



Employee WELLNESS



Florida Department of Health in Broward County

January, 2015



Stick with it!



Many of us make a resolution to better our health this time of year; stop smoking, eat less and move more are the most common ones. However, only a third of us actually stick with it. The DOH-Broward, Employee Wellness Program's motto for 2015 is: "Stick with it"! Very simple, just keep on saying it. If you are determine to better your health, take baby steps, set small achievable goals and stick with it. Nothing too drastic, walk more or cut down on carbs or make a choice to skip the chips or sweets. What ever you choose, just "Stick with it"! If you have one off day, don't worry. Just "Stick with it"!

We must also take care of our mind/spirit. With that in mind, on Thursday January 8th, we are starting a six week yoga session.

The Employee Wellness Program is committed to providing tips on various topics such as relaxation, healthy lifestyle and increasing our physical activities.

Just remember whatever your New Years resolutions are:

"Stick with it"!



"Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship".

Upgrade your life with a moment of meditation.

Find moments in your day to just exhale deeply, then inhale nice and slowly and exhale again, taking time to notice your breath. Remain calm. Just breathe. Make your self more aware of the present moment, calming the thoughts in your head.

You begin to understand that you are not your thoughts. You gain clarity. Nothing is as important as knowing that the constant chatter in your head has only the power YOU choose to give it.

Make yourself a note and complete these sentences:

One positive change I will make: _____

Something in my life I will never change: _____

When I need an attitude improvement, I: _____

I was inspired to improve my _____ when _____

Did you know?

Body Mass Index (BMI) is a number, calculated from a person's weight and height. BMI provides a reliable indicator of your body and is used to screen for weight categories that may lead to health problems. By staying within a healthy BMI range our chances of acquiring a chronic disease is diminished. We also save money in the long run when we are healthy. That's a bonus right there! So this year, take baby steps and "Stick with it"!

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January is all about new beginnings for our selves and the next generation.

Folic acid is a B vitamin. "Folic acid" and "folate" mean the same thing. Folic acid is a manmade form of folate. Folate is found naturally in some foods. Most people do not get all the folic acid they need through food alone.

Everyone needs folate for the formation of new cells. It is very important for women during their child bearing years. It is important for woman to have enough folic acid in her body **before and during** pregnancy to prevent major birth defects, including:

- Spina bifida, which occurs when an unborn baby's spinal column does not close to protect the spinal cord. This causes the nerves that control leg movements and other functions to not work. Children with spina bifida often have lifelong disabilities.
- Anencephaly, which is when most or all of the brain does not develop. Babies with this problem die before or shortly after birth.

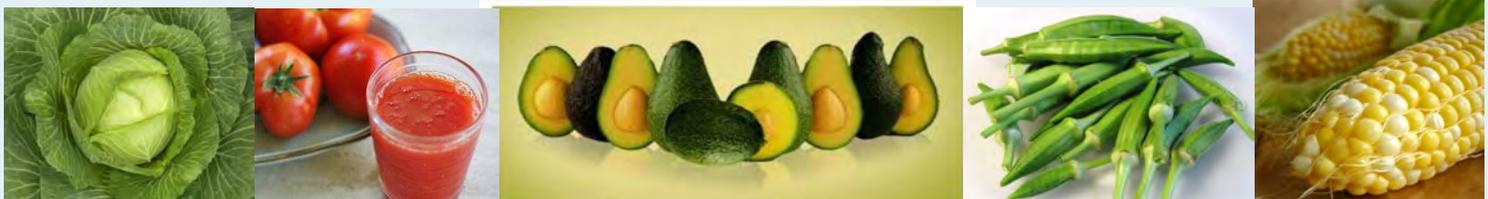
Regardless of being pregnant or planning to become pregnant we all need folic acid for cell production. Skin, hair, and nails and other parts of the body make new cells every day. Furthermore, not getting enough folic acid can also result in anemia. The best way to get enough folic acid is to take a multivitamin with 400 micrograms (mcg) of folic acid a day. You can take a pill supplement containing only folic acid. Many cereals are fortified and have 100% of the daily value of folic acid, so it is important to check the food labels. Foods that are naturally good sources of folate include many beans and vegetables and some fruits:

Black-eyed peas
Brussels sprouts
Corn
Asparagus
Baked beans
Green peas
Baked potato
Cabbage
Avocados
Peanuts
Romaine lettuce
Great Northern beans
Iceberg lettuce

Spinach
Tomato Juice
Orange Juice
Strawberries
Oranges
Eggs
Bananas
Lentils
Okra
Kidney Beans
Beets
Broccoli
Lima Beans



The body does not use the natural form of folic acid (folate) as easily as the manmade form. It has not been proven that eating foods that contain folate would have the same benefits as consuming folic acid. Even if you eat a healthy, well-balanced diet, you might not get all the nutrients you need every day from food alone. People who eat foods enriched with folic acid are still not getting all that is needed. That's why it's important to take a vitamin with folic acid every day.





Want to Improve Your Health? Try Yoga

Yoga has become an increasingly integral part of 21st-century life. Scientists, armed with new tools that allow them to look ever deeper into the body, have been turning their attention to what happens physiologically when we practice yoga and meditation. These physicians, neuroscientists, psychologists, and other researchers are uncovering fascinating evidence of how the practice affects us mentally and physically and may help to prevent and assist in the treatment of a number of the most common ailments that jeopardize our vitality and shorten our lives. There are dozens of yoga studies under way in Yoga centers in India and the US but also in medical institutions around the country including Duke, Harvard, and the University of California at San Francisco. Here are some ways that yoga improves health:

1. Improves your flexibility
2. Builds muscle strength
3. Perfects your posture
4. Prevents cartilage and joint breakdown
5. Protects the spine
6. Improves bone health
7. Increases blood flow
8. Helps the lymph system to drain
9. Increases heart rate
10. Lowers blood pressure
11. Regulates adrenal glands
12. Lowers blood sugar
13. Helps focus and concentration
14. Relaxes the nervous system
15. Improves balance
16. Helps promote deeper sleep
17. Boosts the immune system functionality
18. Prevents IBS and other digestive problems
19. Eases your pain
20. Uses sound to soothe your sinuses
21. Keeps allergies and viruses at bay



Yoga classes on your lunch break
begin Thursday January 8th in the
Admin Bldg at 12:15-12:45

Stretches you can do at your desk.



Start with head in a comfortable, aligned position. Slowly tilt head to left side to stretch muscles on side of neck. Hold stretch for 10-20 seconds. Feel a good, even stretch and do not overstretch. Then tilt head to right side and stretch. Do 2-3 times to each side.



From a stable, aligned sitting position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold right stretch tensions for 10-20 seconds. Do each side twice.



Gently tilt your head forward to stretch the back of the neck. Hold for 5-10 seconds. Repeat 3-5 times. Hold only tensions that feel good. Do not stretch to the point of pain.



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

Healthy Eats!

Ingredients:

1 roasted red bell pepper, chopped
1 shallot, minced
1 garlic clove, minced
1 teaspoon minced jalapeño
3 tablespoons plain yogurt
1 tablespoon apple cider vinegar
1 teaspoon fresh lemon juice
1/4 cup plus 1 tablespoon olive oil
Kosher salt

1 head of lettuce, torn into large pieces
1/4 cup cilantro leaves
1 teaspoon fresh lime juice
2 Hass avocados, cut into wedges
1 pound cooked shrimp

What's in Season?

What isn't? We have such a wonderful variety of things to choose from. Try something new. It's the New Year!

Avocado	Bell Pepper	Broccoli
Cabbage	Cauliflower	Celery
Eggplant	Grapefruit	Guava
Lettuce	Mushroom	Orange
Passion Fruit	Peanut	Radish
Snap Bean	Squash	Strawberry
Sweet Corn	Tangerine	Tomato



Avocado-and-Shrimp Salad with Red Goddess Dressing

- In a blender, combine the roasted pepper, shallot, garlic, jalapeño, yogurt, vinegar and lemon juice and puree until smooth. Scrape the puree into a medium bowl and whisk in 1/4 cup of the olive oil. Season with salt.
- In a large bowl, toss the lettuce with the cilantro leaves, lime juice and the remaining 1 tablespoon of olive oil; season with salt.
- Arrange the dressed lettuce, avocado wedges and shrimp on plates and drizzle with some of the dressing. Serve the remaining Red Goddess dressing on the side.

Snack time!



Cucumber and roasted red pepper

Peel and slice a half of a hot house cucumbers, top with a small amount of roasted red pepper hummus. Enjoy!





Our person of change: LaRhonda Gail Adger.

Health and nutrition was not an integral part of my life. That may sound weird coming from a former collegiate athlete who started playing sports in elementary school at a very competitive level. I never felt the side effects of not taking care of my body. After all, I was exercising every day and ate plenty of food to fuel my athletic endeavors (basketball, weight lifting and martial arts). After my last year of playing college basketball, I became all too familiar with the phrase, "It's easier to put on weight than it is to take it off." Reality hit me in the face like a ton of bricks. And it felt like I was carrying that much weight around for many years following college. Fortunate for me I had a friend who started a fitness program and recruited me.

The enemy I faced was portion control. I was accustomed to eating a lot when I was active. But I had settled into a sedentary lifestyle and packed on the pounds. The program allowed me to "see" what I was eating in terms of how many grams of carbohydrates, proteins and fats I needed in each meal to burn fat. I learned to reduce my portions and increase the number of meals I ate throughout the day. I had to log what I ate and how I felt in between meals. This would determine if I ate too much or too little in the previous meal. I used the glycemic index for meal planning so that my blood sugar levels would not spike. This was key to burning fat throughout the day. In addition to walking I did a few reps of sit-ups and pushups. I lost approximately 40 pounds. I loved the idea of incorporating more fruits and vegetables into my eating plan.

At the beginning of each year, I participate in a fast which was mostly from a spiritual standpoint. But just a few years ago, I began to take part in fasts that focused on the spirit, soul and body. The foods I could eat would be plant-based foods and grains. Fortunate for me again, I had a friend who was into holistic health and encouraged me to embrace the raw food diet. This is a plant-based eating plan of uncooked fruits, vegetables, nuts, and seeds. I thought he was nuts (no pun intended). Who can survive on just fruits and vegetables? I was not trying to become a vegetarian, but I used it during the 21-day fast. The most exciting part was the recipes. I could still have my cake and eat it too! Well, the uncooked kind. I fell in love with the gourmet raw food recipes and flourished on the diet. I not only lost weight, but I noticed a drastic difference in my overall health. My vision got clearer, the congestion cleared up, skin imperfections started to fade, and some inflammation disappeared. The most obvious change was that I quickly recovered from workouts and muscle soreness was nonexistent. Wow, if I had only known that while playing sports!

Just for fun, I entered a raw food chef competition in which I created my own recipe, Sweet Kale Salad with Kiwi Avocado Dressing, and won 4th place. This sparked my desire to become a certified raw food chef and teach the importance of nutrition. I even started a blog and YouTube channel to journal my progress called Gail's Gone Raw. I've read numerous stories of so many people whose lives have been impacted by simply changing what they eat. For recipes and tips, call me at ext 4041. The raw food eating lifestyle has truly impacted me to the degree that I continue it to this day, along with the fitness program. Without a doubt, this is one ongoing "change" that I will make every New Year.

Gail, thank you for sharing your story, it is truly inspiring!

Please consult your healthcare provider before starting on any diet or exercise program.

Survey says!

The Employee Wellness Program would like to thank all of you that took the time to answer our survey. It is extremely helpful to get your feedback so that we can make adjustments in what we do for the program.

It is important for each and every one of us to take care of our health. Maintaining a healthy BMI is one way we can prevent many chronic diseases. The Employee Wellness Program would like to have a volunteer wellness coach in each area/facility. A wellness coach is someone that encourages others that are interested in making a change and would like that support. It could be as simple as weighing in once a week. We all need someone to lean on and to guide us in a healthy direction.

Have a Happy and Healthy New Year!

FDOH-Broward Employee Wellness

**The Walking Club meets at noon
in front of the Administration Building
every Monday, Wednesday and Friday.**



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