

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



SEP 2022

Physical Well-being: Pain-Free Movement

By Nicki Lanauze, Wellness Technician

Our bodies were designed to move, making physical activity the cornerstone of physical health. However, in the past 100 years, lifestyles have changed dramatically. Modern advances have greatly improved efficiency and capabilities, yet they have also created a world where we don't need to move as much. Most Americans sit between [6.5-10 hours per day](#) (driving, on electronic devices, sitting at a desk, etc.), which leads to both tight and weak muscles and increases the risk of injury and chronic pain, not to mention other health conditions such as heart disease, diabetes and dementia.



Wellness professionals recommend physical activity, but I would also put forth that it is just as important, and these days, maybe even more so, to stretch. Consider physical well-being as a three-prong approach: stretching, addressing muscle imbalances, and adding in a variety of different movements into your life.

The Power of Stretching

Stretching lengthens muscles to allow for full joint range of motion, allowing us to reach, bend, and twist safely and efficiently (something we do all day long!). It only takes a second and a tiny tweak of a muscle to injure ourselves.

Stretching does not require any fancy equipment and can be performed sitting, standing or lying down. Although not required, special equipment can make it easier to stretch or target a specific area of concern. Some may be in your gym or home already!

- [Wall/Door Frame](#)
- [Foam Roller](#) (available at the Clearwater Wellness Center)
- [Trigger Point Ball](#) (available at the Clearwater Wellness Center; can also use tennis ball)
- [Back/Neck Hook Massage Tool](#)
- [Massage Gun](#)
- [Stretch Cage](#) (available at the Clearwater Wellness Center)

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Hispanic Heritage Month: Focus on Health

By the Wellness Team

This month, we celebrate Hispanic Heritage to highlight the community's many contributions to America including music, art, food, science, medicine, and public health.



To learn about a few of them, go to [page 7](#).

'Hispanic' and 'Latino/Latina' are mostly used interchangeably; however, for some the terms represent two distinct groups. 'Hispanic' includes individuals from any Spanish speaking country, whereas 'Latino/Latina' refers specifically to people from Latin America (Mexico, Central America, parts of the Caribbean and South America). Hispanic racial and ethnic identity is [complex](#), as some consider their heritage as their race, others their ethnicity, and some as both, making it difficult for the U.S. Census Bureau to measure the Hispanic population.

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Hyperlipidemia: What's the Hype?

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



Shannon Parks

Healthcare professionals everywhere encourage adults to lower both their cholesterol levels and their cholesterol intake, but what does that mean? Hyperlipidemia is a medical diagnosis where the blood has too many fatty substances and particles called cholesterol and triglycerides. High cholesterol, on the other hand, is a medical diagnosis that represents

elevated cholesterol particles in your blood while your triglyceride particle levels may be within normal levels. Those fat particles in our blood, or lipids, help maintain certain body functions, such as making new cells and energy production.

Though scientists and researchers don't yet know an exact cause of hyperlipidemia, there are several known contributing factors such as lifestyle, diet, genetics, gender, and age. Lifestyle contributors consist of being overweight, physically inactive, and tobacco use. Diets high in saturated fat, found in animal and dairy products, also contribute to high cholesterol and triglyceride levels. Additionally, after the age of 20, your cholesterol naturally starts to rise. In men, this levels out around the age of 50, while women won't often see a spike in cholesterol levels until menopause. If you have a family history of high cholesterol, high triglycerides, or hyperlipidemia, you may have a genetic factor at play which is described as [familial lipid disorder](#).

Blood tests determine [levels of cholesterol and triglycerides](#) and measure total cholesterol, triglyceride levels, HDL ("good") cholesterol levels, and LDL ("bad") cholesterol levels. Ideal levels are as follows:

Lab Test	Ideal Level
Total Cholesterol	Less than 200mg/dL
HDL "Good" Cholesterol	40mg/dL or higher for men, 50mg/dL or higher for women
LDL "Bad" Cholesterol	Less than 100mg/dL (or less than 70mg/dL for those at risk of heart attack)
Triglycerides	Less than 150mg/dL

*If your LDL cholesterol is 190mg/dL or more, it might mean that you have a familial lipid disorder.

If your doctor determines you have [high cholesterol, high triglycerides, or hyperlipidemia](#), there are two common treatment approaches: lifestyle management and/or statin medications. The overarching treatment goal is to reduce cholesterol levels, thereby lessening the chances of a heart attack, stroke, and hardening or narrowing of arteries due to plaque build-up. Lifestyle changes can also provide a positive improvement in cholesterol and triglyceride levels. Eating a heart-healthy diet (low in saturated fat from animal products and dairy, sodium, alcohol, and added sugar), maintaining a healthy body weight, being physically active most days of the week, and tobacco cessation all help lower cholesterol and triglyceride levels.

If you're interested in promoting heart health, or lowering your blood lipid levels, consult with your in-network physician or reach out for a free health coaching session with your onsite Cigna Health Coaches.



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

2022 Biometric Screening Info Sessions

1... 2: Invest in You!

Looking to save \$500 on your medical premium in 2023? Tune in to a biometric screening info session to better understand how the process works, follow step-by-step instructions on how to complete your screening, and get answers to any questions you may have. Don't delay! The deadline for completing both the screening and the health assessment is December 20, 2022. The session includes a 30-minute tutorial with optional Q&A to follow.

- [Thursday, September 15 at 8:15 a.m.](#)
- [Monday, September 19 at 12:15 p.m.](#)
- [Wednesday, September 28 at 1:15 p.m.](#)
- [Thursday, October 6 at 12:15 p.m.](#)

NEW DATE!
Complete by
Dec. 20,
2022



September Wellness Webinars

Building Resilience to Manage Stress



[Register now](#) for this 7-week 30-minute webinar series with [Shannon Parks](#). You'll get tools to better manage your stress and enhance resiliency. Begins **September 16 at 12:30 p.m.** and continues every Friday until October 28.

Cook Along Kitchen: Dress Up Your Meals



[Register now](#) for a 30-minute cooking demo with [Shannon Parks](#) on **September 20 at 12:00 p.m.** Learn how to dress up your meals with homemade sauces to reinvent household dinners week after week.

Garden for Life: Pollinator Gardening



[Register now](#) for a 1-hour webinar on **September 22 at 12:00 p.m.** Pollinator gardens are beautiful and crucial to healthy food and eco systems. Get valuable resources to grow your own pollinator oasis for insects, birds and more.

Financial Well-Being

Financial Setback: Regroup and Rebuild



[Register now](#) for a 1-hour webinar by Financial Coach Mike Sullivan on **September 14 at 12:00 p.m. or September 27 at 12:30 p.m.** to better understand how to assess a financial setback and the impact on your finances. Learn steps to take action, stay on course, and prepare for future difficulties.

Inflation and Stress: What Can I Control?



[Register now](#) for a 1-hour webinar by Financial Coach Regina Novak on **September 23 at 12:30 p.m. or September 29 at 12:00 p.m.** to explore the impact inflation has on each of us personally so we can navigate these times with more confidence and less financial stress.

FRS Retirement Preparation



Register now in [OPUS](#) or the [Learning Catalog](#) (SharePoint) for 90-minute webinars from the Florida Retirement System (FRS):

- *Getting Ready for Retirement* on **September 15 at 8:30 a.m.**
- *Social Security and Your Retirement* on **September 21 at 11:30 a.m. or 1:00 p.m.**

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](#) at **2:30 p.m.** for 15 minutes to enjoy word games, trivia, stretching, and more to give your brain a break!

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.



Mental Health: Is It All in Your Head?

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



Brittany Hartup

Though the terms mental health and mental illness are sometimes used interchangeably, they are not the same. [Mental health](#) is the state of our overall emotional, psychological, and social well-being. It ebbs and flows based on environmental factors. While mental health is an ever-changing state of mind, think of mental illness as a fixed or long-term trait that interferes with our

ability to engage in our everyday lives. [Mental illnesses](#) meet criteria within a diagnostic manual called the DSM-IV. Both mental health and illness affect how we handle stress, relate to others, and make healthy choices. Both can increase the risk for [diabetes](#), [heart disease](#), and stroke when poorly managed.

In 2020, approximately 67.1 million (just over 26%) adults 18 and older were documented as living with a mental illness in the United States. It's estimated that [2 in 5 children and adolescents](#) will meet diagnostic criteria for a mental illness by the time they turn 19. There is no single cause for mental illness, and [risks](#) can include any combination of factors such as trauma, genetics, and substance use. Biologically, some mental illnesses have been linked to a dysfunction of neurotransmitters, which are chemical substances responsible for transferring nerve impulses from one nerve fiber to another, to muscles, or other structures in the brain.

With over [200](#) diagnosable mental illnesses, two common categories include anxiety (ex: panic disorder and obsessive-compulsive disorder) and mood disorders (ex: depression and bipolar disorder). You may also be familiar with attention deficit hyperactivity disorder (ADHD), schizophrenia, and post-traumatic stress disorder (PTSD).

Seeking help for mental health or illness can feel like a catch-22 situation. We may suspect we need to speak with someone about our concerns, but the thought of trying to pick a provider is overwhelming. How do we start our treatment journey when analysis paralysis makes us want to shove everything aside and take care of it later (or not at all)?

Your mental health deserves as much care and treatment as diabetes, hypertension, or high cholesterol. Don't let stigmas on mental health keep you from seeking help.

You deserve to live your fullest, happiest life.

If navigating your provider options on your own feels too big to handle, you can start by talking to your [primary healthcare provider](#). You can also reach out to your onsite [EAP counselor Lorelei](#) for guidance. Need help urgently? For emergencies, always call 911. You can also reach out to the Suicide & Crisis Lifeline by calling or texting 988, or [online chat](#).



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

Learning to Talk About Suicide

By Lorelei Keif, LCSW, Cigna EAP Counselor



Lorelei Keif

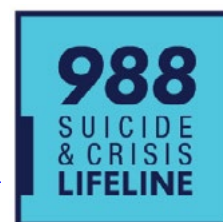
I am so grateful to have this opportunity to talk about different mental health topics. With September being National Suicide Prevention Awareness Month, it felt like the right time to discuss suicide prevention. The collective goal is to increase awareness about this sensitive topic. Talking about prevention is so important, even if it can feel awkward at first.

It is necessary if we want to make a positive impact on mental wellness in our families and communities. The [NAMI](#) (National Alliance on Mental Illness) website states September "is a time to raise awareness on this stigmatized and often taboo topic."

I want to share one article in particular on how to talk about suicide, a September 25, 2020 piece entitled [10 Things Suicide Attempt Survivors Want You To Know](#). The article started off by clearing the air about even talking about suicide. In the article, Diana Cortez Yanez shared her opinion, stating that "the biggest misconception about suicide in general is not saying the word 'suicide'. That it will trigger someone considering suicide or who has attempted suicide in the past to attempt again." She goes on to say it is important to "say something with love and concern, and try not to assume anything,"

Most people in crisis want a connection. They want to be heard, to be listened to. And you don't have to know what to say. Read that again — it's ok if you don't know what to say. Just be attentive and caring. Listen or offer to call the suicide hotline together (now 3 digits - 988). Many people considering suicide want a break from the stress

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Free Onsite Flu Shots & More

Vaccination Clinics at 9 Locations

Vaccines available:

- Flu
- Shingles
- Pneumonia
- Hepatitis A and B
- Tdap (Tetanus, Diphtheria, Pertussis)

NEW in 2022:

- Flu shots earn a Wellness Incentive Program reward of \$25 or 6,500 points.
- Earn the flu shot incentive at an onsite clinic or any other location such as Walgreens, CVS, etc.

Make an online appointment by entering the location zip code in the Publix scheduler using the Sign Up link or the QR code. **Scheduling opens 7 days prior to the clinic.**

Location	Date	Sign Up Link
Annex Building, Room 130 400 S. Fort Harrison Avenue, Clearwater 33756	Tuesday, October 4 7:00 - 10:00 a.m.	Sign Up (opens 9/27)
Justice Center 14250 49th Street North, Clearwater 33762	Thursday, October 6 12:00 - 2:00 p.m.	Sign Up (opens 9/29)
Parks and Conservation Resources 12520 Ulmerton Road, Largo 33774	Tuesday, October 4 11:00 a.m. - 1:00 p.m.	Sign Up (opens 9/27)
Planning & Community Development 310 Court Street, 1st Floor, Clearwater 33756	Monday, September 26 11:30 a.m. - 1:30 p.m.	Sign Up (opens 9/19)
Public Works 22211 Highway 19 N., Bldg. 1, Clearwater 33765	Tuesday, September 27 7:00 - 9:00 a.m.	Sign Up (opens 9/20)
Safety & Emergency Services (onsite employees only) 10750 Ulmerton Road, 3rd Floor, Largo 33778	Monday, October 3 7:00 - 9:00 a.m.	Sign Up (opens 9/26)
Solid Waste 3095 114th Avenue N., St. Petersburg 33716	Wednesday, October 5 1:30 - 3:30 p.m.	Sign Up (opens 9/28)
STAR Center 7887 Bryan Dairy Rd., Largo 33777	Thursday, September 29 12:30 - 2:30 p.m.	Sign Up (opens 9/22)
St. Pete/Clearwater Airport, 2nd Floor Offices 14700 Terminal Boulevard, Clearwater 33762	Tuesday, September 27 12:00 - 2:00 p.m.	Sign Up (opens 9/20)



Questions? Read the FAQs at www.pinellascounty.org/hr/flu.

Contact Wellness at (727) 464-3367, option 1, or wellness@pinellascounty.org.



Wellness Champion Meeting Recap

On August 16, Wellness Champions and their supervisors gathered at the semi-annual Champion meeting, which was the first in-person meeting since the pandemic and a wonderful opportunity to finally connect face to face.



The gathering centered around the theme *Follow the Trail to Wellness* and included a Wellness Program semi-annual summary, important news and updates, as well as educational components around physical, social, emotional and financial health presented by our new onsite Cigna staff.

The Wellness Team extends our heartfelt appreciation for all the Champions do to support employee wellbeing. We could not do it without them!

View the [Wellness Champions List](#) to find your Champion.

WELLNESS CHAMPION SPOTLIGHT

Clint McWilliams

Building & Development Review Services

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!



Clint McWilliams

How long have you worked for Pinellas County?

Three years with Building and Development Review Services, initially as an Engineering Technician, currently as a Development Project Manager.

Tell us a little about yourself.

I was raised primarily in northwestern Pennsylvania by a single mother, with the help of my wonderful grandparents. I was a 4-year varsity wrestler in high school, which is a very popular sport in the region. Wrestling started my interest in personal fitness and gave me a very dedicated work ethic. I studied Architectural Technology after high school and began my professional career as a computer-aided drafter. I've been singing, playing, and performing music leisurely throughout my life.

About 20 years ago, I relocated to the area. My wife Tara and I were married in 2005 and our son was born 4 years to the day after our wedding. We sing together which brings us both a lot of joy to perform. I'm a huge baseball fan, and the Tampa Bay Rays is my team. I also enjoy comic books and watching movies with my family. Before starting with the County, I spent many years as a site designer/project manager for some local civil engineering firms.

Why did you want to serve as a Wellness Champion?

The greatest reward I receive from working for the County is knowing that I helped someone with their project; be it a homeowner, business owner, developer, or contractor. Since I've been with the County, I've utilized the Wellness Center regularly, which is a great benefit and has helped me get in the best shape of my adult life. I've eliminated chronic pain I used to experience from a sedentary desk job, my blood pressure is lower, I've improved my sleep, and reduced stress. Being a Wellness Champion is a way for me to give back and connect with my coworkers in attempt to help them feel better mentally and physically. I've also been a regular blood donor most my life and overwhelmingly support donating blood to save lives. Regular [blood drives](#) are an additional resource the Wellness Program provides, and I'd like to help increase participation.

What do you do to take care of yourself?

I take regular walks with our dog, Sophie, sometimes as a family outing at a local park. My 30-40 minute lunch workouts include core and balance training, weight training, calisthenics, and light cardio. My wife keeps me focused on a good diet and I try to eat healthy most of the time, although I do have my cheat days. My favorites include fish (raw or cooked) and I eat a lot of fruit and enough vegetables. In recent years I've been enjoying Kimchi and have learned more about the importance of probiotics to support gut health which strengthens the immune system and reduces inflammation.

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.

- **September 21 - The Power Of Authenticity:** Does your public image match your inner truth? Discover the benefits and growth that can come when it does. And learn how to make it so.



Hispanic Pioneers in Health and Medicine

Abridged from an [article](#) by Stacy Weiner, American Association of Medical Colleges

These inspiring leaders launched advances in medicine and research that led to Nobel Prizes, life-changing cures, and better care for millions of people. We share their incredible stories.

Serena Auñón-Chancellor, MD: From Space to COVID-19 Wards

Auñón-Chancellor became an astronaut in 2011 and was the [first Hispanic physician](#) to spend six months conducting research related to Parkinson's and cancer aboard the International Space Station (ISS). Since completing her flight mission, Auñón-Chancellor treats patients and trains residents at LSU Health Sciences Center in Baton Rouge. In both space travel, and caring for coronavirus patients, [she felt strongly](#) that she was "performing a tremendous service and fulfilling a sense of purpose."

Jane Delgado, PhD (1953-): Empowering Millions

Delgado battled racial and ethnic inequities, taught countless people how to care for their health, and led the National Alliance for Hispanic Health (NAHH) as its first woman president. She has also produced more than a dozen health-related books. Among them is the groundbreaking "Salud: The Latina Guide to Total Health", first published in 1997, which encouraged women to focus on self-care.

Julio Frenk, MD (1953-): Toward Worldwide Well-Being

Raised in Mexico, Frenk is recognized as an authority on global health and currently serves as the first Hispanic president of the University of Miami. As Mexico's Minister of Health, he expanded health care to more than 55 million [previously uninsured people](#). Frenk also served as dean of

the Harvard School of Public Health where he encouraged faculty and students to address what he identified as [the world's greatest health threats](#): poverty and humanitarian crises, social and environmental dangers and pandemics.

Ildaura Murillo-Rohde, PhD, RN (1920-2010): Changing the Face of Nursing

A native Panamanian, Murillo-Rohde was a powerhouse advocate, nurse, therapist, and educator. She studied nursing in Texas, where she was dismayed by how few Hispanic nurses were available to serve and support the unique concerns of a large Hispanic population. She was the [first Hispanic dean of nursing at NYU](#) and created the National Association of Hispanic Nurses.

Antonia Novello, MD (1944-): Fighting for the Vulnerable

Puerto Rican born Antonia Novello was both the first female, and the first Hispanic U.S. Surgeon General. She pursued a career in public health, eventually working for the National Institutes of Health. As surgeon general, Novello worked to battle health inequities among poor and minority groups, focused on protecting the young and the vulnerable and addressing such issues as underage drinking and cigarette ads that targeted children.

Severo Ochoa, MD (1905-1993): Unraveling RNA

Ochoa made vital advances in breaking the human genetic code, as well as contributing research in photosynthesis and vitamin B's function in the body. In recognition of his work, in 1959 he became [the first Hispanic American](#) to win the Nobel Prize in physiology or medicine.



Picadillo

Recipe from [U.S. Department of Agriculture MyPlate](#)

The precise origins of Picadillo are unknown, but this traditional dish can be found throughout many Latin American countries, Spain, and Mexico. While each region adds its own twist, the main ingredients consist

of ground or minced meat, tomatoes, and onions. This simple but fun recipe can be paired with rice, tortillas, or even potatoes. Amp up the health factor by using brown rice, whole grain tortillas or potatoes with the skin on (which contains nutrients).

Ingredients

- 1 pound turkey, ground, 85% lean
- 1 onion (chopped)
- 5 carrots (small, diced)
- 2 zucchini (medium, or other squash)
- 2 potatoes (medium, diced)
- 1 cup cooked brown rice or whole grain tortillas
- 1 teaspoon salt
- Black pepper (to taste)
- 1/2 teaspoon cumin
- 1 1/4 cups Mexican style tomato sauce (10 1/2 ounce can)
- 1 teaspoon cornstarch

Continued on [page 8](#)



Directions

1. Brown ground turkey in a non-stick frying pan.
2. Add onions, carrots, squash, potatoes, salt, pepper, and cumin. Sauté for about 5 minutes.
3. Add tomato sauce and just enough water to cover. Bring to a boil, then lower heat and simmer, uncovered, until vegetables are tender.
4. Dissolve cornstarch in about 1 Tablespoon of cold water, add to mixture, bring back to a boil until gravy thickens. Serve.

Makes 6 servings. Nutrition Information per serving (1 cup): Total Calories 254, Total Fat 10 g, Saturated Fat 3 g, Cholesterol 55 mg, Sodium 691 mg, Carbohydrates 25 g, Dietary Fiber 5 g, Total Sugars 8 g, Added Sugars included 0 g, Protein 17 g, Vitamin D 0 mcg, Calcium 81 mg, Iron 3 mg, Potassium 967 mg

What can a coach do for you?

Here's a testimonial from an employee who worked with Brittany.

“ In the 3 months that Brittany and I have worked together, I've quit tobacco, created healthier eating habits, improved my exercise regimen, and lost 10 pounds. She has been an amazing coach and mentor to work with, providing me with resources and alternative options that fit my needs. Brittany has gone above and beyond; for example, I was having trouble ordering tobacco cessation products for guidance. Within 30 minutes, she called me back and had taken care of everything. Brittany helped me pick a new primary doctor, and recommended meeting with a psychiatrist to review some medications I want to discontinue. ”

Learning to Talk About Suicide continued from [page 4](#)

and/or pain they are feeling. And some people wanting help aren't sure how to access it.

There are many warning signs to look for in preventing suicide. But opening up a pathway to talk about it with the people we care for is an important first step. The [NAMI](#) website is an excellent place to look for more information. Please know your EAP is here for you 24 hours a day (800-862-3557). If you or anyone you know is contemplating suicide, please call 988 or ask someone to help you get help. Together we can start the conversation.



Cigna EAP Counselor [Lorelei Keif](#) provides counseling and behavioral/mental health support.

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 Virtual Classes

- Thursday, 11:30 a.m. to 12:30 p.m., September 22, 29, October 6, 13

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](#)

- **Airport**
14700 Terminal Blvd., Clearwater (in front of the terminal main entrance)
September 15, 9:00 a.m. to 2:30 p.m.
- **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 to 5:00 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
September 20, 9:00 a.m to 1:30 p.m.
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.
- **Tax Collector (South County)**
2500 34th Street North, St. Petersburg
September 21, 11:00 a.m. to 1:30 p.m.



We're also here to help! Try our weekly [Friday Stretch Break](#) at 10 a.m. and [Move More](#) on-demand yoga (recorded by yours truly and tailored for all levels).

Pain-Free Movement

If you live with pain, getting through the day may be difficult. Depending on the root cause of pain, stretching may help since many everyday aches and pains result from sitting or standing for long periods of time, repetitive movement patterns, and improper form. Always check with your doctor to confirm root cause of pain, as they may prescribe a different course of action or eliminate certain types of movement if pain is caused by something else (like a torn muscle or herniated disk).

To avoid pain, the body resorts to altered movement patterns, which may result in muscle imbalance. Stronger, larger, smaller or weaker muscle(s) on one side creates imbalance in corresponding muscle(s) on the other. This pulls joints out of optimal alignment and leads to muscle instability, damage to joints, ligaments, and tendons, and increased risk of injury.

Correcting muscle imbalance is a three-step approach.

- Stretch and foam roll tight muscles
- Incorporate targeted strength exercises to strengthen weak muscles
- Slowly progress to full body exercises

To learn more, watch our [Pain-Free Movement Webinar](#).

Exercise

Exercise does not have to be 'no pain, no gain.' You don't have to run a 5K or attend weekly fitness classes to reap the benefits. The National Heart, Lung and Blood Institute defines [physical activity](#) as any body movement that works your muscles and requires more energy than resting. That is just about anything besides sitting and lounging around! If you're just starting out, take it slowly.

- Reimagine what exercise looks like by watching the [Joyful Movement webinar](#).
- Stick with it! Watch [Starting a Sustainable Fitness Routine](#) for tips on finding (and sticking to) the right exercise plan for you.
- Join us with [Move More](#) on-demand fitness classes (for all levels):
 - ✓ Bootcamp style
 - ✓ Core
 - ✓ Yoga
- Take advantage of our free [Employee Wellness Centers](#).

To address the myriad of ways Hispanics self-identify, over the past few decades, the [U.S. Census](#) has expanded response options for self-identification in order to more accurately measure Hispanic identity.

With an estimated [62 million](#) people in the United States, Hispanic people make up the [largest minority](#) in the United States and often face social, racial, and ethnic inequities, which may negatively impact access to quality, affordable healthcare and increase risk of certain health conditions. According to the [Centers for Disease Control and Prevention \(CDC\)](#), a quarter live below the poverty line, are 3 times more likely to be uninsured than white counterparts and may face language barriers.

Additionally, the CDC states that [nearly 45%](#) of Hispanic adults live with obesity; the second highest when compared to other ethnic or racial minority groups. Not unlike the general population, this contributes to the leading causes of death in the Hispanic population: heart disease and cancer; however, Hispanics have a [higher risk](#) of death from [diabetes](#), [kidney disease](#), and [chronic liver disease](#) than other groups.

Risk factors include what cannot be changed (non-modifiable) and what can be changed (modifiable) and vary among Hispanic cultures. Examples of non-modifiable risk factors include genetics, ethnicity, and age. Modifiable risks include diet, exercise, tobacco and alcohol use, and stress management.

So, how can you improve your health?

- Know your numbers! Measure and [track](#) your vital signs (like [blood pressure](#) and heart rate) regularly, and get lab work done at least annually. Getting your biometric screening is a great first step!
- Establish a relationship with a doctor and get an [annual physical](#).
- Engage in health coaching with your [onsite Cigna Health Coaches](#), Brittany and Shannon.
- Adjust your diet. This can seem scary or discouraging when your culture is so closely tied to your Hispanic identity, but finding healthy alternatives to some of your favorite foods can help lower the risk of heart disease and diabetes.
- See if the [Omada for Cigna Diabetes Prevention Program](#) is right for you. Omada is a free, personalized online health program aimed at reducing the chance of developing diabetes and heart disease.



September 2022 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday
			6:30 to 7:10 am Walk & Talk (Outdoor) Shannon 9/1, 9/8, 9/15, 9/22, 9/29
12:15 to 12:45 pm Core & Balance Nicki - 9/12 Stephen - 9/19, 9/26 (no class 9/5)	12:15 to 12:45 pm Spin Nicki - 9/6, 9/13 Stephen - 9/20, 9/27		
	5:15 to 6:15 pm Solely Strength Nicki - 9/6, 9/13 TBD - 9/20, 9/27	5:30 to 6:30 pm Urban Line Dancing Jolanda 9/7, 9/14, 9/21, 9/28	5:15 to 6:15 pm Yoga Nicki - 9/1 Kelli - 9/8, 9/15, 9/22 (no class 9/29)
	6:15 to 7:15 pm Step 'n' Sculpt Lisa 9/6, 9/13, 9/20, 9/27		

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.

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 while 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](#).

