



# Employee WELLNESS



Florida Department of Health in Broward County

February 2016

## February is Heart Health Month!

*Test your knowledge on Blood Pressure.*

### 1) Myth. High blood pressure runs in my family. There is nothing I can do about it.

High blood pressure can run in families. If your parents or close blood relatives have had high blood pressure, you are more likely to develop it, too. However, lifestyle choices have allowed many people with a family history of high blood pressure to avoid it themselves. Lifestyle changes you can make to prevent it include:

- Eat a heart-healthy diet, limit your sodium to less than 1500 mg per day.
- Maintain a healthy weight. Enjoy regular physical activity.
- Manage stress.
- Avoid tobacco smoke. If you drink, limit alcohol.
- Comply with medication prescriptions.

### 2) Myth. I don't use table salt. I'm in control of my sodium intake.

In some people, sodium can increase blood pressure. But controlling sodium means more than just putting down the salt shaker. It also means checking labels, because up to 75 percent of the sodium we consume is hidden in processed foods like tomato sauce, soups, condiments, canned foods and prepared mixes. When buying prepared and prepackaged foods, read the labels. Watch for the words "soda" and "sodium" and the symbol "Na" on labels; these words show that sodium compounds are present.

### 3) Myth. I feel fine. I don't have to worry about high blood pressure.

More about 78 million U.S. adults have high blood pressure – and many of them don't know it or don't experience typical symptoms. High blood pressure is serious. If uncontrolled, high blood pressure can lead to severe health problems. High blood pressure is also the No. 1 cause of stroke.

### 4) Myth. My doctor checks my blood pressure, so I don't need to check it at home, too.

Because blood pressure can fluctuate, home monitoring and recording of blood pressure readings can provide your healthcare provider with valuable information to determine whether you really have high blood pressure and, if you do, whether your treatment plan is working. It's important to take the readings at the same time each day, such as morning and evening, or as your healthcare professional recommends.

### 5) Myth. I was diagnosed with high blood pressure and I have been maintaining lower readings, so I can stop taking my medication.

High blood pressure can be a lifelong disease. Follow your healthcare professional's recommendations carefully, even if it means taking medication every day for the rest of your life. By partnering with your healthcare team, you can successfully reach your treatment goals and enjoy the benefits of better health ([www.heart.org](http://www.heart.org)).



"IF YOU DON'T TAKE CARE OF YOUR BODY, WHERE ARE YOU GOING TO LIVE?"  
-UNKNOWN

### In this issue:

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# 60 Days

Tallahassee, Fla. - Experts say it takes about 60 days to form a new habit. To assist, the department has created the "60 Days to Better Health Challenge" downloadable tool. This tool allows Floridians to track their progress and turn healthy resolutions into long-term healthy habits. To access the information go to: <https://floridahealth.sharepoint.com/Pages/featured-article.aspx>

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.

**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 60 minutes of physical activity each day.** Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases.

**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 or call 954-262-1580.

**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.

Watch the department's video public service announcement for more information on the "60 Days to Better Health Challenge" and then download this tool to help you measure your progress.

**60 DAYS**  
Take the Florida Health  
**60-DAYS**  
to Better Health Challenge!

Why 60 days? According to experts, it takes about 60 days to form a new habit!

**easy tools**

**Eat your colors!**

**FRUITS** Make most of your choices whole or cut fruit instead of juice.

**VEGETABLES** Eat a variety every day. Fresh, canned or frozen.

**GRAINS** Make at least half of your grains whole grains.

**DAIRY** For adults and children 2 years+, drink 1 percent low-fat or fat free milk.

**PROTEIN** Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.

**Use your hands to guide portion sizes.**

- 1 cup = your fist
- 1 cup dry cereal = a large handful
- 1 cup of vegetables = your fist
- 1 medium piece of fruit = your fist
- 2 ounces of cheese = two thumbs
- 3 ounces of meat or fish = palm of your hand
- 1 teaspoon = tip of your thumb
- 1-2 ounces of snack food = a handful
- 1 starch serving = fits in your hand

**WATER** 8oz 8x EVERY DAY

- #1 before breakfast
- #2 at breakfast
- #3 between breakfast & lunch
- #4 at lunch
- #5 & #6 twice between lunch & dinner
- #7 at dinner
- #8 between dinner & bedtime

**Aim for 60+ minutes of physical activity every day.**

Try 60+ blocks of activity, or break up your minutes into 3 or 4 15-minute bursts.

Mix moderate & vigorous activity into your days.

Work on muscle & bone strengthening at least 3 days a week.

Stretch daily to improve posture & balance, & relieve stress.

**60+ min.**

**3 steps & QUIT**

CALL 1-877-U-CAN-NOW

CLICK [www.quitnow.net/florida](http://www.quitnow.net/florida)

COME IN Find classes at [www.AHECtobacco.com](http://www.AHECtobacco.com)

**Tobacco Free Florida** [www.tff.com](http://www.tff.com)

Quit services can double your chances of quitting tobacco for good. And they're free in Florida!

**Check your stress & de-stress.**

**stress?** **de-stress**

stop & take a deep breath





## PLANK

This week the goal is to hold the plank position for 3 minutes every day this week, or 30 seconds for some! Break up the time into intervals that are comfortable for you, but make sure you are still challenging yourself. That might be 10 seconds, 30 seconds, or 1 minute.

Be mindful of having correct form, start with a Knee Plank (shown). As you feel more comfortable, transition to the Standard Plank and then to the Forearm Plank. If you are more advanced, try the Side or Single Leg Planks.



### How to do a Plank

1. Check with your doctor before starting.
2. Start by getting into a press up position.
3. Bend your elbows and rest your weight onto your forearms and not on your hands.
4. Your body should form a straight line from shoulders to ankles.
5. Engage your core by sucking your belly button into your spine.
6. Hold this position for the prescribed time, start small.



## How can heart disease be prevented?

By making small changes to your life you can reduce the risk of heart disease and improve the health of your heart:

- **Diet:** Limit intake of foods that contain refined sugar, saturated fats, and cholesterol.
- **Exercise:** Staying active is great for keeping your heart healthy
- **Monitoring your weight:** Exercise along with eating a healthy diet – can help you manage your weight.
- **Avoiding tobacco products and alcohol**
- **Regular medical checkups:** If you are concerned about heart disease, your doctor can give you specific advice to make sure you are staying healthy.



## Blood Pressure Facts.

Uncontrolled high blood pressure is a leading cause of heart disease and stroke. In fact, more than sixty seven million Americans have high blood pressure. People with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.

High blood pressure often shows no signs or symptoms, which is why having your blood pressure checked regularly is important. It's easy. You can get screened at your doctor's office and drugstores or even check it yourself at home, using a home blood pressure monitor. **Take Charge: Go to the doctor, take your medicine, monitor your blood pressure, eat healthy, exercise, repeat!**



**V**alentine's Day, also known as Saint Valentine's Day or the Feast of Saint Valentine is a celebration observed on February 14 each year. St. Valentine's Day began as a liturgical celebration of one or more early Christian saints named Valentinus. A popular hagiographical account of Saint Valentine of Rome states that he was imprisoned for performing weddings for soldiers who were forbidden to marry and for ministering to Christians, who were persecuted under the Roman Empire. According to legend, during his imprisonment, he healed the daughter of his jailer, Asterius. An embellishment to this story states that before his execution he wrote her a letter signed "Your Valentine" as a farewell. Saint Valentine's Day is an official feast day in the Anglican Communion, as well as in the Lutheran Church.



Valentine's Day was first associated with romantic love by Geoffrey Chaucer in the High Middle Ages, when the tradition of courtly love flourished. In 18th-century England, it evolved into an occasion in which lovers expressed their love for each other by presenting flowers, offering confectionery, and sending greeting cards (known as "valentines"). In Europe, Saint Valentine's Keys are given to lovers "as a romantic symbol and an invitation to unlock the giver's heart as well as to children, in order to ward off epilepsy (called Saint Valentine's Malady). Valentine's Day symbols that are used today include the heart-shaped outline, doves, and the figure of the winged Cupid. Since the 19th century, handwritten valentines have given way to mass-produced greeting cards. How about bringing back the handwritten note?

## Healthy Snack

# Roasted Red Pepper Dip with Feta and Dill



- 3 large jarred red peppers, drained and rinsed
- 1 medium clove garlic, minced
- ¼ teaspoon salt, plus more to taste
- ½ cup crumbled Feta cheese (about 3 ounces)
- 2 tablespoons plain dry breadcrumbs
- 2 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh dill weed



Using the side of the blade of a chef's knife, mash the garlic and ¼ teaspoon of the salt together on a flat surface to form a paste. Put the roasted peppers, feta, breadcrumbs, lemon juice, and olive oil in a food processor and process until smooth. Transfer to a bowl and stir in the garlic paste and the dill. Season with additional salt to taste.

Perfect with fresh veggies, crackers or pita bread. Makes about 2 cups. Serving size ¼ cup

Per serving: Calories 80; Total fat 6g (Sat fat 2g, Mono fat 3.2g, Poly fat 0.4g); Protein 2g; Carb 5g; Fiber 1g; Cholesterol 10mg; Sodium 210mg Excellent source of: vitamin A, vitamin C

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# Healthy Eats

## Ingredients

### For Marinade:

- 2 Tbsp olive oil
- 1 Tbsp garlic, minced
- 2 Tbsp lemon juice
- 1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)
- ½ tsp salt

### For Kabobs:

- 6 oz top sirloin or other beef steak cubes (12 cubes)
- 6 oz boneless, skinless chicken breast, cut into ¾-inch cubes (12 cubes)
- 1 large white onion, cut into ¾-inch squares (12 pieces)
- 12 cherry tomatoes, rinsed
- 1 (4 oz) red bell pepper, rinsed and cut into ¾-inch squares (12 squares)
- 12 wooden or metal skewers, each 6 inches long (if wood, soak them in warm water for 5–10 minutes to prevent burning)



## Mediterranean Kabobs

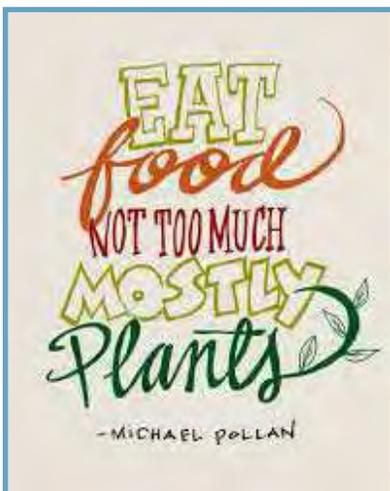
Broiled beef and chicken cubes flavored with lemon and parsley

Prep time: 15 minutes , Cook time: 10 minutes, yield: 4 servings , serving size: 3 skewers

### Directions:

- Preheat grill pan or oven broiler (with the rack 3 inches from heat source) on high temperature.
- Combine ingredients for marinade, and divide between two bowls (one bowl to marinate the raw meat and one bowl for cooking and serving).
- Mix the beef, chicken, onion, tomatoes, and red pepper cubes in one bowl of the marinade and let sit. After 5 minutes, discard remaining marinade.
- Place one piece of beef, chicken, tomato, onion, and red pepper on each of the 12 skewers.
- Grill or broil on each of the four sides for 2–3 minutes or until completely cooked (to a minimum internal temperature of 145 °F for beef and 165 °F for chicken). Spoon most of the second half of the marinade over the kebabs while cooking.
- Serve three skewers per serving. Drizzle the remaining marinade on top of each kebab before serving (use only the marinade that did not touch the raw meat or chicken).

**Each serving provides:** calories 202, total fat 11 g , saturated fat 2 g , cholesterol 40 mg , sodium 333 mg, total fiber 2 g , protein 18 g , carbohydrates 9 g , potassium 431 mg .



### What's in Season?

Avocado, Bell Pepper, Broccoli, Carambola (star fruit), Cucumber, Eggplant, Grapefruit, Guava, Mushroom, Orange, Passion Fruit, Peanuts, Radish, Snap Bean, Squash, Sweet Corn, Tangerine, Tomato, Cabbage, Lettuce, Strawberries, Cauliflower and Celery.

## Back page Story:

# Breast Feeding Journey

Sybil Cherian



Making the decision to breastfeed is a personal matter. Just as last time, Sybil has decided to breastfeed her new born baby girl. Breast milk provides the ideal nutrition for infants. It has a nearly perfect mix of vitamins, protein, and fat, everything your baby needs to grow. And it's all provided in a form more easily digested than infant formula. Breast milk contains antibodies that help your baby fight off viruses and bacteria. Breastfeeding also lowers your baby's risk of having asthma or allergies

Although Sybil has struggled with breastfeeding in the past she remains persistent and committed to providing her baby girl with the best source of nutrients. Learning from her first experience, Sybil states that she was more prepared to breastfeed this time and has been more successful. Sybil notes that she's happy that pumping is an option because it allows for others to help with feedings. Sybil also states that an added bonus to pumping is that it allows for the father to bond with the baby during feedings. Sybil has noticed more health benefits to breast feeding as opposed to formula feeding; for example, she has notice that breast milk is assisting her new baby girl with weight gain a lot faster than formula did for her first baby girl.

There are a number of health advantages that breastfeeding offer to the baby, but mom may enjoy a few added bonuses as well. Research has proven that breastfeeding burns extra calories, so it can help you lose pregnancy weight faster. It releases the hormone oxytocin, which helps your uterus return to its pre-pregnancy size and may reduce uterine bleeding after birth. Breastfeeding also lowers your risk of breast and ovarian cancer. It may lower your risk of osteoporosis, too. Since you don't have to buy and measure formula, sterilize nipples, or warm bottles, it saves you time and money. It also gives you regular time to relax quietly with your newborn as you bond.

*Sybil, thank you for sharing your story and heartfelt congratulations and best wishes to all of you!*



*Was awarded a Gold Fit-Friendly Worksite by the American Heart Association!*

"Worksite wellness is gaining more support and popularity as an important way to improve the well-being of the workforce and your organization has taken great strides in this movement. We want to thank you for your part in helping to build a culture of wellness and providing your employees with more options to make healthy choices. It is truly an inspiration to all." From the American Heart Association.

Thank you Dr. Thaqi for making the program available to us.

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

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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.  
FITNESS TUESDAYS!  
Mark your calendars!**

