



# To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



APRIL 2024

## Planting Seeds of Resilience

By Lorelei Keif, LCSW, Cigna EAP Counselor



Lorelei Keif

Spring is a time of growth, lush blooms and anticipation of our best weather and enjoying being outside. Watching the leaves swirl and fall signals the brief but difficult season of pollen. But once we adapt and get through pollen season, it's spring in Florida. Life is often like this. Change can be, and usually is, difficult and uncomfortable. No one

craves hard and trying times, but when we get through the painful parts of our life, we often find ourselves in a more peaceful, and sometimes even beautiful, place. Remembering that life is about being resilient to the changes that come our way is sage advice.

But how do you grow resilience? An article entitled [Building Your Resilience](#) by the American Psychological Association explains that resiliency is more than “bouncing back from difficult experiences, it can also involve profound personal growth.” The authors identify four core concepts to growing this trait. They are connection, wellness, healthy thinking, and meaning. The authors also point out that resilience is not extraordinary, but rather, a trait anyone can foster and grow.

Connection refers to relationships with people, groups, or even a place. When we form healthy relationships, we create resting places. Places we can catch our breath and recharge. So, during trying times, remember to reach out and make and cultivate connections to people and places that bring you joy. There is no quick fix to coping better and being more flexible, but in time, we get stronger and better at employing new skills.

To help improve resilience, learn how you can recognize negative thought patterns and turn them into positive ones to help better manage stress. Register now for an EAP webinar on April 16 about [Stress and Our Perceptions](#).



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

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## April is Autism Awareness Month

Are you caring for someone with an autism disorder?

Cigna provides free seminars and resources for anyone who would like to learn more about autism and receive expert advice on how to handle day-to-day challenges. Watch upcoming and past seminars in [Cigna's Knowledge Center](#).

Visit the [All In with Autism program](#) to access toolkits, tips and podcasts to help deepen your understanding of autism and learn how families can come together at every stage of development.



— WORLD —  
**Autism**  
Awareness Month  
— APRIL —

# Could It Be My Thyroid?

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



Brittany Hartup

Are you unintentionally gaining or losing weight? Do you find yourself feeling tired, physically weak, anxious, or nervous? Is your cholesterol inexplicably high, despite making healthy changes? It may be tough to believe that a small, butterfly-shaped gland in front of your windpipe has the power to control the way our bodies use energy, but that's exactly [what your thyroid does](#). It creates hormones that impact your breathing, heart rate, weight, digestion, and moods. Some people's thyroids don't function normally, most commonly because of an autoimmune problem. Thyroid dysfunction can create a domino effect of other health issues if not corrected.

When the thyroid gland does not make enough of its own hormone, it's referred to as [hypothyroidism](#). It can make you feel tired, weak, or depressed. Hypothyroidism can cause cold intolerance, dry skin, brittle nails, constipation, brain fog, heavy or irregular menstrual periods, and weight gain. Many of these symptoms go unnoticed because they occur slowly over time; they're often mistaken for normal signs of aging.

[Hyperthyroidism](#) occurs when there is an excess of thyroid hormone. It can cause significant and unintentional weight loss due to the metabolism's

response to extra thyroid hormone. Hyperthyroidism can also make you feel nervous or moody, as well as negatively impact your heart, muscles, bones, and cholesterol. Hyperthyroidism is usually caused by [Graves' disease](#), an autoimmune condition, and impacts women more often than men.

A family history of thyroid problems is one of the first [indicators that you may be at risk](#). A diagnosis of other autoimmune conditions like type 1 diabetes, rheumatoid disease, lupus, or pernicious anemia also increases your risk of thyroid problems. Monitor yourself for thyroid problems if you take an iodine supplement, are 60 years or older, or have any previous thyroid conditions or cancer.

While thyroid diseases cannot be prevented, practicing good habits is always a crucial part of a healthy life. Regular exercise, nutritious foods, quitting tobacco, and getting restorative sleep can help when managing your health. If you have questions about your thyroid or other conditions, you can start by [reaching out to me](#) or making an appointment to talk to your [in-network healthcare provider](#).



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

## What is Ayurveda?

[Ayurveda](#) (pronounced Ah-yer-veda) is one of the world's oldest medical systems, originating in India thousands of years ago. The word Ayurveda translates to "science" or "study of life" and encompasses diet, lifestyle and herbs. It's based on the belief that disease is caused by imbalance in the body, mind and spirit and focuses on both prevention and treatment. Rather than treating just the symptom, Ayurveda approaches medicine holistically. A practitioner evaluates the whole person including habits, diet, stress, environment and other factors. In Ayurveda, food is medicine, as are herbs and lifestyle changes that provide balance.

In India, Ayurveda is a formal medical system alongside western medicine. As with other alternative medicines such as homeopathy, Chinese medicine and acupuncture,

it had long been considered "frou frou" by western medicine. However, as more research emerges regarding the validity and benefits of Ayurveda, western medical practitioners, such as [University of Florida Health](#) and the [Mayo Clinic](#), include Ayurveda as part of their integrative medicine program. University of South Florida is developing a masters degree program in Ayurvedic medicine and other institutions also offer [classes](#), [certificate programs](#) and [degrees](#).

To learn more about Ayurveda, attend the [Introduction to Ayurveda webinar](#) on May 1 at 12:00 p.m.



# April and May Wellness Activities

## Webinars

### Stress and Our Perceptions



[Register now](#) for a 1-hour webinar on **April 16 at 12:00 p.m.** to recognize how thought patterns and perceptions can impact stress levels, as well as your power to take some of it away.

### Dementia Awareness



[Register now](#) for a 1-hour webinar on **April 23 at 12:30 p.m.** to learn about different types of dementia and how to become “Dementia Caring”. Gain information and resources for caregivers.

### Practicing Mindfulness for Your Life



[Register now](#) for a 30-minute webinar on **April 30 at 12:15 p.m.** to learn from Cigna Onsite Health Coach Brittany about mindfulness, its benefits, and how to implement it into your everyday life.

## Webinar or Onsite Workshop

### Fitness: Smith Machine 101



Register now for a 30-minute [webinar](#) on **April 22 at 12:30 p.m.** or an [in-person workshop](#) on **April 29 at 12:15 p.m.** for an instructional tutorial by Wellness Technician Sydney which includes a demonstration and workout tips.

## Webinar

### Introduction to Ayurveda



[Register now](#) for a 1-hour webinar on **May 1 at 12:00 p.m.** to learn about Ayurveda, a holistic approach to health and well-being that encompasses herbs, diet, and lifestyle.

## Onsite Tour

### Harvest Walk & Talk



[Register now](#) for a 1-hour tour with a Master Gardener at Chester Ochs Educational Center in Largo on **April 25 at 12:15 p.m.** to gain vegetable and herb garden harvest tips at a real urban garden.

## Financial Well-Being Webinars



- [Protecting Yourself & Your Loved Ones](#)  
April 17, 11:30 a.m. to 1:00 p.m.
- [Investment Fundamentals](#)  
April 25, 12:30 to 1:30 p.m.
- [Personal Finance](#)  
May 14, 12:15 to 1:15 p.m.

## OnSpot Dermatology Bus



[Schedule an appointment now](#) for a skin screening and other dermatological services.

- Downtown Clearwater Courthouse, **April 17 and 29, June 5 and 6**
- Justice Center, **June 20**
- Parks / Extension, **April 30 and June 11**
- Public Works, **April 16 and May 2**

Bookmark [Wellness Classes and Activities](#).



# Hypertension: What's the Hype?

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



Shannon Parks

So, you went to the doctor and they told you that you've got high blood pressure, or hypertension. Now what? Know that you're not alone. Recent studies from the CDC have demonstrated that [nearly half \(48.1%\) of adults](#) have hypertension or are taking a medication for hypertension.

Blood pressure is defined as the pressure of blood pushing against the walls of your arteries, which are the pathways your body uses to carry blood from your heart to other parts of your body. Blood pressure is measured using two numbers: systolic blood pressure (top number), which measures the pressure in your arteries as your heart beats, and diastolic blood pressure (bottom number), which measures the pressure in your arteries when your heart rests between beats.

High blood pressure develops over time and can be due to lifestyle factors such as limited or no physical activity, an unhealthy diet, unmanaged stress, or irregular sleep patterns. High blood pressure can also be due to non-lifestyle related factors such as aging, family history, gender, and genetics. [Certain medical conditions](#), such as diabetes or obesity, can also increase risk for developing high blood pressure. Not properly managing or improving high blood pressure can cause damage to your heart, brain, kidneys, and eyes, leading to things like heart attack, heart failure, stroke, kidney disease, and/or vision change/impairment. High blood pressure is often referred to as "the silent killer" because the only way to know we have high blood pressure is to measure it.

Once you've received a high blood pressure diagnosis, or even a pre-high blood pressure diagnosis from your medical provider, know that you can improve your numbers by making healthy lifestyle changes. Individuals with high blood pressure can lower it to a healthy range, and possibly even come off blood pressure regulating medications, with moderate changes in lifestyle factors.

## Find it Fast: HR from A to Z



Use our [A to Z Index](#) to find what you need on the Human Resources website quickly and easily. Access the A to Z link on the left-hand side of any Human Resources webpage.



## BLOOD PRESSURE

	SYSTOLIC MM HG (Top Number)		DIASTOLIC MM HG (Bottom Number)
<b>NORMAL</b>	<120	AND	<80
<b>ELEVATED</b>	120-129	AND	<80
<b>HIGH BLOOD PRESSURE</b> Stage 1 Hypertension	130-139	OR	80-90
<b>HIGH BLOOD PRESSURE</b> Stage 2 Hypertension	>140	OR	>90
<b>HYPERTENSIVE CRISIS</b> Seek Medical Attention	>180	AND/OR	>120

When wanting to reduce your blood pressure numbers, consider physical activity each week for approximately 30 minutes 5 times per week, not smoking, eating a healthy diet with limited sodium and alcohol intake, reducing body weight to a healthy range, getting at least 7 hours of sleep nightly, and managing stress. If you're looking to reduce or improve your blood pressure and want a tailored approach, [reach out to me](#) for a free session today!



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

## Are You Caring for Someone With Dementia?

Don't miss *Memory Lane*, a one-act play about meeting life's challenges as a caregiver for someone with memory loss and dementia. This poignant collection of true-to-life stories will demonstrate how isolating and misunderstood this disease is and how we can approach the unexpected journey with hope and gratitude for the joyful experiences along the way. Laugh at funny moments while savoring tender ones when hardships are met with success in this touching stroll down memory lane.



Cost: Free

All plays are from 2:30 - 3:30 p.m.

- [Saturday, May 11 in St. Petersburg](#)
- [Saturday, May 18 in Largo](#)
- [Saturday, June 1 in Pinellas Park](#)



# Surprising Health Benefits of Spring Cleaning

Courtesy of BayCare



Spring has officially sprung, and an annual tradition adapted to a more modern world happens at this time every year. Spring cleaning dates back to when people heated their homes by burning

wood and coal, and the end of winter meant scrubbing surfaces caked with soot and dirt. The tradition looks very different for most today, but it is still a time to start fresh.

Let's look at the connection between cleaning and your physical and mental health, and some of the benefits.

- **Regulate your mood.** The act of cleaning requires us to slow down, offering a calming effect during overwhelming situations and helps us to manage and control our emotions. Tackling smaller tasks can quickly translate to having the motivation to move on to larger spaces.
- **Have more mental energy.** Purging some unwanted items you don't use anymore creates more space and breathing room, allowing you to focus on more important things.
- **Gain control of your environment.** When you feel like your life is out of control or you're struggling with uncertainties, cleaning can be a positive way to assert some control in your life.

- **Movement.** Whether you're wiping down your baseboards, dusting the blinds, vacuuming, rearranging furniture or giving the grout between your bathroom tiles a deep clean, you're getting in a workout.
- **Boost your immune system.** Powerful asthma triggers, such as dust and pet dander, float on small air currents and settle on surfaces in your home. A thorough cleaning of your home can help eliminate allergens and keep new ones from coming into your home.

The psychological benefits of spring cleaning extend beyond the immediate satisfaction of a tidier space, to organizing your mental space to find peace and harmony in your daily life. Start small and celebrate progress on your way to a clear, organized, and tranquil living space and improved mental health.

To read the full article, visit [8 Surprising Health Benefits of Spring Cleaning](#).

## Cigna Network

Not sure if your provider is part of the Cigna network? Log in at [myCigna.com](https://myCigna.com), click *Find Care & Costs*, then search for a doctor, practice, or facility to see if they are listed.

## Forest Bathing at Brooker Creek

Employees gathered at Brooker Creek for a mindful nature walk and immersed their senses in the beauty of the Preserve. A special thanks to Julia Myers, Education and Outreach Specialist, for pointing out unique trees and vegetation that made the experience all the more fulfilling. Keep an eye out for details on our next Forest Bathing experience at Heritage Village in early June.



From left to right: Tyler Cothron, Public Works; Heather Canham, Utilities; Jane Grannis, Human Resources; Nancy East, Communications; Joanne Paterson, Administrative Services; Julia Myers, Parks and Conservation Resources



Tyler Cothron, Public Works



Nancy East, Communications (left) and Julia Myers, Parks and Conservation Resources (right)





## Tell It Well

Cara Duck, Court Clerk 2, Clerk of the Circuit Court, Court Assistance Division



A friend inspired me to join a local gym where they offered group HIIT classes and 1-on-1 training. I began a consistent workout schedule and about 2 years ago, in the fall, I made the decision to quit smoking cigarettes. The best part about starting my goals later in the year was that when I made New Year's resolutions in January, I was already in the routine of going to the gym 2 to 3 time per week.

My goals were to avoid alcohol, lose at least 10 lbs. and do some form of exercise every day. I began walking more on my breaks, in between court sessions, on my lunch hour, and after work, if the weather permitted it.

When my gym coach asked if I'd be interested in joining their 6-week challenge, I agreed. I learned how to track my exercise and my meals, understand macros, count calories and meal prep with help from my friend Tiana. She loves to cook and would send me short videos of recipes. Not only does meal prep help you eat better but it saves so much money. I ate so much chicken and broccoli I thought I was going to turn from a duck to a chicken!

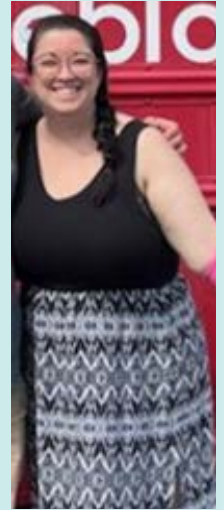
Fast forward to the end of a long and hard 6-week challenge and when I did my final weigh-in and

measurements, I lost 12 lbs. and 3.3% body fat! I lost a lot of inches, too, both in my arms and waist. I am down a total of 26 lbs. since I started. I ended up being the overall winner for the challenge at my gym and have never been so proud.

With so many changes, I was really curious about my biometric screening numbers. When I did my biometric screening in September of last year the labs that were once in the red category turned to green (except weight and BMI). I was in shock how much my body changed in such a short timeframe.

Starting off trying to do too much is very exhausting and can mentally break you down so you give up more easily. I started with exercise and got in the physical routine first, then when the challenge came around that's when I had to start paying attention to the food.

You absolutely can lose weight with just diet and exercise, but it takes motivation, consistency, and support. Showing up is half the battle. I hope I continue to be an inspiration to others to take their health and well-being as seriously as I did.



## Reduce Stress With Breathing



Studies show that practicing deep, controlled breathing slows your heart rate, and can calm your feelings to help reduce

stress and depression. It even helps to increase alertness, improve sleep and boost your immune system. With [Omada](#), you will get one-on-one support to help you learn healthy habits, reduce stress, and improve overall health.

If you or your covered adult dependents are enrolled in the County's medical plan offered through Cigna, are at risk for type 2 diabetes or heart disease, and are accepted into the program, you'll receive the program at no additional cost.

Visit [www.omadahealth.com/pinellascounty](http://www.omadahealth.com/pinellascounty) to see if you're eligible to get started with Omada today.

## Wellness Resources Spotlight

Be sure to visit the [Wellness Resources](#) webpage where you'll find over 50 free resources on topics such as healthy habits, caregiving, financial well-being, men's and women's health, stress reduction, exercise and much more.



April is Alcohol Awareness Month. Whether you or a loved one are struggling with substance use, view [these resources](#) to learn more about preventing, treating and recovering from addiction.



# Environmental Wellness Checklist

Courtesy of [National Institutes of Health](#)

What surrounds you each day in your home, work, or neighborhood can affect your health. Here are some tips to make your environments safer:



## Make Your Home Healthier

Take a look around your home. Do you know what's in your household goods and products? Some chemicals can harm your health if too much gets into your body. Becoming aware of potentially harmful substances and clearing them out can help keep you and your family healthy.

## To reduce toxic substances in your home:

- Clean with non-toxic products.
- Dust using a damp rag.
- Use a wet mop to clean floors.
- Vacuum with a HEPA filter.
- Open a window or use a fan to improve air circulation when you're cleaning.
- Wash your and your children's hands often.



## Reduce Your Allergies

A change in season can brighten your days with vibrant new colors. But blooming flowers and falling leaves can usher in more than beautiful backdrops. Airborne substances that irritate your nose can blow in with the weather. When sneezing, itchy eyes, or a runny nose suddenly appears, allergies may be to blame.

## To reduce allergies:

- Avoid going outdoors when having allergies.
- If you go outside, wash your hair and clothing when you come inside.
- Keep humidity levels low in the home.
- Avoid carpets.
- Wash bedding in hot water once a week.
- Vacuum the floors once a week.



## Air Quality and Your Health

The combination of high temperatures, pollution, and airborne particles can brew up an unhealthy mixture in the air. This can make it hard to breathe and sap your energy. Air pollution can also occur inside—in homes, offices, or even schools. If you're regularly exposed to high levels of unhealthy air, the health consequences can linger for months or even years.

## To reduce the effects of poor quality air on your health:

- Avoid outdoor activities in the afternoons on warmer days when the risk of air pollution is highest.
- Avoid strenuous outdoor activities if the air is polluted. Check your region's air quality index at [www.airnow.gov](http://www.airnow.gov).
- Don't let anyone smoke in your home. Avoid burning candles, incense, or wood fires. Run fans or open a window when cooking.



## Clear Out Toxins in Your Home

Some hazards in the home are easy to see, like a loose electrical socket, or torn carpet, but others are harder to spot or are invisible. These include lead, mold, and radon. But there are ways you can find and fix these unseen hazards.

## To reduce health hazards in your home:

- If your home was built before 1978, test exposed paint for lead.
- Have children tested for lead exposure regularly, from at least birth to age six.
- Use vent fans in rooms with moisture.
- If you have a leak or flood in your home, quickly dispose of damaged items.
- Clean small areas of mold on walls or fabric with hot, soapy water.
- Test your home for radon. Call 1-800-SOS-RADON (1-800-767-7236).



## Upcoming Blood Drives



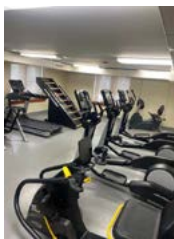
Did you know that one blood donation can save up to three lives? Please consider donating! Walk-ins are welcome or [schedule an appointment](#). Bookmark [upcoming drives](#).

- **Clearwater Courthouse**  
315 Court Street (west parking lot)  
**April 16, 11:00 a.m. to 4:00 p.m.**
- **South County Tax Collector**  
2500 34th Street N., St. Petersburg  
**May 22, 11:00 a.m. to 1:30 p.m.**
- **STAR Center**  
7887 Bryan Dairy Road, Largo  
**April 25, 9:00 a.m. to 1:30 p.m.**

## Wellness Center Orientations

Looking for access to our free 5,900 square foot state-of-the-art [Wellness Center](#)?

[Register](#) for an orientation to gain 24/7 entry to our fitness center featuring treadmills, free weights, ellipticals, and more!



## Food Trucks on Wednesdays

Connect with your co-workers during Food Truck Wednesdays at three County locations: [Clearwater Campus](#), [Justice Center](#), and [STAR Center/Raytheon](#).



You can order at the truck, or pre-order up to 3 days ahead, pay and select a pick-up time using each location's unique link. The cuisine rotates each week for variety. You can also sign up for email reminders of which truck is coming each week using the links below.



Start each day with [MyPinellas](#), the County's intranet site. Enjoy fresh news and features, updated every day, including wellness activities.

## 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.

- **April 17 – Emotional Fitness: Embracing Empathy** – Learn how to utilize the skills and mindset to support others and ourselves.
- **May 8 – Beating Burnout for Managers** – Find out how to spot the signs of burnout and review proactive strategies to help you get ahead of it.

## Tobacco Cessation Resources



### Resources for Quitting

- Cigna Health Coaching
  - Onsite Coaches: Make an in-person or virtual appointment with our [onsite Cigna Health Coaches](#), Brittany or Shannon.
  - Phone: Cigna offers one-on-one phone support. To register, call (800) 862-3557 and select option 6.
  - Online Program: Complete a 28-day online Quit Smoking Program. Visit [Tobacco Premium](#) for instructions.
- Tobacco Cessation Hotline — 1-877-U-CAN-NOW (1-877-822-6669)
- [Employee Assistance Program \(EAP\)](#) — Counseling and support
- [Nicotine replacement products](#)

View [Tobacco Cessation Resources](#) for more resources.



### Adult Learning

EAP provides help finding adult education classes, financial aid assistance and online learning opportunities.

Visit [www.pinellas.gov/EAP](http://www.pinellas.gov/EAP).

*Employee Assistance Program (EAP): Providing counseling and so much more to all Pinellas County employees.*





# National Grilled Cheese Day is April 12: Smoked Gouda and Roasted Red Pepper Grilled Cheese Recipe



According to food historians this comfort food that's enjoyed by cultures around the world has been enjoyed by U.S. Americans since the 1920s. As sliced bread and cheeses became more readily available, Americans started

making broiled open-faced cheese sandwiches, which we know today as grilled cheese. Historians have found government-issued U.S. Navy cookbooks with the first known published recipe for "American cheese-filled sandwiches" prepared during World War II. Though loved long before, the day of recognition for grilled cheese didn't come around until the 1990s. Today, many enjoy grilled cheese sandwiches in their classic way – two slices of bread with sliced cheese melted in between. However, this comfort food can be cooked up in countless ways, with many different variations.

Cheese is beloved by many for its taste; however, cheese also packs a nutritional punch unknown to most. Generally speaking, this yummy food is a great source of calcium, protein, vitamin A, vitamin B12, zinc, phosphorus, and riboflavin (another B vitamin), although nutritional value can vary significantly across different types. Interestingly, gouda and cheddar have the highest amount of calcium at 15% of the daily value per 1 ounce. While delicious, watch your portions, as cheese is high in saturated fat. You can increase nutritional benefits by adding a few veggie options, as in the recipe below.

## Ingredients

- 8 slices of wheat bread
- 4 ounces smoked gouda cheese, very thinly sliced
- 4 slices muenster cheese (about 4 ounces)
- 1 medium jarred roasted red pepper, drained, dried, and thinly sliced
- 2 cups baby arugula or baby spinach
- 6 tablespoons unsalted butter, softened

## American Cheese

American cheese isn't American. In fact, processed cheese has its origins in Switzerland. It was created in 1911 to lengthen the shelf life before being shipped overseas.

To learn more about nutrition, contact [Health Coach Shannon Parks](#).



## Directions

1. Lay out 4 slices of bread on a clean work surface. Layer each with smoked gouda, muenster, thin layer of red pepper, 1/2 cup baby arugula or spinach, and another layer of smoked gouda. Close the sandwiches with remaining bread slices. Thinly and evenly spread butter on both sides of the bread.
2. Place 2 sandwiches into a medium nonstick skillet over medium heat. Cover the skillet with a lid and cook about 2 minutes until the sandwich has browned. Flip carefully and cook another 2 minutes until the bread is golden brown and the cheese is melted. Repeat with remaining sandwiches.

View the [full recipe](#).

Yield: 4 servings

Serving size: 1 sandwich

Nutritional information per serving:

Calories 554, Carbohydrate 33 gm, Fat 36 gm, Fiber 5 gm, Protein 16 gm, Sodium 788 mg, Sugar 4 gm

## New Morning Yoga Class at the Clearwater Wellness Center

**Thursdays, 6:30 - 7:10 a.m.**

**Instructor: Shannon Parks**

Yoga Flow is an all-levels, moderate intensity group fitness class focusing on the connection between breath, movement, and the mind. Based on the principles of hatha yoga, vinyasa yoga, and ashtanga yoga, this style of yoga moves from one pose, or "asana", to another in a continuous, smooth way. The range of yoga asanas in the practice are meant to increase flexibility, strength, balance, and core integrity.

Participants can expect the class to be a mixture of meditation, breathwork, and energizing movement. The class will begin with mindful meditation and gentler movements to wake up and warm up the body, progressively increasing to challenging yoga flow movement sequences. We will finish with a restorative savasana, or "final resting pose", to seal the practice and prepare participants for the day ahead. All are welcome, whether you're new to yoga or a seasoned yoga practitioner. There's space for everyone on the mat!



# April 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				<b>NEW CLASS</b> Apr 4, 11, 18, 25 <b>6:30 to 7:10</b> <b>Yoga Flow</b> Shannon	
LUNCH	Apr 1, 8, 15, 22, 29 <b>12:15 to 12:45</b> <b>Core &amp; Balance</b> Shannon	Apr 2, 9, 16, 23, 30 <b>12:10 to 12:40</b> <b>Cardio Bootcamp</b> Sydney	<b>POP-UP CLASS</b> Apr 10 <b>12:15 to 12:45</b> <b>Beginner Bodyweight</b> Sydney	Apr 4, 11, 18, 25 <b>12:10 to 12:40</b> <b>Full Body HIIT</b> Sydney	Apr 5, 26 <b>12:30 to 1:15</b> <b>Restorative Yoga</b> Shannon
PM		Apr 2, 9, 16, 23, 30 <b>5:15 to 6:15</b> <b>Solely Strength</b> Sydney	<b>Parks Magnolia Room, Largo</b> Apr 3, 10, 17 <b>5:30 to 6:30</b> <b>Urban Line Dancing</b> Jolanda	Apr 4, 11, 18, 25 <b>5:15 to 6:15</b> <b>Solely Strength</b> Sydney	
PM		<b>POP-UP CLASS</b> Apr 2 <b>6:30 to 7:30</b> <b>Step 'n' Sculpt</b> Lisa	Apr 10, 17 <b>5:30 to 6:30</b> <b>Step 'n' Sculpt</b> Lisa		

**All classes are modifiable for all fitness levels.**

**Beginner Bodyweight NEW** (30 minutes): This pop-up class helps you learn the foundations of fitness. No equipment is necessary.

**Cardio Bootcamp** (30 minutes): An upbeat class to challenge your endurance using a variety of equipment.

**Core & Balance** (30 minutes): A core dedicated workout to strengthen mid-body muscles to maintain good posture, range of motion and a healthy back.

**Full Body HIIT** (30 minutes): A dynamic full-body workout with brief rest periods to maximize results.

**Restorative Yoga** (45 minutes): A restful yoga practice that prioritizes long holds to gain a deeper stretch and emphasizes the meditative aspect of the mind-body connection.

**Solely Strength** (1 hour): Improve your strength and bone density while decreasing body fat using free weights and circuit machines.

**Step 'n' Sculpt** (1 hour): Step your way to a healthy heart, tone your core, and show your muscles some love with a feel-great stretch.

**Urban Line Dancing** (1 hour at Parks Magnolia Room): Dance is an excellent stress reducer, muscle toner and leg strengthener. Get moving and have some fun!

**Yoga Flow NEW** (40 minutes): Join Cigna Onsite Health Coach Shannon Parks for a moderately vigorous, creative, uplifting yoga flow sequence and meditation practice.

**All classes, except Urban Line Dancing, are held at the Wellness Center, 324 South Fort Harrison Avenue, Clearwater.**

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

