



# Employee WELLNESS



Florida Department of Health in Broward County

April, 2015

## April honors National Public Health



**The more things change the more things stay the same.**

**What is the beginning of public health?**

Leviticus, (the third book of the Hebrew Bible) written in 1500 BC, is believed to be the first written health code in the world. The book dealt with personal and community responsibilities and included guidance regarding the cleanliness of body, sexual health behaviors, protection

against contagious diseases and the isolation of lepers.

Lets fast forward to 300 BC! Hippocrates (460 BC-380 BC) was the founder of Western medicine. He manifested an amazingly modern perspective in his treatise entitled On Airs, Waters, and Places that was published in the fifth century. Here are some excerpts:

Whoever wishes to investigate medicine properly, should proceed thus: in the first place to consider the seasons of the year, and what effects each of them produces. We must also consider the qualities of the waters and the mode in which the inhabitants live, and what are their pursuits, whether they are fond of drinking and eating to excess, and given to indolence, or are fond of exercise and labor, and not given to excess in eating and drinking. [www.sphtc.org](http://www.sphtc.org)

Consider that so long ago these wise men had already found a link between good health and human behavior. Keep things in moderation, right? The importance of water safety, cleanliness of body and habitat, even slothfulness was frowned upon. Hippocrates had found that exercise keeps the body and mind intact! They had also found the importance of protection of contagious diseases.

IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES OF GOLD AND SILVER.  
Mahatma Gandhi



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Hat's off to ye old wise men! 

**Did you know?** Alcohol is the most commonly used addictive substance in the United States - 17.6 million people, or one in every twelve adults, suffer from alcohol abuse or dependence along with several million more who engage in risky, binge drinking patterns that could lead to alcohol problems.

More than half of all adults have a family history of alcoholism or problem drinking, and more than 7 million children live in a household where at least one parent is dependent on or has abused alcohol.





# What's burning you?

The burning question that many people often ask themselves is “What’s causing this heartburn?” Heartburn is an irritation of the esophagus that is caused by stomach acid which creates a burning discomfort. Our lower esophageal sphincter or LES keeps stomach acid in the stomach. Normally the LES opens to allow food into the stomach or to permit burping, then it closes again. If the LES opens too often or does not close tight enough, stomach acid can reflux or seep into to esophagus and cause the burning sensation. Heartburn is most common after eating large meals. A belly full of too much food stretches the stomach, causing you to feel stuffed. Stomach stretching puts pressure on the LES and can cause acid to move in the wrong direction.

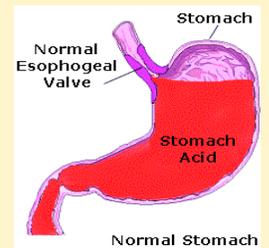
The top three triggers that may affect many people with heartburn are fatty foods, large portions, and late night meals. Certain foods relax the LES including: citrus fruit, garlic, raw onions, spicy foods, chocolate and caffeinated products. Stress and lack of sleep can increase acid production and also cause heartburn. Smoking relaxes the LES and stimulates stomach acid. This is a major contributor of heartburn. Other triggers include certain medication and exercise.

Heartburn can limit your menu choices, interrupt your sleep and interfere with your daily activities. Understanding heartburn triggers and learning how to avoid them can help you dodge the discomfort of heartburn.

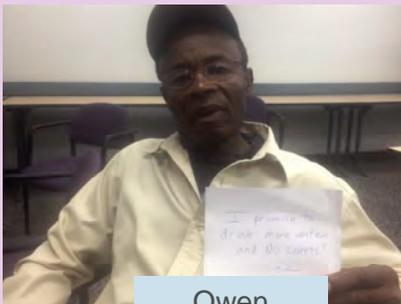
Here are a few tips for Year-Round Heartburn Relief:

- Eat five or six small healthy meals a day. Low in fat, high in fiber.
- Avoid fatty food (fatty food leads to a lazy LES).
- Allow at least two hours for you food to digest before lying down.
- Know your triggers!

[www.webmd.com](http://www.webmd.com)



## Healthy Promise DOH-Broward. What’s your promise?



Owen



Myrna



Ellen

# Stick with it!

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



# Play Ball!



The DOH-Broward Softball team has 15 people on the team. Practice is every Wednesday evening and games are at Mills Pond Park on Thursday evenings at 6:45 PM. Come bring the family the address for Mills Pond Park is 2201 NW 9th Avenue in Fort Lauderdale 33311.

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

## Employee Wellness update.



With summer knocking on our door lets take advantage of South Florida's beautiful surroundings and our lovely weather. Many of you walking are around the campus on your break, keep it up! Zumba starts on Wednesday and will run through May in the Administrative building auditorium on your lunch break from 12:15-12:45. During the summer months there will be a weekly exercise program so bring in a pair of comfortable clothes and shoes and join in. It's a great mental and physical break!

Employee Wellness Committee wants to thank Jeanette Alonzo for her help and commitment to the Employee Wellness Program. We love your input, if you would like to join the committee or if you have suggestions for the program/newsletter, send an email to: [Kristin.Halldorsdottir@flhealth.gov](mailto:Kristin.Halldorsdottir@flhealth.gov)

DESKERCISE



**The Patient Printer:** Why lackadaisically stand by the printer printing pages when you could be sculpting your calves with calf raises. Standing with feet shoulder-width apart, press up onto the tippy toes, pause at the top, then lower back down. Repeat for three sets of 12-15 reps, or until the printing, faxing, or scanning is done. Ready to level up? Try raising only one leg at a time.



**The Stair Master:** Want to elevate your heart rate? Take the stairs! Start slow. Before you know it you will be moving up the stairs with ease.

## Fitness

Walking in 10 minute increments -- especially walking briskly on a regular basis -- improves your fitness. As you continue your walking program, your lung capacity increases, your resting heart rate may decrease and your muscles becoming stronger. Walking counts as a weight-bearing exercise because you're moving your own weight when you walk. Taking regular walks for 10 minutes helps to maintain bone density, which decreases your risk of fractures. This is a particularly valuable benefit for older women, due to their higher risk of osteoporosis.



## Coping With Stress

Everyone—adults, teens, and even children—experiences stress at times. Stress can be beneficial by helping people develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life. However, the beneficial aspects of stress diminish when it is severe enough to overwhelm a person's ability to take care of themselves and family. Using healthy ways to cope and getting the right care and support can put problems in perspective and help stressful feelings.

## Healthy Ways to Cope with Stress

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress. Engaging in healthy activities and getting the right care and support can put problems in perspective and help stressful feelings subside in a few days or weeks. Some tips for beginning to feel better are:

- Take care of yourself.
- Eat healthy, well-balanced meals
- Exercise on a regular basis
- Get plenty of sleep
- Give yourself a break if you feel stressed out
- Talk to others. Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor.
- Avoid drugs and alcohol. Drugs and alcohol may seem to help with the stress. In the long run, they create additional problems and increase the stress you are already feeling.

Take a break. If your stress is caused by a national or local event, take breaks from listening to the news stories, which can increase your stress.

**Recognize when you need more help.** If problems of anxiety or depression continue or you are thinking about suicide, talk to a friend, your supervisor, Human Resources that can refer you to our Employee Assistance Program, psychologist, social worker, or professional counselor. Seek help.

If you or someone you know needs immediate help, please contact the one of the following crisis hotlines:  
Disaster Distress Helpline: 1-800-985-5990. [www.cdc.gov](http://www.cdc.gov)

**211-Broward has counselors available 24/7 and is our local helpline for referrals.**



## Practicing breath focus

Breath focus helps you concentrate on slow, deep breathing and aids you in disengaging from distracting thoughts and sensations. It's especially helpful if you tend to hold in your stomach.

**First steps.** Find a quiet, comfortable place to sit or lie down. First, take a normal breath. Then try a deep breath: Breathe in slowly through your nose, allowing your chest and lower belly to rise as you fill your lungs. Let your abdomen expand fully. Now breathe out slowly through your mouth (or your nose, if that feels more natural).

**Breath focus in practice.** Once you've taken the steps above, you can move on to regular practice of breath focus. As you sit comfortably with your eyes closed, blend deep breathing with helpful imagery and perhaps a focus word or phrase that helps you relax. [www.health.harvard.edu](http://www.health.harvard.edu)



## INGREDIENTS

- 1/4 cup thinly sliced red onion, separated into rings
- 1 14-ounce can artichoke hearts, rinsed and coarsely chopped
- 1 medium tomato, seeded and diced
- 2 tablespoons balsamic vinegar
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried oregano
- 1 16- to 20-inch-long baguette, preferably whole-grain
- 2 slices provolone cheese, (about 2 ounces), halved
- 2 cups shredded romaine lettuce



Artichoke plant



### Did you know?

A true Balsamic Vinegar is made from a reduction of Trebbiano white grapes, aged in wooden barrels made of chestnut, cherry or oak. Modena and Reggio Emilia are the two towns in Italy where the true balsamic vinegar is produced. It should be deep brown in color with a flavor that balances the sweet and sour elements of cooked grape juice with hints of wood from the casks.

# Healthy Eats!



## Veggie Sandwich

**Makes:** 4 servings **Active Time:** 20 minutes **Total Time:** 20 minutes



## DIRECTIONS

1. Place onion rings in a small bowl and add cold water to cover. Set aside while you prepare the remaining ingredients.
2. Combine artichoke hearts, tomato, vinegar, oil and oregano in a medium bowl.
3. Cut baguette into 4 equal lengths. Split each piece horizontally and pull out about half of the soft bread from each side. Drain the onions and pat dry.
4. To assemble sandwiches, divide provolone among the bottom pieces of baguette. Spread on the artichoke mixture and top with the onion and lettuce. Cover with the baguette tops. Serve immediately.

## What's in Season!

Bell Pepper, Blueberry, Cabbage, Cantaloupe, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Grapefruit, Guava, Lettuce, Mushroom, Orange, Papaya, Peanut, Potato, Radish, Snap Bean, Spinach, Squash, Strawberry, Sweet Corn, Tangerine, Tomato and Watermelon.





## La'Veora McArthur

Quite often these days, someone that I know will tell me that they barely recognize me. It always surprises me, too, because it is usually a co-worker that I see just about every day. They will say, "Hey, Lavi! I didn't even recognize you!" Or, "Lavi, you're just getting so skinny. You're disappearing!" My reply is always basically the same: "Thank you. I appreciate that," and then I move on with my day. See, I am not immune to comments or anything, and I certainly appreciate the kind words, but the changes I have made to lose the weight that I have lost have more to do with me tapping into my mental strength, rather than my physical strength. In fact, my mindset seems to have involuntarily changed my attitude. The former "Me" would have twirled around a few times & walked an imaginary runway at the very inkling of a compliment. This "Me" chooses the more reserved, humble approach because, had I not changed my way of thinking, I never would have changed my way of living. Now, here is the short story of it all: I watch what I eat, I keep a daily food diary, I drink a minimum of 12 glasses of water per day, and I make sure to have the occasional treat (yesterday, it was a reasonably-sized slice of chocolate cake). But most importantly, I exercise 5-6 days per week for a minimum 2 hours per day, using weights and suspension equipment, as well as plenty of varieties of bodyweight exercises (burpees, mountain-climbers, planks, bear crawls, crab walks, etc.) and cardio exercises (spinning, helixing and running, etc.). I know this may seem excessive to some, but I have adopted my brother's motto when working out: "Go hard or go home! If you're scared, get a dog!" And believe me, I do not scare easily. When I am in the gym, I make sure to make the most of it. To me, getting in a great workout is my way of saying thank you to my body for performing successfully and not totally collapsing on me.

Exercise is a treat that I like to give myself. I liken it to a shopping spree, pedicure, or massage, only cheaper. However, I did not always feel this way. After I put on the weight that I am currently losing, I felt like exercise would no longer work for me. See, I had always exercised regularly, and had once been a rower in tip top shape, but I figured that exercise probably would not afford me the results that I once got, since I was older, my body changed, and I had gained weight. I had to step back, readjust my attitude, pay more attention to what I was eating and change my way of thinking, because I was never one to make excuses. There was no reason to start now. I stopped beating myself up over the weight gain that I had experienced and began appreciating my body for what it could do, regardless of the shape it was in. Then, I made personal goals for myself that had nothing to do with the scale, like being able to run for a period of time without stopping or being able to do regular pushups. I also made it a point to rid myself of toxic influences such as "friends" that did the most that they could to either insult me or sabotage my progress, or anything else in my life that was positive. Often times, we do not realize that the closest to us can be our biggest saboteurs when we are trying to better ourselves; however, when you finally do realize it, rectifying the situation should become priority. There should be no room for "frenemies," as they take up too much space in your life, while adding little value,

Once I coupled my newly rediscovered mental prowess with a proper diet and exercise, I was cooking with gas! The weight just began to come off like crazy! Before I knew it, I had reached all three of my weight loss goals, and even surprised myself by surpassing the last one by losing an additional ten pounds, bringing my total weight loss to eighty five pounds. Some major back-patting took place for that one! And though I was not surprised that I surpassed my goals, I was very proud of myself because before then, I had not realized just how far I had come with habit changes, brought on by a simple change in attitude. So now, when folks say I am unrecognizable, I chuckle. I am the same person I always was, just in a smaller package and with a different frame of mind; sometimes, that makes all of the difference in the world!

**Lavi, thank you for sharing your story. Congratulations on your success, your determination is inspiring!**

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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!**