lasts from Autumn to Spring. Tangerines are most commonly peeled and eaten out of hand. The fresh fruit is also used in salads, desserts and main dishes.

Florida Department of Health in Broward County shows support for February's Heart Health Month.



Paul Hughes Center



Mills Center



Administration Bldg



To Live a Healthy Life I made a PACT with myself!

By Alexandre R. Marins

Purpose – Action – Commitment – Treat (P-A-C-T)



As creatures of habit we tend to choose comfort and pleasure above all things. No wonder why the TV, couch, and food have become the inseparable lifetime companions for many. This “trinity” seems to have an almost supernatural magnetic power capable of shaping both our minds and bodies. Sounds familiar? Well, before making a PACT this was my story also. I was unhealthily overweight; extremely inactive; shamelessly de-motivated, and visibly defeated.

My turning point took place when my first baby boy was on the way. The anticipation of his birth made me realize that change was needed and change was what I wanted. I realized that I should set a good and healthy example for my son. I soon learned the first lesson of four - **Purpose**. In order for change to take place, I had to first identify what was preventing action. Plain and simple, I lacked a well-defined purpose. To define my purpose, I focused on what I deeply treasure that is the Father-Son relationship. Once I got it; I was able to take Action.

The second lesson - **Action**. Avoiding unhealthy habits is awesome but learning how to identify what was keeping me from developing good ones was even better. I changed my focus and learned to run toward something good while running away from something bad. Actions when properly channeled yield great results. Failing to act is failure already. I took Action! I joined a health club and I do my best to workout regularly.

Third lesson - **Commitment**. I used to get discouraged when the desired results were not readily achieved and the finish line seemed too far. How I solved this? I learned the secret... there is no finish line!!! Now, I do not set unrealistic goals. Instead I set small goals and celebrate each and every victory no matter how small they may seem. Commitment keeps me going. Looking back is only allowed in order to rejoice over how far I have come.

Fourth lesson – **Treat**. Science has already confirmed that gravity will pull you down; so will those who do not want you to succeed. I get a positive boost in my life by surrounding myself with like-minded people. Someone once said that encouragement and motivation are food for the soul. I get my daily dosages before, during, and after meals. I can't get enough of it! It is contagious I am encouraged as I encourage others.

Finally, people with similar **Purpose**, tend to take **Action**, keep their **Commitment**, and **Treat** each other with encouragement! Whether your goal is to lose those extra pounds, to quit that unhealthy habit/addiction or to make that necessary change in your lifestyle, be passionate about it and make a PACT with yourself!!! Since I PACT, I am now 45lbs lighter, "a gym rat", energized, and light-hearted. I feel healthier, stronger, and better prepared to enjoy the lifelong journey with my boy.

Congratulations Alexandre your commitment is admirable.

You are the healthiest employee of the healthiest state!!

Please consult your health-care provider before starting on any diet or exercise program.

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DOH-Broward Employee Wellness

WALKING CLUB

Please join us every
Monday, Wednesday and Thursday at 12:30pm
in front of the Administration Bldg.

