

To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



MAY 2022

Stand Up For Better Health

By Jane Grannis, Wellness Manager

In May, we're striving to Move More! Before you stop reading because you think I'm going to tell you to exercise, stay with me. I'm pretty sure you already know it's important to get regular physical activity, but did you know sitting is one of the biggest culprits in poor health and quality of life? Sitting for too long has become a national epidemic. Most Americans sit between [6.5-10 hours per day](#) when we add up driving, sitting at home on a device or watching TV, and of course, sitting at a desk. There are a growing number of [studies](#) that point to higher risk of diabetes, heart disease, dementia, depression, multiple cancers and blood clots.



Jane Grannis

In addition, from head to toe, here's what may happen when we sit too much. *Note: This applies to those who exercise but also sit a lot!*

Brain fog - Long periods of sitting decreases fresh blood and oxygen to the brain, stalling its optimal function. Moving more stimulates oxygen flow which supports new cell growth, important chemicals for healthy brain function, and hundreds of protective genes.

Spine, Neck and Back Problems - Sitting promotes slouching, rounding of the shoulders, and pushing the neck out of alignment. This causes poor posture, pressure on the neck, spine and lower back which can result in weakened postural (core) muscles, reduced flexibility and lower back problems.

Muscular Degeneration (Mushy Muscles) - Sitting relaxes our largest muscles, which play a role in [glucose uptake](#) and regulating metabolism, raising risk for diabetes. But mushy muscles also impact quality of daily life. Imagine not being strong enough to get up off the floor, carry grocery bags or pick up a box.

Vascular Problems/Blood Clots - Extended sitting may result in blood and fluid pooling in the legs and feet. In some cases, this may contribute to blood clot formation. While there are several reasons blood clots form, sitting in the same position for too long is one of them. Luckily, it's also one we have the power to control.

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Welcome Nurse Health Coach Brittany Hartup!

A proud third generation, born-and-raised Pinellas County resident, [Brittany Hartup](#) earned her Bachelor of Science in Nursing from St. Petersburg College and worked in nursing for nine years with experience in disease management and prevention, medication education, mental health, long-term inpatient care, and home health care. She is currently working on her Master of Science through Walden University.



Brittany Hartup,
BSN, RN

Brittany lives with her husband, 12 year old daughter, two rabbits, and five rats. She loves Broadway musicals, theme parks, traveling, and occasionally binging her favorite shows. She has been a dancer for 30 years and is teaching tap, lyrical, jazz, and flexibility classes weekly at the studio in which she grew up dancing.

How can Brittany help you and your family?

Brittany promotes holistic health for employees, their spouses, and retirees of Pinellas County. She can help with disease prevention and management, medication management, weight management, and more.

- Email: Brittany.Hartup@evernorth.com
- Phone: (727) 464-4555, option 2
- Address: Annex, 400 S. Ft. Harrison Ave., Benefits, Room 126, Clearwater
- Hours: Monday to Friday 8:00 a.m. - 4:30 p.m.

[Meet our other Cigna Onsite Representatives.](#)



Enjoy a Fun Night Out at the Ballpark! (Info on page 4)

To Your Health is a monthly publication by the Pinellas County Wellness Program. Contact us at wellness@pinellascounty.org or (727) 464-3367, option 1.

[Stand Up for Better Health continued from page 1](#)

So what to do? Doing even a little can have benefits over time.

- Use the [Sitting Calculator](#) to estimate the time you spend sitting daily.
- Adopt a new mindset. You don't need vigorous cardiovascular exercise to enjoy the benefits. Small changes lead to big results.
- Join Wellness Technician Nicki's [Joyful Movement webinar](#) to reframe what physical activity means and find joy in moving.
- If you're not ready to get moving, standing more helps. Stand while watching TV, reading a book or scrolling through social media (but avoid standing while eating, which can lead to overeating).
- If it's an option, elevate your work station or use a standing desk.

Ready to move?

- Walk around the block or your parking lot before work.
- Park at the back of a store parking lot.
- Walk when talking on the phone or watching TV
- Use a restroom that is further away from your office, or on another floor if possible (take the stairs!)
- Walk with colleagues for meetings
- Join Onsite Nutrition Health Coach Shannon Parks every Tuesday at 7 a.m. for Walk and Talk, one of our many [classes](#) offered through the Clearwater [Wellness Center](#).

Inside

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Have a H.E.A.R.T.

By Shannon Parks, MPH, RD, CPH

Cigna Nutrition Health Coach

[Contact Shannon](#)

Did you know that May is National High Blood Pressure Education Month? We are all about protecting our hearts (year 'round, really)! The human heart is one of our body's

most vital organs and there are a number of things we can do to ensure it stays healthy. One of these is maintaining healthy blood pressure, which measures how strongly blood pushes against blood vessel walls as it circulates throughout the body. High blood pressure can lead to artery damage, heart attack, heart disease, heart failure, decreased brain function, stroke, aneurysm, and even dementia.

There are different ways to achieve or maintain healthy blood pressure. In keeping with our Move-In-May theme, one way is to, you guessed it, Move More! The heart is a muscle which pumps harder during exercise and therefore grows stronger, making it more efficient. This reduces the pressure in blood vessels.

For other ways to protect your heart, keep this acronym handy:

H: Healthy body weight. Attaining and maintaining a healthy weight makes it easier for your heart to pump blood to various organs and systems in your body. It can also reduce the strain on your heart and the risk of damaged blood vessels.

E: Eat nutritiously. Being mindful of what we're consuming helps keep blood pressure in a healthy range. Aim to reduce processed and convenience food, which are high in saturated or trans fats, sodium used as a preservative and sodium from table salt.

A: Active lifestyle. If you sit at a desk during the workday this can be tough. Find small ways to incorporate movement, such as taking a lap around the building during restroom breaks or using the stairs instead of the elevator where you're able. These small shifts can make a difference over time.

R: Rest well. We know how important self-care is, and rest is at the top of that list. Get sound sleep and use down time to recharge when you need it. Both help reduce stress, which plays a major role in heart health.

T: Time out. Sometimes life can throw us curveballs or place us in what feels like stressful seasons. Take time out to de-stress, calm your mind, center your focus, and return to a situation, scenario, or circumstance feeling calmer.



Mark Your Calendar: Wellness Activities for You

Joyful Movement

When you hear the word ‘exercise’, do you run for cover? Gain a fresh perspective on physical activity, ditch the rigid structure many believe exercise to be and find joy in moving. [Register now](#) for a one-hour webinar on **May 12, 12:00 p.m. or May 20, 12:30 p.m.**



Relax and Recharge



Lorelei Keif, your onsite EAP Counselor, shares simple techniques that can be used to initiate the body’s natural relaxation response. [Register now](#) for a one-hour webinar on **May 13, 12:00 p.m. or May 16, 12:30 p.m.**

Moffitt: Skin Cancer Awareness Webinar



May is Skin Cancer Awareness Month. Learn about skin cancer risks, signs, symptoms and screening methods as presented by Moffitt Cancer Center. [Register now](#) for a one-hour webinar **May 17, 12:00 p.m. or May 18, 1:00 p.m.**

Garden4Life: Harvesting Class Tour



What’s more rewarding than gathering the fruits (or veggies!) of your labor? Tour with IFAS Master Gardeners while they harvest the bounty of a real urban garden! Space is limited. [Register now](#) for this in-person gardening class on **May 19, 12:15-1:00 p.m.**

Cook Along Kitchen: Perfect Post-Workout Snacks Demo



The right post-workout snack provides your body the nutrients needed to help repair and rebuild muscles worked during physical activity. [Watch our Nutrition Health Coach](#) show you how to make two delicious, no-cook, easy snacks to maximize exercise benefits ([view the recipes](#)).

Your Money Through Life Stages



Choose classes depending on where you are in your life. [Register now](#) for one, a few, or all of the following financial webinars, offered on consecutive **Thursdays, 12:00 to 1:00 p.m.**

- **Financial Wellness for the Young Adult (May 12) (Ages 18-30 and parents)** - Teach young adults to start their financial journey off on the right foot.
- **Paying Down Debt & Improving Credit Score (May 19)** - Learn about credit scores, how to pay down debt and stay out of debt.
- **Home Buying Success (May 26)** - Buy with confidence by planning ahead and knowing how and what you can realistically afford.

View recording of previous webinars:

- [Financially Fit Kids](#) - Teach your children sound lifelong money management skills.
- [The College Plan](#) - Learn to develop a college payment plan which sets realistic expectations and clear communication.

Move More On-Demand Fitness Classes



Move More in May! Can’t make it to the Wellness Center? We’ve recorded three different 30 minute on-demand classes for your convenience. Don’t worry, they’ll be available long-term, not just in May.

- [Strength and Bootcamp](#)
- [Complete Core](#)
- [Mindful Yoga](#)

Healthy Tips for Men



Save the date! June is Men’s Health Month, take charge of your overall health and learn science-based strategies for good health and risk factors you’ll want to keep on your radar. [Register now](#) for this one-hour webinar **June 15, 12:00 p.m. or June 22, 12:30 p.m.**





Enjoy a Fun Night Out at the Ballpark!

BayCare Ballpark - 601 N. Old Coachman Road, Clearwater

Saturday, June 18

6:30 p.m. Game

5:00 p.m. Gates Open



Palm Beach Cardinals

VS



Clearwater Threshers

Enjoy a fun night out at the ballpark with family, friends,
or co-workers at a discounted rate!

\$15.50 per person

(Ages 4 & under are FREE)

Your tickets include:

- **Seating in the Hot Corner Cafe**
- **All You Can Eat and Drink**
from 5:00 - 7:30 p.m.
(hot dogs, hamburgers, cheeseburgers,
peanuts, popcorn, chips, ice cream
sandwiches, soft drinks and bottled water)
- **\$3.00 draft beer**
from 5:00 - 7:30 p.m.

For tickets and info:

Dan Madden
(727) 712-4403

Pinellas County has arranged this discounted rate for employees. No strings - just grab your tickets and have fun!

Tickets can also be purchased the day of the game at window #2 at the west box office off of Old Coachman Road. No county ID required. Simply identify yourself as part of the Pinellas County group.



Enjoy post-game fireworks!

05/02/22



WELLNESS CHAMPION SPOTLIGHT

Shan Fernandez

Communications Department

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!



Shan Fernandez

How long have you worked for Pinellas County?

Twenty-two years; 10 at Utilities and the remainder at Communications.

Tell us a little about yourself.

Born and raised in beautiful St. Petersburg, I love and support our local sports teams (go Rays!). My personal life outside of the office is NEVER a dull moment. I have 3 daughters and the Mrs. at

home. I enjoy tennis, pickleball, biking, Turner Classic Movies, coffee and annoying my girls.

Why did you want to serve as a Wellness Champion?

A while back, I suffered a heart attack from a 99% blockage of the left anterior descending artery of the heart. I survived by some miracle, and the fact I was so active improved my odds of survival. My director at the time figured I'd be a good role model and inspiration to others.

What do you do to take care of yourself?

I believe a healthy mind and body is crucial to getting optimum performance out of our lives. We are what we eat, so I remind myself to purchase the majority of food from the outer walls of a grocery store (where the "fresh foods" are located). I also strive to reduce stress with the practice of meditation/mindfulness partnered with moderate physical activity to achieve this goal.

Skin Cancer Awareness and Self-Check Skin Care

By Nicki Lanauze, Wellness Technician



Skin cancer is one of the [most common cancers](#) in the United States. Despite that, it is also one of the most preventable and treatable through proper prevention and treatment. People of [all skin tones](#) are at risk. Even if you never sunburn, you can get skin cancer.

The best way to prevent skin cancer is to follow [sun safety](#) guidelines including [applying sunscreen properly](#) (most people don't), wearing protective clothing and sunglasses.

Checking for changes in skin regularly (about every 3 months) increases the chance of catching skin cancer early, when it is easiest to treat.

Use the American Academy of Dermatology (AAD) [body mole map](#) for a step-by-step guide for what you to look for, and have a place to record your spots. You can refer back to your body mole map during your next visit with your physician or dermatologist.

Skin cancer can appear anywhere on the body; from your scalp to your toes, including fingers and toenails, in the mouth and on lips. It can be helpful to have a partner check hard to see areas such as behind the ears, on the back and in your hair.

The [AAD explains](#) how to check around fingernails and toenails. Make sure to look for the following:

- A dark streak on nails.
- Dark skin next to your nail.
- Nail lifting from your fingers or toes.
- Nail splitting down the middle.
- Bump or nodule under your nails.

We have partnered with Moffitt Cancer Center to bring you a webinar on [Skin Cancer Awareness](#).



EAP Wellness Webcast

We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2:00 p.m.** [Sign up now](#) and stay tuned for more throughout the year. Many recorded videos are also available.

- **May 25 - Managers: Inclusive Leadership.** Diversity can have big payoffs, but creating a workplace environment that maximizes the benefits may be challenging. We'll look at inclusivity, explore the role of bias in management decisions and talk about the concept of cultural humility. Discover ways to promote team cohesion and equity.



ASIAN PACIFIC AMERICAN HERITAGE MONTH

Asian American and Pacific Islander Heritage Month

What better way to celebrate Asian American and Pacific Islander Heritage Month than by learning a little food history? Many fruits and vegetables popular in Western cultures originated in different parts of Asia due in part to varied climates across the continent and to the origins of many ancient civilizations.

West Asia	Central Asia	East Asia	South and Southeast Asia	Pacific Islands
<ul style="list-style-type: none"> • Almonds • Asparagus • Cherries • Grapes • Lettuce • Peas • Raspberries • Spinach 	<ul style="list-style-type: none"> • Apples • Carrots • Garlic • Onions 	<ul style="list-style-type: none"> • Lemons • Kiwi • Melons • Oranges • Peaches • Pears 	<ul style="list-style-type: none"> • Coconut • Cucumber • Eggplant • Mango 	<ul style="list-style-type: none"> • Grapefruit • Starfruit

In addition to fruits and veggies popular in the western cultures, why not embark on a food adventure and try some that are unique to the region? You may find them in grocery stores but may need to visit an Asian market (of which there are plenty in [Pinellas County](#) and [Tampa](#)). These fruits are rich in antioxidants, fiber and a few key minerals such as magnesium, potassium and zinc.



Dragonfruit is probably the most unique looking of the bunch with its red rind and dragon-like scales. It has a mild, yet sweet flavor and creamy texture. When ripe, it takes on a red or yellowish hue and the scales are just starting to turn brown. To eat, peel the skin, slice the fruit in half and scoop out the flesh or cut into pieces.



Starfruit is an oblong green fruit the turns yellow as it ripens. When it is sliced, it looks like a five-point star. It is eaten with the thin skin on, with seeds removed should you find any.



Shallots are a milder cousin in the allium family, which includes garlic, onions and scallions. The bulbs have a purple or brown hue with a slightly purple interior and have a distinct flavor. They can be served cooked or raw (in salads or salad dressing, for example).



Daikon radishes are in the same family as the much sharper, peppery red radish but look like white carrots. They are one of the most popular vegetables across all of Asia. Cubed, grated or sliced, it adds a little kick and brightens many dishes.

Want to try shallots and daikon? Check out the Vietnamese Summer roll recipe on [page 7](#) for a unique flavor boost.



Vietnamese Summer Rolls

This traditional Vietnamese summer roll (*gỏi cuốn*) recipe is fresh, healthy and full of herbs and veggies. They're irresistible paired with the creamy peanut sauce and are great as an appetizer, snack, side dish or lunch. If you are a vegetarian, feel free to skip the animal protein.

Some ingredients may be available in the international section of the grocery store, but you'll probably need to visit an Asian market in [Pinellas County](#) or [Tampa](#) for most ingredients.

Recipe from Natalie Ingham, Benefits and Wellness Team



INGREDIENTS

- 1 pack vermicelli (*thin rice noodles*)
- Rice paper
- 1 lb protein of your choice (*chicken or pork belly*) **Time saver: use rotisserie chicken**
- 1 small shallot
- 1 lb shrimp **Time saver: use pre-cooked, frozen, de-veined, defrosted**
- 1 head green/red leaf or romaine lettuce
- ½ lb Daikon radish, peeled and julienned
- ½ lb carrots peeled and julienned **Time saver: bagged matchstick carrots**
- An assortment of your favorite herbs and veggies (*I recommend using Thai basil and mint. You could also add bean sprouts and chives*).
- If pickling carrots and daikon, you'll need 1 Tablespoon salt, 4 Tablespoons sugar, 4 Tablespoons white or rice vinegar and 1 cup water

For the peanut sauce

- ½ Tablespoon minced garlic
- ½ Tablespoon minced shallot
- ½ Cup smooth peanut butter (*about 120g*)
- ½ Cup hoisin sauce (*about 128g*)
- Water, as needed

To pickle daikon and carrots (optional, best made the day before)

- Combine daikon, carrots and the ingredients in last bullet and pickle overnight.

Making the peanut dipping sauce

1. In a small saucepan, sauté the minced garlic and shallot in a tablespoon of oil on medium heat.
2. Add the peanut butter, hoisin sauce with a bit of water to make the sauce drizzly. Add more water if the sauce is too thick.

Prepare ingredients

1. Cook the vermicelli according to the package's instructions. Drain and rinse the noodles and set aside to cool.
2. Wash and dry all of the herbs and vegetables you plan on using.
3. For chicken, shred/cut into very small pieces. For pork belly, add with a peeled shallot to a pot of boiling water and cook for about 20 minutes, or until a fork/chopstick easily pierces the meat and the liquid coming out runs clear.
4. Remove the pork belly to cool but keep the cooking liquid. Slice the pork belly thinly.

Assemble the rolls

1. Start by dipping a sheet of rice paper into a bowl of warm water QUICKLY. It's likely the rice paper will still feel stiff in your hands. It will continue to soften as you assemble the fillings. Do NOT submerge the rice paper in water until it is soft, as it will fall apart by the time you are ready to roll.
2. Layer the shrimp cut side up on one end of the rice paper, followed by the chicken, then herbs, then noodles, followed lastly by the daikon, carrots and lettuce.
3. Roll the filling snugly once, then fold the sides of the rice paper towards the middle. Roll the rest of the fillings all the way to the other end of the rice paper.
4. Serve the summer rolls with the peanut dipping sauce. You can add some crushed peanuts to the sauce for extra crunch.



Overcome Exercise Excuses with Omada



Omada Diabetes Prevention

Program is a unique program tailored to work around you. At no cost to you, eligible participants work one-on-one with a health coach to establish healthy habits that work with their lifestyle, complete interactive weekly lessons, and engage with an online community. Participants also get a wireless scale.

Because this is a prevention program, members who have already been diagnosed with diabetes do not qualify, but are encouraged to work with a nurse case manager to manage their condition. If diagnosed, you may receive outreach from Cigna, or call Cigna (877) 622-4327 for assistance.

To learn more and see if you qualify, visit [Omada](https://www.omadahealth.com).

Let's Beat Excuses Together

"I don't have time..."

With Omada you can see results in just 10 days.

"I don't know where to start..."

Your Omada dedicated health coach has your back. They'll create a plan that works for you and be with you every step of the way.

"I don't like the gym..."

There are many ways to improve health that don't include the gym. Try walking, dancing at home or gardening to add some activity.

Upcoming Blood Drive



Did you know?

- Approximately 43,000 units of blood are used each day in the United States.

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

STAR Center

7887 Bryan Dairy Road, Largo

May 24, 9:00 am to 1:30 pm

Tax Collector (South County)

2500 34th Street N. St. Petersburg

May 18, 11:00 am to 1:30 pm



Caregiver Corner



Caregiver Picnic in the Park Live Spanish Flamenco Music

Wednesday, May 11, 4 - 7 p.m.

*Lake Seminole Park – Shelter 6, 10015 Park Boulevard
North Seminole*

Food, games and live music will be provided. Enjoy flamenco music, games, friendship, and a picnic dinner lake side.

This event is for caregivers of people with memory disorders. Loved ones with memory disorders are welcome to accompany caregivers.

Brought to you by the Memory Disorders Center and the Madonna Ptak Center for Alzheimer's Research and Memory Disorders Clinic.

RSVP by Monday, May 9 at 12:00 p.m. by calling (727) 825-1595 or emailing MemoryDisordersCenter@baycare.org.

Bring Your Kids to Work Day at Human Services

The Wellness team was excited to host a fun wellness workshop for Human Services employees and their kids on April 28.

Wellness Technician Nicki and Health Coaches [Shannon](#)

and [Brittany](#) brought playfulness and fun to healthy eating and exercise. Nicki held an "indoor recess" complete with relays, crab walks, bear crawls and stretches. Shannon and Brittany set up a trail mix station and talked to the kids about making nutritious choices that taste great. The kids chose their own power-packed ingredients to create a healthy snack. The Wellness Team and Cigna Onsites are available for custom wellness workshops for your department. [Contact us!](#)



MEATLESS MONDAY CHALLENGE

To celebrate National Nutrition Month this past March, 40 employees embarked on a 4-week Meatless Monday Challenge to better their health and that of the planet. Going meatless even for just one day can boost your heart health and your ability to fight off diseases, decrease your chance of getting diabetes, help maintain a healthy body weight, save water and energy, and protect the environment. Participants logged each meatless meal every Monday from March 21st until April 11th and shared photos of these scrumptious meatless meals!



Veggies and Garlic Sauce,
Tywanna M., Human Resources Consultant



Falafel with Tahini Sauce,
Michael Manion, Property Appraiser III



Beans & Cornbread,
Michael Manion, Property Appraiser III



Split Pea Soup,
Kelly Faircloth, Human Resources Officer

Wellness Center Orientations



A hidden gem! Sure, you may have heard we have a Wellness Center, but did you know we have over 5,900 square feet of space with state-of-the-art equipment and offer fitness classes? Don't let this amazing benefit pass you by. The center is open 24/7 and is free to all employees, retirees, and volunteers upon completion of an orientation. [Sign up now.](#) For a full list of equipment and more information including the two satellite locations, [visit the Wellness Center webpage.](#)



Tell It Well



Caregiver Corner



High Five

Share Your Good News

Are you inspired by stories of your coworkers? If so, please consider sharing your own stories and successes.

Tell It Well features stories of you or your spouse/ domestic partner making healthy life changes.

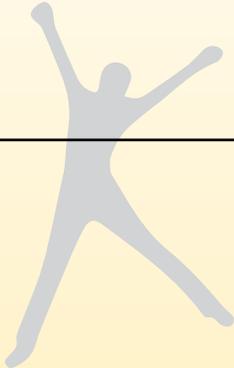
Caregiver Corner shares stories of caregiving experiences including resources that you found particularly helpful.

High Five is a feature that recognizes you for something wellness-related such as completing a race, quitting smoking, joining a fitness group, etc.

Email your photos and information to wellness@pinellascounty.org.



May 2022 Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday
	7 to 7:40 am Walk & Talk (Outdoor) Shannon 5/3, 5/10, 5/17, 5/24, 5/31		
12:15 to 12:45 pm Core & Balance Nicki 5/2, 5/9, 5/16, 5/23 (no class 5/30)	12:15 to 12:45 pm Spin Nicki 5/3, 5/10, 5/17, 5/24, 5/31	12:15 to 12:45 pm Intro to Movement Nicki 5/4, 5/11, 5/18, 5/25	
5:15 to 6:15 pm Solely Strength Nicki 5/2, 5/9, 5/16, 5/23 (no class 5/30)		5:30 to 6:30 pm Urban Line Dancing  Jolanda 5/11, 5/18, 5/25 (no class 5/4)	

Classes are held at the [Wellness Center](#), 324 South Fort Harrison Ave., Clearwater (basement of the old courthouse), which is open 24 hours a day/7 days a week.

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 (6-participant 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 good posture, range of motion and a healthy back.

Intro to Movement (30 minutes): A beginner class to learn the foundations of exercise. The focus is on stability and alignment while developing strength, flexibility, and balance in a supportive environment.

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 to improve your current fitness level at your pace.

Urban Line Dancing (1 hour) **NEW**: Fun dance class suited for all levels that's an excellent stress reducer, muscle toner and leg strengthener. Embrace a healthier lifestyle by exercising through dancing.

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. Class will begin walking promptly at 7:00 a.m.

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](#) online.

