



# Employee WELLNESS



Healthiest Weight

Florida Department of Health in Broward County

March, 2015



# Celebrate Nutrition Month

National Nutrition Month is the perfect time to recharge your New Year's resolutions. Each March, the Academy of Nutrition and Dietetics encourages us to return to the basics of healthful eating through National Nutrition Month. This year's theme, "Bite into a Healthy Lifestyle" encourages the adoption of a healthy lifestyle that is focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

A healthy lifestyle is about so much more than just choosing to eat more fruits and vegetables. While this is important, it's also essential to make informed food choices based on your individual health and nutrient needs. Knowing which nutrients your body needs, the foods that contain them, and how much fits into your healthy eating plan, are all part of making smart choices. A registered dietitian nutritionist can educate you and guide your food choices while keeping your tastes and preferences in mind.

Sensible snacks are a part of any healthful eating plan. If you choose carefully and plan ahead, snacks can prevent overeating at mealtimes and throughout the day. For children and adults, snacks can supply foods and nutrients that we might miss in meals. Focus on fruits, vegetables, whole-grains and low-fat dairy foods.

Daily physical activity is a crucial part of a healthy lifestyle, and unfortunately most Americans don't include enough exercise in their daily routines. Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall wellbeing. [www.EatRight.org/nnm](http://www.EatRight.org/nnm).

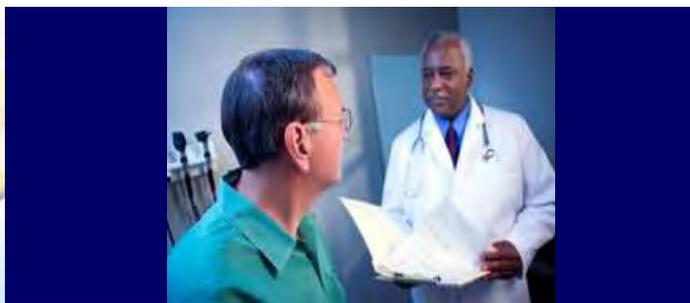


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"One of our responsibilities to ourselves is to take care of our bodies, inside and out. If we don't take care of ourselves then we can't take care of others. We have to take charge of our own happiness and healthfulness, and one way that I personally achieve a joyful existence is through healthy eating and exercise." **Bobby Flay**



## Colorectal Cancer Screening Guidelines

Yay, it your birthday! You are 50 years old, that is a big celebration along with your AARP card it is also time to start regular screenings for preventing colon cancer. On a very serious note, colon cancer was diagnosed in 2011 for over 135,000 people in the United States. The U.S. Preventive Services Task Force (USPSTF) recommends screening for colorectal cancer using high-sensitivity fecal occult blood testing (*checks for blood in the stool*), sigmoidoscopy (*allows the doctor to look at the lower part of the colon*), or colonoscopy (*allows the doctor to view the entire colon and take biopsies and remove polyps*). Polyps are pre-cancerous growth of tissue inside the colon. Beginning at age 50 years and continuing until age 75 years frequency of a colonoscopy is determined by the physician based on your medical and family history. The colon and rectum are parts of the digestive system, which is also called the *gastrointestinal (GI) system*. The first part of the digestive system (*the stomach and small intestine*) processes food for energy while the last part (*the colon and rectum*) absorbs fluid to form solid waste (*fecal matter or stool*) that then passes from the body.

People at higher risk of developing colorectal cancer should begin screening at a younger age, and may need to be tested more frequently. Risk factors include family history, diet low in fiber, obesity, smoking and physical inactivity. The decision to be screened after age 75 should be made on an individual basis.

Research is underway to find out if changes to your diet can reduce your colorectal cancer risk. Medical experts don't agree on the role of diet in preventing colorectal cancer, but often recommend a diet low in animal fats and high in fruits, vegetables, and whole grains to reduce the risk of other chronic diseases, such as coronary artery disease and diabetes. This diet also may reduce the risk of colorectal cancer. (Excerpts from CDC and the American Cancer Association.)



## Healthy Promise Florida

To kick off 2015, DOH is launching "Healthy Promise Florida", an interactive campaign promoting commitments to healthy choices during the New Year.

Through this pledge making initiative, Floridians are invited to post a healthy promise, along with a personal photo on [www.HealthyPromiseFL.com](http://www.HealthyPromiseFL.com) (easily accessible on your desktop) or to the online message board located through out DOH-Broward. Post your promise, how ever large or small. Just put it out there! No names required. View the promises that staff has made, so great!

**We are so happy to have our wellness champions on board! Thank you!**

# Stick with it!

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



# Why do I need to drink water each day? (CDC.gov)

You need water to replace what your body loses through normal everyday functions. Of course, you lose water when you go to the bathroom or sweat, but you even lose small amounts of water when you exhale. You need to replace this lost water to prevent dehydration.

Your body also needs more water when you are

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

To help you stay hydrated during prolonged physical activity or when it is hot outside:

1. Drink fluid while doing the activity.
2. Drink several glasses of water or other fluid after the physical activity is completed.



## If It's **Not Fun**, Why Do It?



Excerpts from: How to Put the Fun Back in Fitness by Genevieve Nutting

As kids, we would countdown the minutes until we could race outside, chasing our friends around the playground and passing a ball back and forth with the kid next door. But as adults, even lacing up tennis shoes to meet our recommended 2 hours and 30 minutes of aerobic activity a week can be a hassle.

**Make it a date!** – You've been trying to schedule that dinner with your friend for how long? Why not make a fitness date? A workout date holds you accountable, gives you an excuse to *actually* find time to get together with a friend, allows you to try something new, and you're more likely to work out longer and harder than if you were by yourself. Some trainers even offer discounts to duos, another perk to having a workout bud!

**Not fun? Don't do it!** – Okay, so it's not going to be kicks and giggles the whole time. But if it doesn't challenge you, it doesn't change you, right? The key is to find something that pushes and invigorates you. Don't like the treadmill? Find another activity you enjoy that will increase your heart rate. Sign up for a dance class, run with your dog, take your workout outside, or turn it into a competition. Because at the end of the day, if it's not fun, why do it!

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



Chair Squat

## Chair Squats

For beginners, start with a sturdy chair, potentially with arm rests. Start with your feet shoulder distance apart. Sit your hips back until your backside nearly touches the chair, **DON'T SIT DOWN!** Then push through your heels to stand up.

You can reach your arms out in front of you (or even touch your desk) as a counter balance, or put your hands behind your head for a challenge.

Aim for 20 reps, three sets! Who doesn't love a squat?

# Healthy Eats!

## INGREDIENTS

- 1 large Florida grouper fillet (approximately 1 pound)
- 3 tablespoons olive oil
- 1 lemon, freshly squeezed
- Freshly ground pepper
- 1 small Florida zucchini, chopped into thin rounds
- 1 Florida carrot, chopped into small rounds
- 1/2 of red Florida pepper, chopped
- 1/2 of yellow Florida pepper, chopped
- 1 medium Florida onion, chopped
- 8 cherry tomatoes, quartered
- 1 tablespoon ketchup
- 1 1/2 cups tomato juice
- 1 tablespoon brown or natural sugar
- 1 teaspoon dried oregano
- 3/4 teaspoon dried sweet basil
- 1 teaspoon kosher salt



## Florida Grouper and Roasted Vegetables

### DIRECTIONS

Yield 2 servings



Preheat oven to 350°. Place the cleaned fish in the middle of a baking pan. Spread 1 tablespoon of olive oil on fish, making sure to cover both sides. Squeeze the lemon on both sides of the fish and sprinkle with the cracked black pepper.

Sauté the chopped vegetables in the remaining olive oil just enough to soften a little and set aside. In a small cup, mix the oregano, basil and salt, and spread on both sides of the fish. Pour the sautéed vegetables over the fish.

In a bowl, mix the sugar, ketchup and tomato juice and pour over the fish. Cover and place in the oven until it is done all the way; the flesh should be soft and flaky. Do not overcook. A general rule for cooking fish is 10 minutes per inch of thickness.

#### **Nutritional Information:**

*One serving contains the following: Calories 694; Total Fat 33g; Cholesterol 73mg; Sodium 1755mg; <http://www.freshfromflorida.com/Recipes/>*



## What's in Season! EVERYTHING! :)

Bell Pepper, Broccoli, Cabbage, Carambola (star fruit), Cauliflower, Celery, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Squash, Strawberry, Sweet Corn, Tangerine and Tomato.



## Our person of change: Yeimy Patino

In October of 2014 Yeimy wasn't feeling well; she noticed that she was out of breath whenever she would take the stairs or was walking fast. Worried that there was something serious going on with her health, she made an appointment with her healthcare provider.

After a full and thorough checkup, the doctor told her that all of her health problems would be resolved with weight loss by changing her lifestyle. A health BMI range is between 18.5 and 25 (BMI calculator, [www.cdc.gov/healthyweith/assessing/bmi/adult\\_bmi](http://www.cdc.gov/healthyweith/assessing/bmi/adult_bmi)). Yeimy was disappointed and shocked hearing the news about the effect her weight was having on her health, but instead of being upset, she took control.

Yeimy decided to gradually adopt healthy habits, starting with her food choices. She implemented portion control, especially on protein and carbs and incorporated more fruit and vegetables to her diet. She has mastered home made vegetable soups and brings them for lunch. She also decided to incorporate more physical activity in her life in order to manage her weight and to boost her stamina.

Where there's a will, there's a way! Now Yeimy dedicates at least 20 minutes of her day to walking. As a result of portion control, increasing her vegetable intake and exercise, Yeimy's weight is back to a healthy BMI range, and she has been able to maintain the weight loss through her dedication and commitment to her health. All of Yeimy's health issues are resolved!

Yeimy notes that it is important to set mini targets that will ultimately assist with your overall goals. It is important to note that changes will not occur overnight. The key is consistency and determination.



**If you see Yeimy, ask her about her vegetable soups. Amazing!**

**Thank you for sharing your story!  
You are truly an inspiration!**

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FDOH-Broward Employee Wellness

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

