



# Employee WELLNESS



Florida Department of Health in Broward County

May, 2015



## what is wellness?

HEALTHY LIFE,  
HEALTHY BODY,  
HEALTHY MIND.



Wellness is defined as “an active process of becoming aware of and making choices towards a more successful existence.” Because living a “successful existence” means something different to each individual, wellness can be many things, but it generally includes the pursuit of health, defined as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity” and achieving one’s full potential.

“Spread love everywhere you go. Let know one ever come to you without leaving happier”.

*Mother Teresa*

### Your pathway to wellness can be:

- Good health
- Healthy relationships
- Showing gratitude
- Eating fresh fruit and vegetables
- Exercising



### Did you know

- Staying positive can improve your mood and your health
- Connecting with others can help you to enjoy the times when you are alone.
- Helping others may help you experience less depression
- Writing down you problems can help shift your thinking about the issue and ultimately improve your mood.
- Stress management techniques are important because chronic (long lasting) stress can change your brain and the way you function.

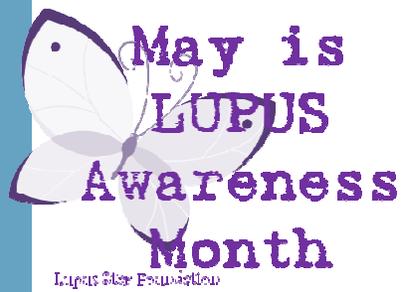
### Four simple steps

- A healthy diet, includes eating something nutritious every time you have a meal.
- Regular exercise, elevates mood, reduces stress, increases energy level, improves appearance, and stimulates the release of endorphins and serotonin, which makes you happier.
- Relaxation, take time to unwind, especially before sleep.
- Plenty of rest, getting at least 7-9 hours of sleep.

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## Autoimmune disease: **Lupus**

Lupus is a chronic, autoimmune disease that can damage any part of the body (skin, joints, and/or organs inside the body). Chronic means that the signs and symptoms tend to last longer than six weeks and often for many years. In lupus, something goes wrong the immune system, which is the part of the body that fights off viruses, bacteria, and germs ("foreign invaders," like the flu). Normally our immune system produces proteins called antibodies that protect the body from these invaders. Autoimmune means your immune system cannot tell the difference between these foreign invaders and your body's healthy tissues ("auto" means "self") and creates autoantibodies that attack and destroy healthy tissue. These autoantibodies cause inflammation, pain, and damage in various parts of the body.

- Lupus is a disease of flares (the symptoms worsen) and remissions (the symptoms improve and you feel better).
- Lupus is not contagious. You cannot "catch" lupus from someone or "give" lupus to someone.
- Lupus is not like or related to cancer. Lupus is an autoimmune disease, as described above.
- With good medical care, most people with lupus can lead a full life.
- Research estimates that at least 1.5 million Americans have lupus.
- Lupus strikes mostly women of childbearing age (15-44). However, men, children, and teenagers develop lupus, too.

## The Science of Meditation



### Meditation may help squash anxiety.

Certainly anything that helps us fight stress is a welcome tool. But what else might meditation be doing for us? Since researchers like Herbert Benson, M.D. began amassing data, many studies have shown that indeed meditation has not only a mental but a profound physiological effect on the body.

Recent research has looked at precisely what happens during meditation that allows it to cause these positive physical changes. Researchers at the Maharishi School of Management in Fairfield, Iowa, found that meditation has a pervasive effect on stress. They looked at a group of people who had meditated for four months and found that they produced less of the stress hormone cortisol. They were therefore better able to adapt to stress in their lives, no matter what their circumstances were. Diana Adile Kirschner, Ph.D., a Philadelphia-area clinical psychologist, sometimes refers her clients to learn meditation and has seen firsthand how helpful it can be. "Not only is meditation an absolutely marvelous de-stressor, it helps people better relate to one another," she says. "I can tell when clients are following through with meditation.

So why aren't more people taking up the practice? "Often, we want to fix things rather than accept them the way they are. Many of us feel as though we can't afford the time and energy to meditate, when in fact we can't afford not to."

While western scientists are still exploring exactly how and why meditation works, we already know that it has both physiological and psychological benefits. And many therapists consider it a valid complement to more traditional therapies. So perhaps we should simply take Thomson's advice—and the Tibetans' lead—and do what makes us feel better in the end. Excerpts from Psychology Today for the full article fo to:

<https://www.psychologytoday.com/articles/200105/the-science-meditation?collection=97564>



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

# SOFTBALL UPDATE!

The DOH –Broward team is having tons of fun during practice and games. Last game was the score was 15-16, so close and so much fun.



## Global Employee Health and Fitness Month



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

Did you ever want to go on a major hike? The Appalachian trail is over 2000 miles from Georgia to Maine. How about walking the great wall of China? Well, now you can.

In honor of Global Employee Health and Fitness month and DOH's vision to be the Healthiest State in the Nation the Wellness Champions will be signing up teams to "visit" famous landmarks in the seven Continents of the World and get fit at the same time. Stay tune for more details!



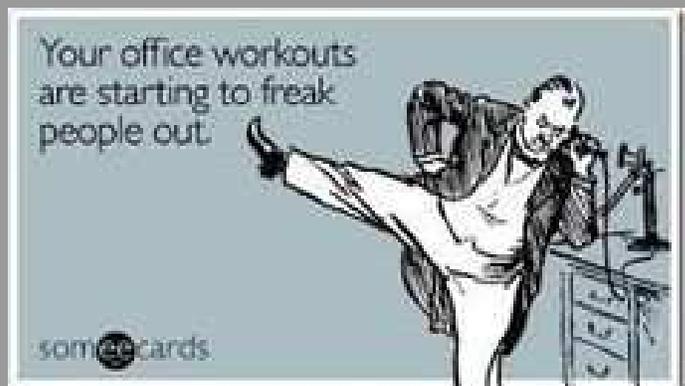
## ERGONOMICS

Ergonomics is the scientific study of people at work. The goal of ergonomics is to reduce stress and eliminate injuries and disorders associated with the overuse of muscles, bad posture, and repeated tasks.

Look at your workstation, make adjustments if you need to and remember to stand up and stretch, take a deep breath and carry on!

- 1 Elbows**  
Above the desk, at 90-110 degrees
- 2 Shoulders**  
Relaxed as opposed to hunched
- 3 Wrists**  
In line with forearms
- 4 Hips, Knees, Ankles**  
At 90 degrees whilst seated
- 5 Feet**  
Flat on the ground or footrest  
For prolonged standing, consider a mat
- 6 Head**  
Upright with ears aligned with shoulders

- 7 Eyes**  
Looking at the top third of the screen.  
Consider the use of a laptop raiser with your laptop
- 8 Seat length**  
Should be long enough to provide support beneath thighs
- 9 Backrest**  
Angled at 90-110 degrees with adequate lumbar support in line with lower back
- 10 Keyboard and Mouse**  
G and H of keyboard aligned with your nose. Mouse gripped loosely
- 11 Laptop**  
Used with a riser, external keyboard and external mouse





# Reading food labels: Sodium

Nine out of ten Americans eat too much salt in their diet. Too much sodium may increase your risk for health problems like high blood pressure. Sodium attracts water and a high-sodium diet draws water into the bloodstream, which increases the volume of blood and over time can increase your blood pressure. High blood pressure, forces the heart to work harder and can damage blood vessels and organs, which can increase your risk of heart disease and stroke. Eating less sodium can help lower blood pressure to within the normal range which can help reduce your risk of developing serious medical conditions.

- The use of the salt shaker is not the main cause of too much sodium in our diet.
- Over 75% of dietary sodium comes from eating packaged and restaurant foods. Nutrition labels on food and beverage packages are useful for monitoring our sodium intake.
- The Nutrition Facts label lists the Percent Daily Value (%DV) of sodium in one serving of a food.
- The % Daily Value for sodium is based on 100% of the recommended amount of sodium, which is less than 2400 milligrams (mg) per day.
- The % Daily Value listed is for one serving, but many packages contain more than one serving. Look at the serving size and how many servings you are actually consuming. If you eat two servings you get twice as much sodium.



## Ten steps to decreasing sodium in your diet

1. Read the Nutrition Facts label to see how much sodium is in the food. We should consume less than 100% of the Daily Value or less than 2400 mg of sodium each day.
2. Prepare your own food when you can.
3. Add flavor without adding sodium. Use herbs and spices instead of salt to add flavor to your foods.
4. Get fresh when you can. Fresh foods are lower in sodium.
5. Buy vegetables fresh, frozen (without sauce), or low sodium or no-salt-added canned vegetables.
6. Rinse canned foods, like tuna, vegetables or beans before using to remove some of the sodium.
7. Choose fat-free or low-fat milk and milk products, such as milk, yogurt, cheese and soy milk instead of processed cheese products and spreads, which are higher sodium.
8. Choose unsalted nuts and seeds, and snacks such as chips and pretzels.
9. Choose lite or reduced sodium soy sauce and no-salt-added ketchup. Use oil and vinegar rather than bottled salad dressings, and use seasonings without salt.
10. When eating out ask for your meal to be prepared without salt and request that sauces and salad dressings be served on the side, and then use less of them.

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Sodium		Chlorine	
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# Healthy Eats!

## INGREDIENTS

- 1/2 pound penne pasta
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 pound thick asparagus, cut into 1-inch lengths
- 2 cups chicken stock
- 2 cups (10 ounces) shelled English peas or frozen baby peas, thawed
- 1/4 cup heavy cream
- 2 tablespoons unsalted butter
- 1 tablespoon chopped fresh sage
- 1/2 cup freshly grated Parmigiano-Reggiano cheese, plus more for serving
- Salt and freshly ground pepper



## Penne pasta with asparagus and peas

### DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the penne and cook, stirring occasionally, until al dente. Drain.
2. Meanwhile, in a large skillet, heat the olive oil. Add the garlic and asparagus and cook over moderately low heat, stirring occasionally, until the garlic is fragrant, about 3 minutes. Add the stock and boil over high heat until reduced by half and the asparagus are tender, about 5 minutes.
3. Add the peas and cream to the skillet and boil over high heat until the sauce has thickened, 3 minutes. Stir in the penne and cook until heated through. Remove from the heat and stir in the butter, sage and the 1/2 cup of cheese. Season with salt and pepper. Transfer the pasta to bowls and serve right away, passing additional cheese at the table.



## RISE AND SHINE

### Ingredients

- 1/2 cup rolled oats
- 1 cup water
- 1 banana, sliced
- 1 tablespoon chopped walnuts
- 1 teaspoon cinnamon

1. Combine oats and 1 cup water in a small microwave-safe bowl. Microwave at HIGH 3 minutes.
2. Top with banana slices, walnuts, and cinnamon.

For only 310 calories and no cholesterol, each serving of this protein-packed meal will give you 9 grams of fiber. The bananas offer more potassium, which also lowers blood pressure.



## 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.



**Our Person of Change:**

# Myrna Hughes

## My Healthy Promise

I made a promise to my mother who passed away March 1, 2015 with pancreatic cancer, to change my life and start eating healthier and help others get healthier as

well. Last year, I was very ill. I was in and out of the doctor's office. They finally found a tumor in my uterus and cyst on my left ovary. My doctor informed me that if I didn't have surgery right away I could bleed to death. I always thought I was healthy, however that wasn't the case. After the surgery last fall, I made some life altering decision to change certain habits. As a result, I started drinking special tea, a all natural and 100% organic. Also, I added fruits and vegetables to my diet daily and I have lost over 40 lbs. Wow, I was so amazed I had never lost weight without starving myself. I believe all it takes is a little motivation and inspiration to change ones mindset about living a *healthier lifestyle*. I promised myself after watching my mother fight for her life I would continue to fight for mine and also help others overcome obesity. Many people are suffering and dying too early from not taking care of their health. I hope we will continue to get the word out and make a difference in Florida.

Myrna,

Thank you for sharing your story with us and reminding us of the importance of being proactive regards to our health.

Congratulations on your success.

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# Stick with it!

FDOH-Broward Employee Wellness



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