



# Employee WELLNESS



Florida Department of Health in Broward County

January 2017

# Happy New Year!

Wishing you good health and happiness

## Healthy New Year's resolutions

- 1. Sleep more.** Commit to those eight hours. Proper shuteye is linked to better mental health and a lower risk for physical health conditions.
- 2. Cut back on sugar.** It's difficult but it can be life changing. Candy, cookies and cakes are obvious but look for hidden sugars in your diet. Start by reading the nutrition labels for sugar contents and general ingredients to avoid added sugar/sweeteners like fructose and or corn syrup. Avoid sugary drinks like soda, coffee drinks and juices.
- 3. Limit sodium intake.** Dietary guidelines recommend consuming no more than 2,300 milligrams per day (but the average American may consume more than 3,400 milligrams in a day — yikes!). Too much sodium is linked to heart disease, high blood pressure and more.
- 4. Start meditating.** The benefits of a meditation practice are boundless, from improved mental health to better concentration to a lower risk for disease.
- 5. Pick up crafting.** Experts say activities like knitting can ease anxiety and put you in a meditative state. And you get a scarf in the process?
- 6. Spend time alone.** Introverts are onto something. There's power in a little "me time."
- 7. Plan a trip.** You'll boost your mood instantly. Research suggests planning a vacation can increase happiness — and just think, you'll have an adventurous city or a white sand beach to look forward to after you book it.
- 8. Keep a journal.** This could be a book that gives you prompts or just an empty place to scribble out your frustrations. Studies show journaling can be cathartic for your mental health.
- 9. Go for strolls more often.** It's actually a really healthy exercise, according to science. Hit the pavement.
- 10. Cut back on complaining.** Negative thought patterns can increase stress levels. Try a mindful experiment where when you catch yourself complaining or thinking negatively, you counteract it with something positive.

Stay positive,  
work hard,  
make it happen.  
THEGOODVIBE.CO

2017  
this  
will be  
my  
year

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# Know your B's



## Vitamin B9 (Folic acid) overview:

Vitamin B9, also called folate or folic acid, is one of 8 B vitamins. All B vitamins help the body convert food (carbohydrates) into fuel (glucose), which is used to produce energy. These B vitamins, often referred to as B-complex vitamins, also help the body use fats and protein. B-complex vitamins are needed for a healthy liver, and healthy skin, hair, and eyes. They also help the nervous system function properly. Folic acid is the synthetic form of B9, found in supplements and fortified foods, while folate occurs naturally in foods. All the B vitamins are water-soluble, meaning the body does not store them.

Folic acid is crucial for proper brain function and plays an important role in mental and emotional health. It aids in the production of DNA and RNA, the body's genetic material, and is especially important when cells and tissues are growing rapidly, such as in infancy, adolescence, and pregnancy. Folic acid also works closely with vitamin B12 to help make red blood cells and help iron work properly in the body.

Vitamin B9 works with vitamins B6 and B12 and other nutrients to control blood levels of the amino acid homocysteine. High levels of homocysteine are associated with heart disease, however researchers are not sure whether homocysteine is a cause of heart disease or just a marker that indicates someone may have heart disease.

It is fairly common to have low levels of folic acid. Alcoholism, inflammatory bowel disease (IBD), and celiac disease can cause folic acid deficiency. Also, certain medications may lower levels of folic acid in the body.

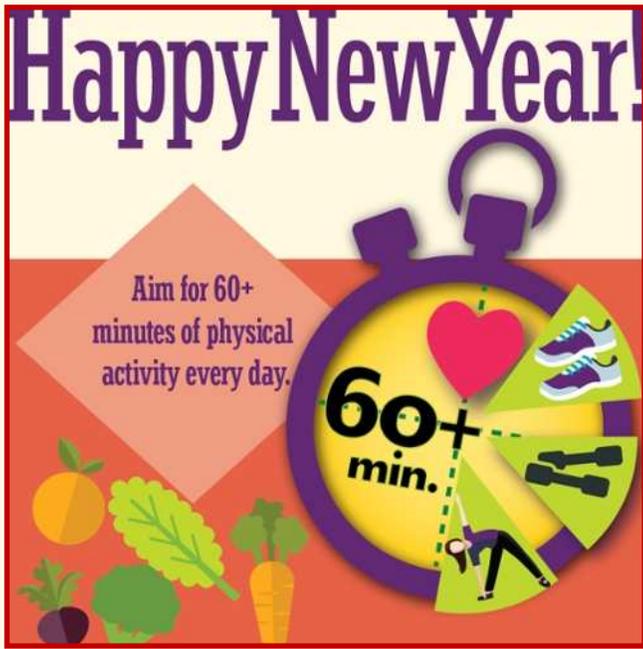
**Pregnant women** need more folic acid to lower the risk of neural tube birth defects, including cleft palate, spina bifida, and brain damage. Neural tube defects are birth defects caused by abnormal development of the neural tube, a structure that eventually gives rise to the brain and spinal cord. Since folic acid has been added to many grain foods in the U.S., such as bread and cereal, neural tube defects have decreased dramatically.

Women who plan to become pregnant should make sure to get the recommended 400 mcg per day since many neural tube defects can happen shortly after conception and before a woman even knows she is pregnant. Prenatal vitamins contain the needed amount of folic acid for pregnant women.

<http://umm.edu/health/medical/altmed/supplement/vitamin-b9-folic-acid>

<https://www.cdc.gov/preconception/planning.html>





## Take the Florida Health 60-Days to Better Health Challenge

Launched on Dec. 28, 2015, the 60 Days to Better Health Challenge is perfect to start off the new year. All the tools are available on <http://www.floridahealth.gov/newsroom/2015/12/122815-article-60-day-challenge.html>. These tools allow Floridians to track their progress and turn healthy resolutions into long-term healthy habits. Experts say it takes about 60 days to form a new habit.

Form your buddy system in your work area. Do the Monday weigh in, partner up with a walking buddy and let's start the year off right. It only takes 60 days to form a new habit.

### The "60 Days to Better Health Challenge" tool recommends these resolutions for a healthy new year:

- **Eat your colors.** MyPlate illustrates the five food groups that are the building blocks for a healthy diet. Before you eat, think about what goes on your plate. <https://www.choosemyplate.gov/tools-supertracker>.
- **Drink 8oz of water 8 times a day.** Water is your body's principal chemical component and makes up about 60 percent of your body weight. Every system in your body depends on water.
- **Engage in 30 minutes of physical activity each day.** Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. <https://www.fitness.gov/be-active/physical-activity-guidelines-for-americans/>.
- **Work on quitting tobacco.** Tobacco Free Florida offers a number of free and convenient resources to help tobacco users quit. The Florida Quitline and Web Coach® are available 24 hours a day, 7 days a week.
- **De-stress.** Using healthy ways to cope with stress and getting the right care can put problems in perspective and help stressful feelings and symptoms subside. <http://www.health.harvard.edu/heart-health/5-ways-to-de-stress-and-help-your-heart>. Always consult your healthcare provider before starting any diet or exercise program.



**Need a Buddy?** If there is anyone wanting to participate in a weigh-in for this time period we will start 8—8:15 AM every Tuesday morning starting January 3rd in the Admin Bldg. 1st floor. Call Kristin @ 3009 for more info. If you work outside the Admin area, form your own buddy system. It helps you stay on track, even if it is only facing the scale once a week.

# WARNING

EXERCISE  
HAS BEEN KNOWN  
TO CAUSE HEALTH  
& HAPPINESS



## The New Science of Exercise

**Prevention**  
**YOUR BODY ON exercise**  
It takes just 30 minutes of exercise to reap 11 times head-to-toe rewards.

**YOUR MOOD IMPROVES**  
During your workout, the brain releases a host of feel-good chemicals, including endorphins and dopamine, that enhance mood, decrease stress, and even curb perceptions of pain.

**YOU BOOST YOUR BRAIN POWER**  
The brain starts repairing neurons and making new neural connections as soon as you begin exercising. In one recent study, 65-year-olds reduced their relative brain age by two years—just by walking.

**YOU GET STRONGER**  
Exercise stimulates the pituitary gland to release human growth hormone, which spurs the regeneration of bone, muscle, and connective tissue, and explains why physical activity is associated with a reduced risk of osteoporosis and arthritis.

**YOUR BLOOD STARTS FLOWING**  
As soon as you breathe your heart rate, the heart starts pumping more blood through the body. That blood instantly transports oxygen and nutrients to vital organs and the skin, lowers blood pressure, and scrapes plaque from arteries.

**YOU REDUCE YOUR RISK OF DIABETES**  
After only 30 minutes of moderate exercise, the body starts using fat for fuel, which triggers a decline in insulin levels, helping to curb insulin resistance.

**YOU DETOXIFY YOURSELF**  
The body breaks chemical bonds to release energy-releasing metabolic waste products into the bloodstream, which are later excreted through the liver, kidneys, and skin.

Only 20% of Americans get the recommended 150 minutes of strength and cardiovascular physical activity per week, more than half of all baby boomers report doing no exercise whatsoever, and 80.2 million Americans over age 6 are entirely inactive.

The consequences of a sedentary life are as well documented as they are dire. People with low levels of physical activity are at higher risk for many different kinds of cancer, heart disease, Alzheimer's disease and early death by any cause. That's at the end of life. Long before that, inactivity can worsen arthritis symptoms, increase lower-back pain and lead to depression and anxiety—not to mention cause a sallow complexion. Incorporating exercise into your week doesn't have to be complicated. Here are some common exercise questions, answered.

**How much exercise do I really need to be doing?** The World Health Organization and the U.S Centers for Disease Control and Prevention advise most adults to do 150 minutes of moderate-intensity aerobic physical activity each week and twice-weekly muscle strengthening.

**What counts as moderate-intensity exercise?** Everything you think of as exercise – plus lots of other stuff you don't, including brisk walking, playing with the kids, walking the dog, carrying heavy groceries or gardening. Do at least 10 minutes at a time, and break it up however you want.

**Is high-intensity interval training as good as regular exercise?** More research is needed, but evidence suggests that short, all-out bursts of exercise bring unique benefits. They're also a great option for the time-crunched. New research show that as long as you go hard, intervals are just as effective as longer workouts, even for people with some chronic diseases.

**I hate lifting weights, can I just do cardio?** Sorry, but if your goal is to live longer and healthier, you should do both, because they offer different benefits. Cardio will prevent you from being winded after climbing stairs, while strength training will build muscle and bone, which protects against injury.

It is recommended that we get a mix of cardio and strength training. Here are six simple workouts with proven health benefits.

- **Cardio:** Walking, it improves memory, well-being, health and even creativity. Cycling increases brain connectivity and may help depressed mood. Running, improves sleep and makes bones stronger.
- **Strength:** Yoga helps improve overall strength, mindfulness and reduce stress. Weight training, builds muscles and strengthen bone at any age. Try resistance bands. Tai Chi helps strengthen back, abs and upper and lower body.
- Don't forget heavy gardening, like digging and raking count, housework and standing more and sitting less always improves ones health. (excerpts from The New Science of Exercise, Time magazine 9.12.16)



# Healthy Eats

## Ingredients

- 2 tablespoons extra-virgin olive oil
- 2 medium leeks, white and tender green parts only, thinly sliced
- 1/2 pound cremini mushrooms, thinly sliced
- Salt and freshly ground pepper
- 1 pound skinless, boneless chicken breast halves, cut into 2-inch pieces
- All-purpose flour, for dusting
- 1 1/2 cups chicken stock or low-sodium broth
- 1 tablespoon chopped thyme
- 2 tablespoons sour cream
- 2 teaspoons Dijon mustard



Make an easy dessert with fresh fruits in season. Rinse and slice up some strawberries and tangerines, serve on their own, with lemon juice and mint and or with a dollup on low fat yougurt.



## Simplest Chicken and leek stew

Chef Jamie Oliver

### Directions

1. In a skillet, heat 1 tablespoon of the oil. Add the leeks and cook over moderate heat, stirring, until softened, about 7 minutes. Add the mushrooms and season with salt and pepper. Cover and cook, stirring, until the mushrooms are tender, about 4 minutes. Scrape the leeks and mushrooms onto a plate.

2. Season the chicken with salt and pepper and lightly dust with flour, shaking off any excess. Heat the remaining 1 tablespoon of oil in the skillet. Add the chicken and cook over moderate heat until golden brown, about 2 minutes per side. Add the chicken stock and thyme and simmer over moderate heat until the chicken is just cooked through, about 1 minute. Using a slotted spoon, transfer the chicken to the plate with the vegetables.

3. Simmer the stock over moderately high heat until reduced by half, about 2 minutes. Return the chicken, leeks and mushrooms to the skillet and simmer over low heat until warmed through, about 1 minute.

4. In a small bowl, blend the sour cream with the mustard and stir into the stew. Remove the skillet from the heat. Season the stew with salt and pepper and serve over steamed rice.

**Roast Broccoli** as a side dish. Directions Preheat oven to 450 degrees F. 1 bunch broccoli (about 1 1/2 pounds), cut into florets, stems peeled and sliced or diced Toss with 2 tablespoons extra-virgin olive oil. 3 cloves garlic, sliced. Kosher salt and freshly ground pepper Spread them out and roast without stirring until edges are crispy and the stems are crisp tender, about 20 minutes. Serve warm.

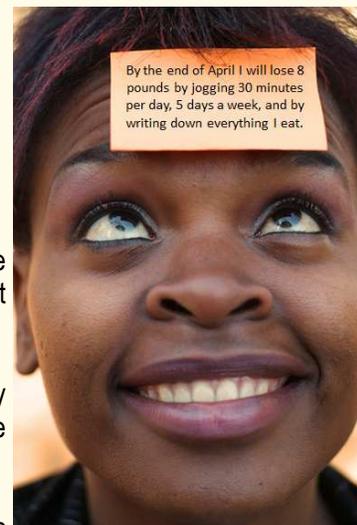
### What's in season?

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



# Back page Story:

## Set a SMART Goal



By the end of April I will lose 8 pounds by jogging 30 minutes per day, 5 days a week, and by writing down everything I eat.

As you start to think about your New Year's Resolutions, remember that lifestyle change is more sustainable if you focus on one strategy at a time. Don't try to make too many changes at once. Set yourself up for success by giving your goal some serious thought.

Instead of making the general statement that you will "lose weight next year," dig a little deeper by thinking through the details of your goal. Your challenge this week is to set a SMART goal to work on in the New Year. A SMART goal is:

**Specific:** If your goal is to lose weight, how much weight do you plan to lose? Think of a specific number of pounds you would like to shed. How do you plan to lose weight? By eating mindfully and watching your portions? By exercising 5 days a week for 30 minutes? A combination of the two?

**Measurable:** You can track your weight loss by stepping on a scale once a week.

**Attainable:** Is it physically possible to achieve your goal weight? Increase the likelihood of reaching your weight loss goal by planning to lose a small amount each week (1/2 pound per week is recommended).

**Realistic:** Consider your current lifestyle and schedule when setting your goal. Are the activities you've planned for weight loss things you will actually do? If you currently exercise only one day per week, perhaps committing to exercising every day is not plausible. Instead, aim for 4-5 days until this becomes routine and then you can continue to increase.

**Timely:** Set a deadline to keep yourself on target to reach your goal. If it does not seem likely that you will achieve your goal by this date, use your deadline as an opportunity to check in with your progress and adjust your goal as needed.

Put it all together to transform your goal of "losing weight" into a SMART goal that spells out your plan of action: "By the end of April I will lose 8 pounds by jogging 30 minutes per day, 5 days a week, and by writing down everything I eat." Write this goal down everywhere you can to remind yourself; stick it on your mirror or in your car. Tell friends and family so they can encourage and support you.

Most importantly, find your motivation to commit to your goal. Why did you choose your particular goal, and why is it important for you to stick to it? Don't wait to get started. (Holiday Challenge 2016)



## Line Dancing

Every Tuesday,  
January 10th — February 28th 2017  
from 12:15-12:45PM  
Admin Auditorium.  
See you there!

Andrea Hardwick instructor.

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

### Contact Us:

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DOH-Broward Employee Wellness



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

