

# To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



OCT 2022

## Breast Cancer Awareness

By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach



It's probably reasonable to say you or someone you care about has been impacted by breast cancer. During the month of October, the United States recognizes Breast Cancer Awareness Month to bring attention to the fact that 264,000 women and 2,400 men are [diagnosed](#) with breast cancer annually.

Some people have no [symptoms](#) of breast cancer and are diagnosed based on routine screenings. Others may feel a new lump in their breast or near the armpit during a [self-exam](#). They may notice a change in the skin of the breast, like new irritation, dimpling, redness, or flakiness. The nipple could become painful and start pulling inwards or produce a discharge that is not breastmilk.

When it comes to health, there are [risk factors](#) we can and can't change. Modifiable risk factors are what we can change, like weight, exercise regimen, hormone replacement therapies, reproductive history, and alcohol intake. Things we cannot change are age, genes, family history of breast or ovarian cancer, [breast density](#), and personal history of any cancer. Race and ethnicity are other non-modifiable risk factors. According to the [CDC](#), breast cancer is the leading cause of cancerous death in Hispanic women, and black women are more likely die from it than white women. The risk factors for breast cancer in [men](#) are mostly identical to those in women, but also include certain testicular conditions or injuries, liver disease, and [Klinefelter](#) syndrome.

The best type of screening you can get is a [mammogram](#), which is covered 100% by insurance when considered part of your preventative care and you're 40 or older. This special x-ray of the breast can identify early signs of cancer, sometimes up to three years before a lump can be felt! If your doctor sees a concerning area on your mammogram results, you may need an MRI, which shows bones, organs, muscles, and blood vessels. Your doctor will also likely schedule a

Continued on [page 2](#)

## Mammo Bus Appointment Leads to Early Diagnosis

By Tonya Wright, Parks and Conservation

My last mammogram was in 2019, pre-COVID. I skipped my mammogram in 2020 and 2021, so I figured it was time to get back on track and get my 2022 exam. I didn't see an urgency as I didn't have family history, so initially I was going to wait until October for an exam. I saw a work email that the mobile mammogram bus was coming in April to various worksite locations. There was a location conveniently located near my worksite, so I decided to make an appointment.

I completed the exam and the waiting game ensued. I was confident I would receive the all-clear on my result as usual; however, that wasn't the case. I was diagnosed with stage 0 cancer/grade 1. Because of early diagnosis, I now have the advantage to fight this disease and have a better outcome.

I am forever grateful for early intervention and the convenient mobile mammogram bus unit for providing breast examinations. Don't wait! Whether you take advantage of the mammography bus or go to another location, stay up to date with your mammogram. The odds for your survival depend on it. Go pink year-round, not just in October.

## Wear Pink on October 20

Wear pink on Thursday, October 20 to help raise awareness of breast cancer.

Breast cancer is still here, still taking the lives of women and men we love.

Send a selfie or a group photo of your coworkers by Wednesday, October 26 to [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) and we'll put it in the next To Your Health!

biopsy of any suspicious areas. A small sample of tissue or fluid is taken and sent to a laboratory to be tested for cancer cells. If someone in your immediate family has had breast cancer, you may be eligible to get a special blood test that checks for mutated genes called BRCA1 and BRCA2.

Breast cancer is a scary disease but, the earlier it is caught, the earlier it can be treated. We are fortunate to partner with [BayCare's VIP Mammogram Event](#) program which secures first access to appointments for County employees and their covered spouse or domestic partners on October 21, October 28, November 1, and November 14. If you are not on the County plan, please check with your insurance provider. You can also watch for the return of the mobile mammogram bus in April 2023.

## Wellness Incentives Paid Out on September 30

If you completed activities between January 1 and June 30 that qualify for Wellness Incentives, your points were deposited into your reward bank on September 30. If you elected cash, the reward appeared on your paycheck the same day. If you're expecting rewards, please check your current paystub or the [rewards website](#) (internal link for employees). Reach out to [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) with any questions.

## Open Up! It's National Dental Hygiene Month

By Brittany Hartup, BSN, RN, Cigna Nurse Health Coach

Did you know oral hygiene is linked to overall health and wellness? You may be surprised to learn that gum disease is the most common type of chronic inflammation in the world. When not taken care of properly, our mouths become an entry point for bacteria. People with gum disease are [twice as likely](#) to die from a heart attack and three times as likely to have a stroke when compared to their counterparts with good oral hygiene.

It's rare to find someone who truly enjoys going to the dentist, but getting your teeth cleaned every six months is an important part of your health. You deserve a clean, healthy smile you can be proud of. Don't delay! Make an appointment today. If you need to find an in-network provider, visit [MyCigna.com](http://MyCigna.com), *Find a Provider* and select the specialty.

Exciting news! We want to make prioritizing your oral health as easy and painless as possible. In 2023, Pinellas County is partnering with Jet Dental, a pop-up dental provider that performs full dental exams and treatments at worksites. They provide x-rays, cleanings, cavity fillings,

## Inside

- 3 Wellness Activities & Classes:
  - Easy Yard Maintenance for the Smart Gardener
  - Plant Your Own Herb Garden
  - Wellness Tips For Women
  - Cook Along Kitchen: Mini Monster Burgers
  - Investment Fundamentals
  - Holiday Financial Planning Guide
  - Weekly Breaks
- 4 Debunking BMI
- 5 BayCare Mammogram Days
- 6 Wellness Champion Spotlight: Lauren Smith  
Maintain Healthy Holiday Habits  
Biometric Screening and Health Assessment
- 7 Recipe: Sauerkraut Soup  
Celebrating Work & Family Month  
EAP Wellness Webcast
- 8 Omada Health  
Tobacco Classes  
Blood Drives
- 9 Group Fitness Classes



Brittany Hartup

scaling and root planning. Stay tuned for more information next year.

In the meantime, check out these tips to promote good dental health:

- Floss daily *before* brushing to remove any food, bacteria, and plaque, which can then be cleared away with brushing.
- Replace your toothbrush every 3-4 months. It is not as effective once the bristles begin fraying.
- Brush your teeth for at least 2 minutes, 2 times daily.
- Reduce sugary foods, which cause your mouth to create acids that can lead to tooth decay.
- Get a cleaning and dental exam twice a year.



Cigna Nurse Health Coach [Brittany Hartup](#) provides coaching on preventing and managing chronic conditions.



## October Wellness Webinars & Classes

### Easy Yard Maintenance for the Smart Gardener



[Register now](#) for a 1-hour webinar on **October 20 at 12:00 p.m.** Gardening is fun and easy when you know the right plants to plant, how to use fertilizer and mulch correctly, proper pruning techniques and the right timing of these gardening activities.

### Plant Your Own Herb Garden



[Register now](#) for a 45-minute in-person gardening class on **October 21 at 12:15 p.m.** Herbs are nutritious, add flavor to food, and are easy to maintain. Come create your own miniature herb garden. Registration is required and space is limited. All supplies provided.

### Wellness Tips For Women



[Register now](#) for a 1-hour webinar on **October 17 at 12:30 p.m. or October 26 at 12:00 p.m.** Review core ways to create a basic blueprint for better health – mind, body, and spirit. Explore the impact of stress and learn how friendships, fun, and purpose can help you to be healthier.

### Cook Along Kitchen: Mini Monster Burgers



[Register now](#) for a 45-minute demonstration on **October 11 at 12:15 p.m.** Round up the whole family to make monster burgers sure to please everyone this Halloween. Involving kids in the kitchen makes it a fun family affair (and reduces picky eating).

### Investment Fundamentals



[Register now](#) for a 1-hour webinar by Securian's Financial Advisor on **October 25 at 12:30 p.m.** Investing your money wisely can increase your net worth and help you live out your dream lifestyle. Learn fundamentals that can become the foundation for your current and future investments.

### Holiday Financial Planning Guide



[Register now](#) for a 1-hour webinar on **October 27 at 12:30 p.m. or October 31 at 12:00 p.m.** The holiday season can bring financial stress and debt. Learn how to plan, save and spend to help you prepare for the upcoming holiday season.

## Wellness Weekly Breaks: Just 15 Minutes a Day

### Meditation Mondays



Pop in [every Monday](#) morning and/or afternoon for a 15-minute guided live meditation. Register now for either the **morning (9:00 a.m.)**, **afternoon (3:00 p.m.)**, or **both sessions.**

### Decompress to Stress Less on Wednesdays



Join Onsite Nurse Health Coach Brittany [every Wednesday](#) for 15 minutes to enjoy word games, trivia, stretching, and more to give your brain a break. Register for **9:00 a.m., 2:30 p.m. or both.**

### Friday Stretch



Sitting for long periods of time can play havoc with your posture and health. Pledge to move more by dropping in [every Friday](#) at **10:00 a.m.** to take a quick 15-minute stretch wherever you are.



# Debunking BMI

By Shannon Parks, MPH, RD, CPH, Cigna Nutrition Health Coach



Shannon Parks

Body Mass Index, or “BMI,” is a measured ratio of body weight compared to body height. The equation looks like this:

$$\text{BMI} = \frac{\text{weight (kg)}}{\text{height (m}^2\text{)}}$$

While BMI is widely used in the medical, health, and wellness communities to categorize health status and disease risk, the original inventor had none of that in mind when he created the equation.

In 1832, Adolph Quetelet, a Belgian astronomer created the [Quetelet Index \(QI\)](#) that measured the ratio of a person’s weight to their height with the intention of testing mathematical laws of probability. Although it would later become what we know as BMI, the data was not intended for medical providers studying human health conditions and has some limitations. It is based exclusively on the white, European male population and doesn’t take into account differences in age, gender, body frame, body fat composition, body fat distribution, changes in muscle mass as we age, [nor diversity in populations and ethnicities](#).

So, how did the Quetelet Index come to be the BMI that we know today? In the early 1970s, researcher Ancel Keys proposed that the Quetelet Index be called the Body Mass Index because he didn’t agree with the weight tables used by insurance companies at that time. He further proposed that the BMI table be used to study and link health, disease, and “obesity.” However, even that BMI table has changed over time.

In 1998, the National Institute of Health decided to lower the BMI category thresholds. Overnight, 29 million Americans became “overweight” and “obese” and it wasn’t because they’d binged before bed. This change was based on a decision founded on a World Health Organization report from 1996, written by the International Obesity Task Force, which [recommended the BMI category of “overweight” be reduced](#). Ironically, this report was funded by two major companies that manufacture weight loss medications.

At this point you may be asking yourself, “If BMI isn’t the best indicator of overall health, and the numbers don’t represent the general population, what good is it?” Body mass index can be helpful as a data point for those who are looking to change their body weight and want to use these numbers as a form of “non-scale victories.”

Your Onsite Cigna Health Coaches can help you monitor your BMI relative to your health using our in-office Tanita

scale which measures your BMI and other weight-related information on the spot. To discover your BMI and talk about what this means for you, reach out to your Onsite Cigna Health Coach and schedule your free session today.

| Classification | Original BMI Scale (Pre-1998)        | Today’s BMI Scale (Post-1998) |
|----------------|--------------------------------------|-------------------------------|
| Underweight    | Not a category at the time           | <18.5                         |
| Normal Weight  | 18-26.9 for women<br>18-27.9 for men | 18.5 - 24.9                   |
| Overweight     | >27 for women<br>>28 for men         | 25 - 29.9                     |
| Obese          | Not a category at the time           | >30                           |



Cigna Nutrition Health Coach [Shannon Parks](#) provides coaching on nutrition and wellness.

## What can a coach do for you?

Here’s a testimonial from an employee who worked with Shannon.

“I am thrilled that I connected with Shannon to be part of my personal wellness team. She was recommended by a fellow coworker. She is helping me set realistic goals and to focus on what is most important in terms of my personal nutritional journey. She gives me tools to help me reach milestones, challenges me to evaluate my “why” and encourages me to celebrate the micro wins along the way. With her coaching skills and nutrition expertise, I’m confident I’m on the right path to making better choices tailored made for my long-term overall health.”



## Annual Enrollment for 2023 Benefits

Enroll in OPUS from November 1 to 15, 2022

All employees, including new hires and those declining coverage, must enroll for benefits in OPUS between November 1 and 15, 2022. We will be offering in-person and virtual information sessions at a variety of convenient times for you. Stay tuned for more information coming soon by email.



# Mammogram Events



**Designed especially for Pinellas County Government employees, this VIP program gives first access to appointments.**

**WHO:**

Pinellas County Government employees with insurance, as well as covered spouses.\*

**WHAT:**

A 3D mammogram screening is covered at 100% as an annual preventive screening for women age 40 and older.

**WHERE and WHEN:**

**Susan Cheek Needler Breast Center**  
Morton Plant Hospital-Axelrod Pavilion  
400 Pinellas St., Suite 100, Clearwater  
October 21, 2 pm - 6 pm  
November 1, 2 pm - 6 pm  
November 14, 12:30 pm - 6 pm

**BayCare Imaging – Carillon**  
900 Carillon Parkway  
St Petersburg  
October 28, 12:30 pm - 4 pm

To learn more, visit [Mammogram Events](#).

\* If you are outside the Pinellas County Government insurance plan, please check with your insurance provider.

Scan QR code or click below to register:



[Register now](#)

#inourhands



## WELLNESS CHAMPION SPOTLIGHT

### Lauren Smith

Human Resources

Every department has a [Wellness Champion](#) who helps to communicate important wellness events, reminders and updates, as well as support you. They do amazing work and we'd like for you to get to know them!



#### *How long have you worked for Pinellas County?*

I have worked for the County for 1 year and 10 months. I spent 9 months at the Tax Collector's Office before transferring to Human Resources. Before officially being hired, I was also an intern for the Organizational and Talent Development team in HR.

#### *Tell us a little about yourself.*

I love living in the beautiful sunshine state and having the chance to enjoy ~mostly~ sunny weather year-round. I have 2 pups and one kitty that I spend my time with at home. I also love cooking homemade meals, playing video games, working out, and playing tennis. I play doubles tennis on a league each season, and I am hoping to play more in the future or some USTA matches.

#### *Why did you want to serve as a Wellness Champion?*

When I was around 11 years old, my dad and I were both overweight. My dad wanted to make a change, and we worked together to build a healthy relationship with food/exercise. To this day, at 25 years old, we still go to the gym together every weekend. He's been a great motivator, and when I was asked to be a Wellness Champion earlier this year, I was excited to help motivate others in their wellness journey just like my dad did with me 14 years ago.

#### *What do you do to take care of yourself?*

I aim to be active every day. If I am too tired to work out one day or simply don't want to, I'll walk my dogs around my neighborhood or do some yoga in the living room. I help myself stay motivated by offering myself an array of options

whether it is going to the gym, playing tennis, playing a pick-up basketball game at the recreation center, etc. The options I have and opportunities I take help me stay motivated and avoid boredom. I also attempt to cook at home and meal-prep most weeks. This helps me make less impulsive meal decisions when I have leftover food in the fridge.

## 'Tis the Season to MAINTAIN Healthy Holiday Habits

Registration opens  
Monday, October 31st

You are unlikely to experience snow this winter, but you are very likely to experience piles of food, to-do lists, and stress! The **Maintain Campaign** is a fun 8-week challenge that provides tools and team support to help you maintain your weight and keep healthy habits during the holiday season.

### Get Ready

1. Create a team
2. Designate a captain
3. Come up with a name

### Need a Team?

If you don't have a team but would like one, contact Wellness at [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org). We will do our best to match you with a team. Watch your email for the registration information on October 31st. The Challenge dates are **November 14 through January 8, 2023**.

## 2022 Biometric Screening and Health Assessment

### 1... 2: Invest in You!

Looking to save \$500 on your medical premium in 2023? Watch the recorded [biometric screening info session](#) to better understand how the process works, and follow step-by-step instructions on how to complete your screening. The deadline for completing both the survey and the health assessment is **December 20, 2022**.

#### How to Check Your Biometric Screening and Health Assessment Completions

To verify your completions, please follow the steps in the [Completion Help Guide](#). Keep in mind it takes approximately 3 weeks for your biometric screening to show as completed on myCigna and about 24 hours for the health assessment to appear as 'completed'.

**NEW DATE!**  
Complete by  
**Dec. 20,  
2022**



# Sauerkraut Soup



Celebrate German American and Polish American Heritage Month by trying a delicious and nutritious ingredient commonly used in both cultures — sauerkraut. Sauerkraut is chopped cabbage that has

been fermented and is a nutrient dense food that offers an excellent source of many nutrients including vitamin C, folic acid, potassium, vitamin B-6, calcium, biotin, magnesium, and manganese. Also, fermented foods improve gut health, digestion, immunity, heart, and mental health.

Cozy on up with this healthier version of authentic sauerkraut soup, a favorite in Germany and other eastern European countries. The combination of tangy sauerkraut, simmered onions and garlic, and a kick of paprika will have you daydreaming of colorful fall foliage.

## Ingredients

- 1-1/4 cup sauerkraut
- 1 onion chopped
- 1 large garlic clove crushed
- 4-1/4 cups cold water (1 liter)
- 1/2 teaspoon ground paprika
- 2 tablespoons chopped fresh dill
- 1/2 teaspoon ground caraway seeds
- 1/2 lb of lean meat of choice (chicken, sausage, turkey, etc)
- 1-2 tablespoons cooking oil
- 2/3 cup sour cream
- Salt and pepper to taste

## Directions

1. Rinse the sauerkraut in cold water and leave to drain.
2. Place sauerkraut, onion, garlic and cold water in a large saucepan with seasoning. Bring to a boil, then simmer for 15 minutes.
3. Preheat a large skillet over medium-high heat with cooking oil. Brown meat in skillet, mix paprika into meat. Once thoroughly cooked, mix meat into the sauerkraut mixture. Return to a gentle simmer for another 15 minutes then add the dill and caraway seeds. Stir in the cream, reheat slowly until just before boiling.

Makes 4 servings. Nutrition Information per serving (1 cup): Total Calories 298, Total Fat 26g, Saturated Fat 9g, Healthy fat 15.4g, Fiber 0.7g, Carbohydrates 3.8g, Sugar 2.1g, Protein 11.2g, Sodium 1219mg, Calcium 158mg, Magnesium 27mg, Selenium 1.9mg, Potassium 160mg

Recipe By Nicki Lanauze

# Celebrating Work & Family Month

By Nicki Lanauze, Wellness Technician

National Work and Family Month reminds employees of the importance of balancing quality time with family, friends, self-care and work obligations, as well as taking advantage of their employer's work-life initiatives. Finding balance between it all is no easy task. This is why the Pinellas County Wellness Program provides a diverse set of tools and resources for employees and their families to help balance work-life and improve overall wellbeing.

Take advantage of EAP counselor Lorelei Keif's [Family Life: The Juggling Act Webinar](#) to identify pressures that drive the family juggling act and learn how to refocus priorities. Also, be sure to stay up to date on new and past wellness webinars that include helpful tools and strategies to maintain physical, emotional, social, and financial well-being. Visit [Wellness Classes](#) to see upcoming classes and view previously recorded webinars.

We recognize that employees' personal and workplace roles and responsibilities come in all shapes and sizes. If you are looking for a little more personalized guidance, do not hesitate to utilize our free [Employee Assistance Program](#) (EAP) that can help coach you or any member in your household through challenges.

This October, take charge of your work-life balance. Before the hustle and bustle of the holidays, do an inventory of your time. Are there places you need a little extra support or firmer boundaries? Start with small changes for long lasting results. Don't hesitate to use the free resources provided to you by the Pinellas County Wellness Team!

To get started, reach out to our onsite Employee Assistance Program (EAP) Counselor [Lorelei Keif](#) at (727) 464-4555, Option 4. Or call Cigna EAP 24/7 at (800) 862-3557, Option 4.

## EAP Wellness Webcast



We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2 p.m.** [Sign up now](#) and stay tuned for more throughout the year.

- **October 19 – Managers: Leading with Emotional Intelligence:** Emotional intelligence is a key leadership trait. We'll take an in-depth look at the role of emotions in the workplace, learn what emotional intelligence looks like in a management role, and gain strategies for using it to inspire, build relationships, and manage conflict effectively.



# Reaching your health goals is as sweet as it sounds.

Forget the ghouls and goblins: overdoing it on pumpkin spiced lattes and Halloween treats sounds even scarier! We pulled together some of our favorite tricks to help you prioritize your health in the season of sweets:



See if you're eligible for Omada in just 1 minute:

[omadahealth.com/pinellascounty](https://omadahealth.com/pinellascounty)



### Wait until the last minute.

Whether you're expecting trick-or-treaters or throwing a party for your family/pod, wait until the last minute to buy candy so you aren't tempted to eat it before they come knockin'.



### Skip your favorites.

Buy the candies that aren't your personal favorites to avoid the temptation to binge.



### Store it out of sight.

In the days leading up to Halloween, store candy out of sight (not in the kitchen!) so it's not easily reachable.



### Focus on the fun.

Enjoy Halloween for the costumes and decorations and spooooky movies. Arrange activities that shift the focus from food to fun.

**No tricks here:** Omada helps you lose weight, gain energy, and improve your overall health. We'll match you with a Health Coach you can talk to anytime, anywhere—and you'll never pay a dime.

## Tobacco Classes

To avoid a tobacco premium of \$500, employees on the Pinellas County medical plan who use tobacco have between August 1, 2022 and March 31, 2023 to complete a qualified tobacco cessation program. The premium does not apply to spouses.



[Tobacco cessation program options](#) include virtual classes from Tobacco Free Florida and Cigna phone coaching.

### Upcoming Classes

#### Virtual

- Thursdays, 1:00 p.m. to 2:00 p.m., October 20, 27, November 3, 10
- Mondays, 12:30 p.m. to 1:30 p.m., October 24, 31, November 7, 14
- Wednesdays, 11:30 a.m. to 12:30 p.m., November 30, December 7, 14, 21

#### In-Person

- Justice Center, 14250 49th Street North, Clearwater, Wednesdays, 12:00 p.m. to 1:00 p.m., October 19, 26, November 2, 9
- Public Works, 22211 US Hwy. 19 N., Building 1, Thursdays, 8:00 a.m. to 9:00 a.m., November 29, December 6, 13, 20

Register now for upcoming classes by calling the local Tobacco Free Florida agency, Area Health Education Center, (813) 929-1000 or use the [online registration form](#).

## Upcoming Blood Drives



Please donate! Walk-ons are welcome or you can [schedule an appointment](#)

- **Clearwater Courthouse**  
315 Court Street (west parking lot)  
**October 12, 11:00 a.m. to 4:00 p.m.**
- **Public Works**  
22211 U.S. Hwy. 19 North, Clearwater (in front of the Survey Building)  
**October 27, 12:00 p.m. to 5:00 p.m.**
- **STAR Center**  
7887 Bryan Dairy Road, Largo  
**October 18, 9:00 a.m. to 1:30 p.m.**
- **Tax Collector (Mid County)**  
13025 Starkey Road, Largo  
**October 12, 11:30 a.m. to 2:30 p.m.**
- **Tax Collector (North County)**  
29399 U.S. 19 N., Clearwater  
**October 24, 11:00 a.m. to 2:00 p.m.**
- **Utilities**  
14 S. Ft Harrison Avenue, Clearwater  
**November 2, 11:00 a.m. to 4:00 p.m.**



# October 2022 Group Fitness Classes

| Monday   | Tuesday  | Wednesday  | Thursday   |
|--|--|--|--|
|  |  |  | <b>6:30 to 7:10 am</b><br><b>Walk &amp; Talk (Outdoor)</b><br>Shannon<br>10/6, 10/13,<br>(no class 10/20, 10/27) |
| <b>12:15 to 12:45 pm</b><br><b>Core &amp; Balance</b><br>Stephen<br>10/3, 10/10, 10/17<br>10/24, 10/31 | <b>12:15 to 12:45 pm</b><br><b>Spin</b><br>Stephen<br>10/4, 10/11, 10/18<br>10/25                  |  |  |
|  | <b>5:15 to 6:15 pm</b><br><b>Solely Strength</b><br>Janan<br>10/4, 10/11, 10/18<br>10/25           | <b>5:30 to 6:30 pm</b><br><b>Urban Line Dancing</b><br>Jolanda<br>10/5, 10/12, 10/19,<br>10/26 | <b>5:15 to 6:15 pm</b><br><b>Yoga</b><br>Kelli<br>10/13, 10/20, 10/27<br>(no class 10/6)                         |
|  | <b>6:15 to 7:15 pm</b><br><b>Step 'n' Sculpt</b><br>Lisa<br>10/11, 10/18, 10/25<br>(no class 10/4) |  |  |

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater.

## Pre-Registration Required

- To sign up, visit [Fitness Class Registration](#).
- Sign up opens one week before class.
- Registrants who do not show up for class within 5 minutes of start time will lose their spot.
- If a class is full (8-person limit), you can wait on standby and join the class if a spot opens up.
- If unable to attend, cancel your registration or email [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org).

## Class Descriptions

**Core & Balance** (30 minutes): An all-level workout to strengthen mid-body muscles which help maintain range of motion and a healthy back.

**Solely Strength** (1 hour): An all-level workout that focuses on building endurance, strength, lean body mass, bone strength and decreasing body fat.

**Spin** (30 minutes): Get an intense cardio workout which can be modified for all fitness levels. You control your resistance and speed.

**Step 'n' Sculpt** (1 hour): Get your heart rate up with step cardio, tone your core and abs using a variety of equipment, and show your muscles some love with a feel-great stretch.

**Urban Line Dancing** (1 hour): Fun dance class suited for all levels that's an excellent stress reducer, muscle toner and leg strengthener.

**Walk & Talk** (40 minutes): Start your day off on the right foot by walking and talking with Shannon, your [Cigna Onsite Nutrition Health Coach](#). Get your steps in while discussing nutrition, healthy lifestyles, and being the best version of yourself. Meet inside the Wellness Center at the front desk.

**Yoga** (1 hour): All fitness levels are welcome. Take a pause in your day and roll out your yoga mat. Recover from stress and develop strength and flexibility in this smooth yoga flow that unites breath and movement and ends with a deep, relaxing stretch.

Bookmark the [Group Fitness Class Schedule](#).

