

## NEW YEAR'S RESOLUTIONS SET THEM AND STICK TO THEM

**W**ith the start of a new year, many people decide to make changes in their lives. Steps toward a "new" direction are a wonderful way to ring in the new year. Some people will be fortunate to reach their goals. Others may struggle a bit along the way, if not give up completely. Don't be that person that is unsuccessful in reaching their New Year's Resolutions! This year, try something a bit different. Instead of going "all out" or "giving it up completely," try small attainable goals. If you decide to add exercise to your busy routine, start walking in your neighborhood two or three days a week. If you decide to quit smoking, reduce the number of cigarettes in stages, instead of quitting cold.

### **Remember the goal: Improve your health and wellbeing.**

A small change is positive all by itself. Acknowledging small moves in the right direction instills confidence and makes further movement in the same direction likely.

Also, don't beat yourself up if you slip. This is part of the change process. Look at these mishaps as learning opportunities, chalk them up to experience, and get back on your plan.

### **Some other helpful tips:**

- **Be specific in your goals.** Setting a loose goal for yourself such as "I want to be less lazy" doesn't give you much in the

way of motivation or direction. Tell yourself, "I will exercise three times a week" or "I will watch two hours less of television each day." You will be more apt to reach a goal if you know specifically what it is you are trying to achieve.

- **Don't keep it a secret.** Recruit your family, friends, and co-workers in your efforts. Their support and reassurance will go a long way as well as respecting your efforts.
- **Avoid triggers.** Early in your change efforts, many things may trigger interest in resuming the habit. You must be mindful to avoid these as much as possible during the first few weeks. Think about your actions as you go through your day. Ask yourself if your current decision is placing you closer to the decision to engage in the habit you are trying to break.
- **Respect your "bad habit."** Habits don't develop in a vacuum. They serve functions: to reduce stress, make tasks feel easier, enhance socialization. You can't just give up a bad habit, especially if it has endured for a long period of time, without understanding the value of your habit and considering methods for replacing it with something healthy.
- **Take up new passions.** Giving up a bad habit can be a perfect time to take up a good one. Perhaps it is time to learn how to play golf, enroll in a ballet class, or play the guitar. If your habit has served as a primary method of pleasure, you need to develop new ones, or rekindle old ones. Otherwise your life will feel like it is lacking something.

New passions will also serve as distraction during those first days and weeks when urges to engage in the bad habit are strong. The only person standing in your way of reaching your goals is **you!**

*It seems everyone has at least one resolution for the New Year, and they are proud to share it when asked about them. Among these goals, there are some you find more common than others.*

### **Most Common New Year's Resolutions**

- ✓ Losing weight
- ✓ Exercising more
- ✓ Quitting smoking
- ✓ Managing debt
- ✓ Saving money
- ✓ Getting a better job/education
- ✓ Reducing stress
- ✓ Taking a trip/vacation
- ✓ Volunteering more
- ✓ Getting organized
- ✓ Spending more time with family/friends

Source: Life Advantages, Parlay International

### **You can do it!**

**If you or someone you know is having a problem, contact MNet—help is available! For more information or to talk to a counselor, please call your EAP: 1-800-272-3626**  
**Online services:**  
[www.mhneteap.com](http://www.mhneteap.com)  
**Calling with TTY equipment, please call 1-866-200-3269**



# Employee Wellness Champion's Corner



## **Congratulations to all of the 2011 Maintain Campaign participants for your effort in maintaining during the holidays.**

We all know it can be quite challenging to maintain your weight during the holidays but County employees did just that! There were a total of 28 teams and 112 employees that participate. Of the 92 that participated in the weigh in at the end of the challenge, 87 maintained or lost weight. It sounds like the challenge worked! What a way to start 2012!

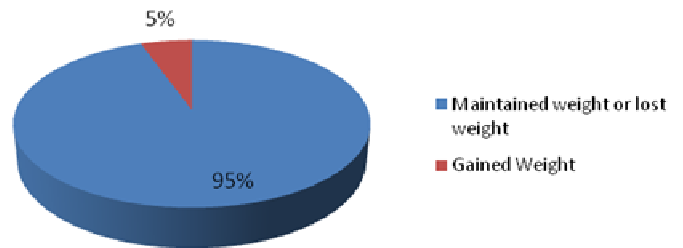
But there is one team that should be recognized for scoring the most points.

Drum Roll please... **With a total of 809 points, the winner of the [2011 Maintain Challenge](#) is *Thin to Win!* The winning team hails from Clerk of the Circuit Court at the CJC location. Team members included Debbie Prior, Tom Cooney, Tammy Collins, and Linda Brian. The winning team received a prize package including a \$50 Publix gift card, wellness book, and an auto calculating jump rope. Congratulations!**



**Thin to Win team members– Captain, Tammy Collins, Debbie Prior, Tom Cooney and Linda Brian.**

92 employees weighed in at the end of the challenge



There were also 6 door prizes awarded and those winners include:

- Karin Brooks, Clerk of the Circuit Court– Maintaining Mamas**
- Libby Carnahan, Parks and Conservation Resources– Team Parity**
- Donna Graves, Risk Management- Team More is Less**
- Terry Jewell, Clerk of the Circuit Court– Darling Dumplings**
- Gwen Roundtree, Department of Environment and Infrastructure– Weigh 2 Go**
- Cheryl Stumpf, Board of County Commissioners-Pat's Angels**

**A very special thank you to all of the contributors that provided incentives for the winners.**

**Buck Consultants**– Four \$50 gift cards to Publix for the winning team.

**United Health Care**– Two \$25 gift cards to Publix, four auto calculating jump ropes, and five Wellness resources books.

**Cigna Dental**-Two indoor grills

**Tampa Bay Times Forum**– Four tickets to a Tampa Bay Lightning game.

## EXPERTS ANSWER YOUR FITNESS QUESTIONS

BY [SPARKPEOPLE](#)

**Question:** I read that weight training is a lot more effective at burning fat than cardio, and if you could only do one of the two, you should weight train. Is this true?



**Expert Answer:** Weight training is important for a couple of reasons. First, the more muscle you have, the higher your base metabolism will be and the more calories you will burn even at rest. But the actual numbers involved in a whole day of "extra" calorie burning due to extra muscle are relatively small compared to the number of calories you can burn during an hour of cardio exercise.

The second reason is more important. Whenever you lose weight, you will lose some muscle along with the fat. If you don't exercise and do some strength training, up to 30% of the weight you lose can come from muscle loss, and that isn't likely to be healthy over the long haul. Good strength and muscle tone are essential for functional living and health. You can hold your muscle loss down to 3-5% of total weight loss with moderate strength training. Likewise, strength training helps to preserve bone density, balance, and many other important things.

So, strength train each muscle group at least twice a week--this really only takes about 30-45 minutes per workout. Better yet, try circuit training, where you lift weights without resting between sets. This method meets both cardio and strength requirements because you keep your heart rate elevated throughout your workout, increasing the amount of calories you burn per workout.

**Don't forget to eat the recommended servings of vegetables and fruit each day!**

**Seasonal Produce for January**

**Broccoli  
Celery  
Eggplant  
Grapefruit  
Onions  
Tomatoes**

[Full List of Seasonal Produce](#)

## SUPER BOWL GROUND TURKEY NACHOS

### Ingredients

1 lb. ground turkey breast  
Package of taco seasoning  
Tostitos light tortilla chips  
Part-skim mozzarella cheese  
Shredded lettuce  
Diced tomato  
Salsa  
Low fat sour cream (optional)  
Sliced Jalapeños (optional)



### Directions

Preheat oven at 250 degrees. Brown ground turkey; drain. Add seasoning mix and 3/4 cup of water. Bring to a boil; reduce heat. Simmer, uncovered, 10 minutes, stirring occasionally. Cover the bottom of a 9 x 11 pan with light tortilla chips. Sprinkle the browned ground turkey over the chips. Layer the mozzarella cheese over the turkey. Put the nachos in the oven long enough to melt the cheese (appx. 10 minutes). Serve with lettuce, tomato, salsa, Jalapeños, and sour cream.

Number of Servings: 6

### Nutritional Information

Amount Per Serving  
Calories: 295.0  
Total Fat: 12.3 g  
Cholesterol: 21.9 mg  
Sodium: 391.9 mg  
Total Carbs: 21.7 g  
Dietary Fiber: 1.0 g  
Protein: 25.8 g

Source: [sparkrecipe](#)

## Wellness Center Orientation

The [Pinellas County Wellness Center](#) is free for all permanent employees of the County. To join, you must attend an orientation. During this orientation you will tour the facility, receive information about available programs and classes, and complete the necessary paperwork. Please contact Beth Woodbury, your Health & Wellness Specialist, at 464-3768 or [wellness@pinellascounty.org](mailto:wellness@pinellascounty.org) to schedule an orientation.

### Wellness Center Group Exercise Classes

Monday	12:10-1:00	Cardio/Sculpt
	5:15-6:15	Cardio/Sculpt
Tuesday	12:10-1:00	Walking team
Wednesday	12:10-1:00	Circuit
Thursday	12:10-1:00	Walking team
	5:15-6:15	Circuit
Friday	12:10-1:00	Cardio/Sculpt

[WALKING TEAMS SCHEDULE](#)

## What's new with Employee Wellness?



**2012 Wellness Incentives are starting in January!**

**A new look and feel to the To Your Health, coming in 2012!**

**February 1st starts the "Love Yourself Challenge". Email the [Wellness Center](#) for all the details!**

**February 3rd- [National Wear Red Day!](#)**



## WHAT'S YOUR SECRET TO STAYING HEALTHY?

**An employee made the suggestion to share strategies from**

**coworkers on what helps them to stay active and eat healthy. Hope these stories motivate you to make that commitment to your health a top priority.**

Most of us are aware when change needs to be made, but we are all motivated in different ways and for different reasons to finally take that step. For some employees attending one of the learning sessions held in 2011 was that turning point.

During this past year more than 85 wellness learning sessions covering seven different topics were offered for employees at more than a dozen different locations around the County. After attending a session employees had an opportunity to take an anonymous survey to provide feedback on the effectiveness the sessions. The following

question was asked on the survey and here are some of the answers received.

### **In what way did this session change your knowledge, attitude, or skills regarding wellness?**

"That it don't take much to get started on a exercise program, and it wasn't as hard as I thought. Just a little, maybe 30 minutes a day and it will help."

"Provided the extra boost I needed to get back on track to maintaining a healthy lifestyle by explaining the importance of daily physical activity, proper food intake paying particular attention to the packaging of processed foods and the importance of developing a relationship with my doctor."

"This activity provided some great knowledge about how to prevent heart disease and strokes. It put me into the right frame of mind to do more than I was currently doing physically and to make better eating choices."

"I have always exercised but did not know how eating also has an effect on our health. I also did not equate that 3,500 calories equals a pound. Now I know I have to reduce my caloric intake and increase my activity to lose the weight I want off my body."

"I needed a kick to realize I can't be a couch potato any more. This L&L shook me from my sleep. Thank you."