



# To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



JULY 2024

In July, we raise awareness that ultraviolet (UV) light is the root cause of most skin cancers and encourage the public to take precautions. The American Academy of Dermatology recommends that the public [#PracticeSafeSun](#) year-round.

## 5 Common Sunscreen Mistakes and How to Avoid Them

Courtesy of the [American Academy of Dermatology](#)

Sunscreen is a vital tool in the fight against skin cancer. However, it needs to be applied correctly in order to protect you from the sun's harmful ultraviolet rays. To reduce your risk of skin cancer, follow these tips from dermatologists to avoid common sunscreen mistakes and to protect your skin outdoors.



Skin cancer is the most common cancer in the United States, affecting one in five Americans in their lifetime. Yet most cases of skin cancer can be prevented by protecting your skin from the sun's harmful ultraviolet rays. The best way to do this is by **seeking shade, wearing protective clothing, and applying a broad-spectrum, water-resistant sunscreen with an SPF of 30 or higher.**

However, in a survey, the American Academy of Dermatology found that 65% of people say they often forget to reapply their sunscreen and only about a third of Americans reapply their sunscreen every two hours while outside. Since sunscreen wears off, incorrect usage can leave you unprotected and susceptible to skin cancer.

To protect your skin and reduce your risk of skin cancer, below are five common sunscreen mistakes — and how to avoid them:

- 1. Ignoring the label.** Look for sunscreens that are broad-spectrum, water-resistant, and have an SPF of 30 or higher.
- 2. Using too little.** Most people only apply 25-50% of the recommended amount of sunscreen. To fully cover their body, most adults need about one ounce of sunscreen – or enough to fill a shot glass. Apply enough sunscreen to cover all skin that isn't covered by clothing. Apply the sunscreen 15 minutes before

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## Don't Forget Your Eyes

Courtesy of the [National Eye Institute](#)

Like skin, ultraviolet rays can also cause damage to your eyes, increasing your risks for eye problems in the future, including cataract, cancer of the eyelid and age-related macular degeneration.

Wear a hat and sunglasses that protect against damaging rays.

Consider the following factors when choosing sunglasses:

- Lens material.** Sunglasses lenses can be made from a variety of materials, including plastic or polycarbonate. By law, retailers must indicate level of UV protection. Look for lenses that provide 99 to 100 percent protection from UVA and UVB or marked as having a UV400 rating. The U.S. Food & Drug Administration (FDA) regulates non-prescription sunglasses as medical devices. It requires that manufacturers

Continued on [page 4](#)

## National Parks & Recreation Month

### Celebrate Pinellas & Tampa Bay Parks

Outdoor green and recreation spaces invigorate the body, rejuvenate the spirit and foster communities.



Take advantage of our many local parks and recreation centers and explore beautiful parks across the state.

- County parks: [Pinellas](#), [Hillsborough](#), [Pasco](#), [Manatee](#)
- City parks: [Clearwater](#), [Dunedin](#), [Largo](#), [Pinellas Park](#), [St. Petersburg](#) (Some [local municipalities](#) offer recreation discounts to County employees.)

Also view [Florida State Parks](#) and [national parks located in Florida](#).

# Your Dietitian's Top Ten Weight Loss Tips

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



Shannon Parks

According to the National Institutes of Health, as of May 2022, Americans spend an estimated [\\$2.1 billion a year](#) on weight-loss products and supplements. The numbers are skyrocketing as more and more people try to lose weight. The Centers for Disease Control & Prevention states that as of 2018, [73.6% of American adults](#) aged 20 years old

and older are overweight and/or obese. Whether you're just starting a weight loss journey, or have been dieting for years, here are my top ten tips as a registered dietitian nutritionist to help with your weight loss journey:

- 1. Re-order your eating:** Many of us don't realize that the order of the foods we eat matters. Aim to eat fibrous berries or vegetables first, protein second, and carbohydrate-rich foods last at mealtimes. This will help balance your blood sugar and have a positive impact on your waistline.
- 2. Swap for water:** Not only does your body need adequate hydration for optimal function, swapping beverages out for water can help eliminate unnecessary calories and sugar, too.

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- 3. Move your body:** By getting 10 or more minutes of movement within 30 minutes after mealtime, you're helping your body use the energy it just ingested and spare it from being stored as body fat.
- 4. Have a starter:** Starting your meals with bone broth or broth-based soup can help provide the feeling of fullness without the extra calories a second portion would provide.
- 5. Switch it up:** Intermittent fasting can be a great way to get your metabolism moving and burn off stored body fat. I recommend eating dinner earlier, in the late afternoon. Fast from that point and break the fast with breakfast the next day. You're still providing your body the calories it needs while also allowing for 12-16 hours of fasting time.
- 6. Decrease snacking:** By finding a routine time for meals, appropriate portion sizes for your body, and balancing meals with protein, produce, and carbohydrates, you can easily reduce snacking, and save yourself the calories.
- 7. Sleep soundly:** Not getting enough sleep (less than 7 hours for adults), can trigger disruption in your body's hunger and fullness hormones, causing your appetite and cravings to soar.
- 8. Adopt a "kitchen's closed" mentality:** By telling yourself the "kitchen's closed" between meals and after dinner, you can reduce the intake of any unneeded calories by way of snacking.
- 9. Avoid distractions:** Eating while driving, watching TV, scrolling our phones or the like can cause us to eat unneeded calories. Take your time and eat mindfully.
- 10. Track your intake:** Statistics tell us that people who track their nutrition intake on a regular basis are more likely to lose weight, and more likely to keep the weight off. There are a number of free tracking apps/websites such as MyFitnessPal, LoseIt, FitBit, or others.

If you're struggling in your weight loss journey, have reached a plateau, or just don't know where to start, [reach out today!](#) I create tailored weight loss plans at no cost to you. Also, don't miss my webinar, [Barriers to Weight Loss](#), on July 24.



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



# July - September Wellness Activities

## Webinars

### Deskercise: Movement Snacks



[Register now](#) for a 30-minute webinar on **July 22 at 12:30 p.m.** and join Wellness Technician Sydney to learn the importance of moving your body regularly. Participants receive a resistance band for a “deskercise” activity.

### Barriers to Weight Loss



[Register now](#) for a 1-hour webinar on **July 24 at 12:00 p.m.** and join Onsite Nutrition Health Coach Shannon to uncover sneaky barriers that may be getting in the way of your weight loss journey and how to overcome them.

### Cook Along: Healthy Summer Desserts



[Register now](#) for a 45-minute webinar on **July 31 at 12:15 p.m.** and join Onsite Nutrition Health Coach Shannon as she shows you a new take on summertime sweet treats with a decadent chocolate chia seed pudding.

## Ayurveda Webinars



- [The 6 Tastes: Eating the Ayurvedic Way](#)  
**July 23, 12:15 to 1:15 p.m.**
- [Ayurvedic Herbs & Digestion](#)  
**August 1, 12:15 to 1:15 p.m.**
- [Ayurvedic Herbs & Immunity](#)  
**August 8, 12:15 to 1:15 p.m.**

Ayurveda, or *science/study of life*, is holistic health practices that encompass diet, lifestyle and herbs.

## Financial Well-Being



- [College Education Strategies](#)  
**July 18, 12:15 to 1:15 p.m.**
- [Understanding the FRS Pension Plan](#)  
**August 9, 11:00 a.m. to 12:30 p.m.**
- [Understanding the FRS Investment Plan](#)  
**August 9, 1:00 to 2:30 p.m.**
- [Getting Ready for Retirement Workshop \(Onsite\)](#)  
**September 12, 8:30 a.m. to 1:00 p.m., Largo**

## Onsite Activities

### Garden for Life: Seed Tapes



[Register now](#) for a 1-hour in-person workshop in Largo on **August 27 at 12:30 p.m.** to make your own seed tapes, thin papers on which seeds are glued, utilizing a small gardening space to produce your own harvest.

### Fall Prevention Workshop



[Register now](#) for a 1-hour in-person workshop at Public Works on **September 12 at 12:30 p.m.** to learn about the impacts of falls and how they can be prevented to keep you and your loved ones safe and fall-free.

### Mammogram Bus



[Make an appointment now](#) on the AdventHealth Mammogram Bus from **August 6 to September 16** in Clearwater, Largo, and St. Petersburg. Appointments qualify for Wellness Incentive rewards of \$50 cash or 12,500 points.



Scan the  
QR code  
to register.

**Pinellas County Wellness Program**  
[www.pinellas.gov/wellness](http://www.pinellas.gov/wellness) (727) 464-3367, option 1



going outdoors, and reapply every two hours while outdoors or after swimming or sweating.

3. **Applying only in sunny weather.** Alarming, only about 20% of Americans use sunscreen on cloudy days. The sun emits harmful UV rays all year long. Even on cloudy days, up to 80% of UV rays can penetrate your skin. Apply sunscreen every time you are outside, even on cloudy days.
4. **Using an old bottle.** The FDA requires that all sunscreens retain their original strength for at least three years. Throw out your sunscreen if it's expired or you're unsure how long you've had it. If you buy a sunscreen with no expiration date, write the purchase date directly on the bottle so you know when to toss it out.
5. **Relying solely on sunscreen.** Since no sunscreen can block 100% of the sun's UV rays, seek shade and wear sun-protective clothing, including a lightweight, long-sleeved shirt, pants, a wide-brimmed hat, and sunglasses with UV protection, when possible. For more effective sun protection, select clothing with an ultraviolet protection factor (UPF) label.

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## Simple Strategies to Reduce Neck Pain

Courtesy of [Gallagher](#)

Neck pain is becoming more prevalent with the increased use of digital devices.

Common causes of [neck pain](#) include poor posture, overuse of neck muscles, repetitive movements, poor sleep positioning, osteoarthritis, herniated disks, pinched nerves, and other health conditions.

In many cases, minor neck pain can be addressed with stretching, ice or heat, or over-the-counter pain medications. However, some neck pain may require medical intervention. Here are some simple strategies to help combat minor neck pain:

- **Ice** – Icing can help relieve muscle tightness.
- **Heat** – For some people, heat works better than ice. Try taking a warm shower or placing a warm towel on the sore area.
- **Improve your posture** – Sit and stand up straight with the crown of your head over your shoulders. Keep your chin tilted down slightly and relax your shoulders.

and retailers meet minimum requirements for UV protection, lens quality, impact resistance, labeling, and more. Unsure if your sunglasses have UV-blocking lenses? Many optical shops have a device called a photometer to test them.

- **Fit.** Choose comfort over style when selecting sunglasses frames. They should feel good, stay in place, and cover the skin around your eyes. A good fit will minimize light that enters the eye from the top, bottom, and sides of the lenses.
- **Use.** Choose sunglasses according to your activity. Activities near water, snow, sand, and other reflective surfaces increase UV exposure by reflecting light. Polarized lenses are good for reducing glare from snow or water. Consider wearing wraparound sunglasses or goggles to protect yourself from intense light or when doing yardwork or other activities that create flying debris.

If you have a prescription, consider speaking with your [vision care provider](#) about prescription sunglasses.

### *Should I avoid cheaper sunglasses?*

Don't assume that expensive, designer sunglasses provide better UV protection than sunglasses available from grocery stores or discount vendors. Only buy sunglasses that are clearly marked as providing 99 to 100 percent protection from UVA and UVB or marked as having a UV400 rating.

### *Do contact lenses provide UV protection?*

Some contact lenses block UV. Wearing UV-blocking sunglasses over your contact lenses will help protect the skin around your eyes as well the portion of your eyes that contact lenses don't cover.

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- **Stretch** – Gentle neck rotations and shoulder rolls can reduce muscle tension and pain.
  - **Take micro breaks** – Short movement breaks can help relieve stiffness and muscle tension caused by prolonged sitting.

If neck pain persists or worsens despite your self-management attempts, seek guidance from your healthcare provider. Additional testing may be needed to identify the source of your discomfort.



# Got Pain?

NECK • BACK • SHOULDER • KNEE • FOOT • HIP • ELBOW • ARM • HAND • PELVIC REGION

## Hinge Health Event: Physical Therapy Intro Sessions

Meet with a Hinge Health physical therapist and take the first step toward finding relief from your joint and muscle pain!

- Therapists are available for 15-minute onsite consultations to discuss your pain and get you started on the program (*new enrollees only*).
- Step 1: [Schedule an appointment](#) and begin the application process.
- Step 2: Check your email and follow the steps to complete your application and confirm eligibility (prior to your appointment).

*Consultations from 7 a.m. to 5 p.m.*

**Thursday, July 11**

**Public Works**

Building 1, Room A230,  
22211 U.S. Hwy 19 N., Clearwater

**Friday, July 12**

**Downtown Clearwater**

400 S. Ft. Harrison Ave.  
Annex Room 130

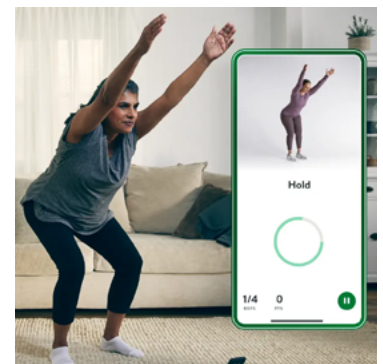
[www.pinellas.gov/hinge-health](http://www.pinellas.gov/hinge-health)



Personalized program

### Hinge Health: Exercise Therapy Without Leaving Home

- Digital therapy from anywhere
- Just 15 minutes a day
- Personalized help via video/text
- Free to employees and their adult dependents enrolled in a Pinellas County medical plan



Easy-to-follow exercises



6/17/24

Pinellas County Wellness Program

[wellness@pinellas.gov](mailto:wellness@pinellas.gov)

(727) 464-3367, option 1



# WELLNESS CHAMPION SPOTLIGHT

## Jennifer Wright

Human 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!



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

10 years.

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

I'm proud to be a born and raised Pinellas County native! Growing up near the water has given me a deep appreciation of salt water and beach waves, but I've also lived in the mountains of California, Utah, and Colorado. We have three kids all out on their own but have two blue heelers at home to keep us busy. We're kind of nature nerds, so we try to travel as much as we can to do some hiking in the western National Parks. We really enjoy kayaking on the Chassahowitzka. Currently, I am volunteering with the Florida Park Service to assist with their shorebird nesting surveys at Honeymoon Island, which is where I worked for ten years prior to coming to the County.

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

I draw inspiration from people who are out there doing their best to live a life that is positive and fulfilling, whether it be through exercise, getting outside in the sunshine, or finding space to meditate. Being part of a group of people who prioritize health and happiness in different ways introduces me to activities that either I've not given much thought to or haven't yet learned on my own. I hope that I can spread this same level of acknowledgement and appreciation for what our bodies are capable of when our minds get out of the way!

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

I've always enjoyed physical activity through sports, but it kicked into high gear once I hit 40. I picked up running, spin, and weights pretty heavily which led to a couple of surgeries last year that slowed me down a little bit. I am learning to listen to my doctors, and more importantly, to my body. Hot yoga is one of my dearest friends and I visit my mat a few times a week. It's amazing what a still mind can do for the soul!

## New Equipment in the Clearwater Wellness Center

We are pleased to share that the downtown Clearwater Wellness Center has received a brand new, upgraded cable machine! This newer piece of equipment has adjustable cables with plenty of attachments, and a row and pulldown station. The benefits of a cable machine include exercise versatility, adjustable weights for all fitness levels, and the ability to isolate muscle groups. If you do not have access to the Wellness Center to check out this awesome addition, [schedule an orientation](#).



## Complete the Biometric Screening & Health Assessment by Nov. 30

Preventive care can stop health issues before they start. A biometric screening and health assessment can: identify risks, improve health, save you \$500, and so much more!

Pinellas County offers a **savings of \$500** on your 2025 medical plan premium for completion of **both** a biometric screening and a health assessment each year. Complete both items **by the Nov. 30, 2024 deadline**.

For instructions on how to complete both activities, visit [Biometric Screening & Health Assessment](#).



**Biometric Screening**



**Health Assessment**



# BayCare HealthChat Podcasts

Learn about [skin cancer prevention tips](#) from a dermatologist. BayCare HealthChat® is the official podcast series of BayCare and features health care professionals sharing the latest health and wellness topics relevant to you and your family.



Access the [full podcast library](#).

## Tobacco Cessation Programs



If you use tobacco, complete an eligible tobacco cessation program between now and March 31, 2025 to save \$500 on your 2025 medical plan premium due to the [tobacco surcharge](#). There are a variety of ways to complete a program.

- Sign up for tobacco cessation coaching with Brittany or Shannon, our [onsite Cigna health coaches](#).
- Work with a Cigna health coach over the phone. To register, call (800) 862-3557, option 6.
- Complete an online 28-Day Quit Program on [my.Cigna.com](#).
- Register for a Tobacco Free Florida class series.
  - [Wednesdays, 12:00 - 1:00 p.m., Aug. 14, 21, 28, Sept. 4](#)

View more [tobacco cessation resources](#).



### Is Your Will Up-to-Date?

Get assistance from a licensed Florida attorney in preparing legal documents such as a living will or power of attorney through EAP.

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.*

## Discounted Event Tickets for Employees

Pinellas County is pleased to offer discounted tickets to area events for our employees. Visit [MyPinellas](#) to view current offers.

## 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)  
**August 20, 11:00 a.m. to 4:00 p.m.**
- **Public Works**  
22211 U.S. Highway 19 North, Clearwater  
**August 29, 12:00 p.m. to 5:00 p.m.**
- **Solid Waste**  
3095 114th Avenue North, St. Petersburg  
**August 21, 10:00 a.m. to 1:00 p.m.**
- **South County Tax Collector**  
2500 34th Street North, St. Petersburg  
**July 17, 11:00 a.m. to 1:30 p.m.**
- **STAR Center**  
7887 Bryan Dairy Road, Largo  
**July 25, 9:00 a.m. to 1:30 p.m.**
- **Utilities**  
14 S. Fort Harrison Avenue, Clearwater  
**August 22, 11:00 a.m. to 4:00 p.m.**

## EAP Wellness Webcast



We are pleased to offer national webcasts through Cigna EAP on **Wednesdays at 2 p.m.**

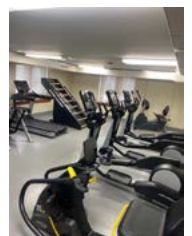
[Sign up now](#) and stay tuned for more throughout the year.

- **July 24 – Civility and Respect at Work** – When disrespectful actions and attitudes creep into the workplace, everyone suffers. Learn how you can respond effectively and restore respect.
- **August 7 – Navigating Back-to-School Challenges** – Discover how you can ease the transition from lazy summer days to a structured academic year.

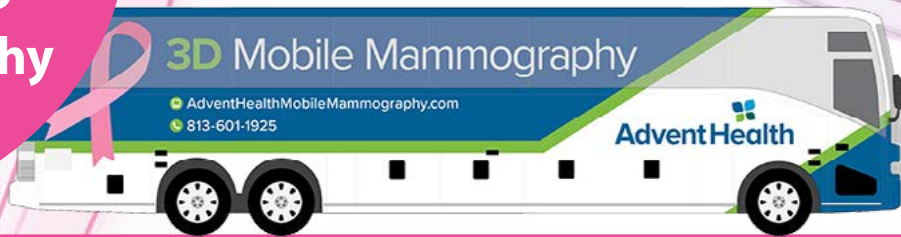
## Wellness Center Orientations

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!



Bringing 3D  
Mammography  
to You



# Mobile Mammogram

**Miss your mammogram last year?**

***Don't miss this convenient opportunity to catch up with your annual care.***

- **Clearwater Courthouse**, 315 Court Street, Clearwater  
Friday, August 9, 8:30 a.m. to 2:30 p.m.  
Monday, August 12, 8:30 a.m. to 2:30 p.m.
- **Human Services**, 647 First Avenue N., St. Petersburg  
Thursday, August 8, 8:30 a.m. to 2:30 p.m.
- **Justice Center**, 14250 49th St. N., Clearwater  
Monday, August 26, 8:30 a.m. to 2:30 p.m.
- **Parks / Extension**, 12520 Ulmerton Road, Largo  
Tuesday, August 6, 8:30 to 10:30 a.m.
- **Public Works**, 22211 U.S. Hwy. 19 N., Clearwater  
Tuesday, August 6, Noon to 2:00 p.m.
- **STAR Center**, 7887 Bryan Dairy Rd., Largo  
Monday, September 16, 8:30 a.m. to 2:30 p.m.

**1 in 8 women will be diagnosed with breast cancer.**

**EARLY DETECTION SAVES LIVES. GET SCANNED NOW.**

Walk-ins and spouses/domestic partners are welcome.

**Schedule your appointment at**

**[www.AdventHealthMobileMammography.com](http://www.AdventHealthMobileMammography.com)**

Click *Schedule Now*, then *Corporate, Government and Community Events*.



Brought to you by the Pinellas County Wellness Program  
and AdventHealth Mobile Mammography  
For FAQs, see [www.pinellas.gov/mobile-mammograms](http://www.pinellas.gov/mobile-mammograms).





# Baked Flake Chicken Recipe



According to the [National Chicken Council](#), Americans eat roughly 1.45 billion chicken wings during the Super Bowl alone! That's about 4 wings for each man, woman, and child in the United States. Given its popularity, it's not surprising that it gets its own holiday. July 6 is touted as National Fried Chicken Day. Though the history of the date's origins remains unknown, we do know that the origin of fried chicken comes from Scottish immigrants known to deep-fry chicken in fat.

Traditionally, fried chicken is a dish consisting of chicken that's floured or battered, then pan-fried, deep-fried, or pressure fried. In traditional preparation, chicken is fried in lard; however, corn oil, peanut oil, canola oil, or vegetable oil are commonly used. Unfortunately, the frying process can contribute to increased intake of saturated fat, which is known to clog arteries and contribute to elevated cholesterol and triglyceride levels. This year, in honor of National Fried Chicken Day, try out this healthier twist on "fried" chicken, where you get all the crispy crunch with much less saturated fat. This recipe has been adapted to incorporate whole wheat flour, which provides fiber and essential B vitamins. Compared to traditional fried chicken, this recipe has 83% less saturated fat and 81% less total fat.

## Ingredients

- 1 1/2 lbs. boneless skinless chicken breast, sliced into 6 portions
- Nonstick olive oil or avocado oil cooking spray

### Brine:

- 1 cup buttermilk
- 1/2 dill pickle juice
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1/2 teaspoon cayenne powder (optional)

### Breading:

- 1/2 cup whole wheat flour
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1 teaspoon salt
- 1/2 teaspoon cayenne powder (optional)
- 5 oz cornflake cereal, crushed

## Directions

1. Combine all brine ingredients and use this to cover chicken for at least 1 hour, up to 24 hours.
2. When ready to cook, preheat the oven to 400F and line a baking sheet with a nonstick liner or parchment paper.
3. Combine flour, garlic powder, onion powder, salt, and cayenne (if using) in a shallow bowl.
4. Crush the cornflake cereal and place that in a different shallow bowl.
5. Remove the chicken breast from the brine, shaking off any excess brine, set extra brine aside.
6. Dredge the chicken in the flour mixture to coat all sides.
7. Dip the floured chicken breast into the remaining brine, then coat in cornflakes. Place on baking tray.
8. Lightly spray the chicken with nonstick cooking oil spray and bake for about 40 minutes or until internal temperature of the chicken is at least 165F.

View the [full recipe](#).

Yield: 6 servings

Serving size: 1 piece of chicken

Nutritional information per serving:

Calories 271, Carbohydrate 30 gm, Fat 4 gm, Fiber 1 gm, Protein 28 gm, Saturated fat 1 gm, Sodium 700 mg, Sugar 4 gm



## Vitamin C

Vitamin C and iron party together. If you want to increase absorption of iron, consume it with [vitamin C rich foods](#).

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

## Food Trucks on Wednesdays



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





# Pinellas County Wears Blue

June 14 was [Wear Blue Day](#). Employees wore blue to spread awareness about men's health and help save lives.



*Human Resources*



*Human Resources Workforce Team*



*Human Services*



*Public Works*



*Public Works*



*Solid Waste*



# July 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				July 11, 25 6:30 to 7:10 <b>Yoga Flow</b> Shannon	
LUNCH	July 1, 8, 22, 29 12:15 to 12:45 <b>Core &amp; Balance</b> Shannon	July 2, 9, 16, 23, 30 12:10 to 12:40 <b>Cardio Bootcamp</b> Sydney		July 11, 18, 25 12:10 to 12:40 <b>Full Body HIIT</b> Sydney	July 12, 26 12:30 to 1:15 <b>Restorative Yoga</b> Shannon
PM		July 2, 9, 16, 23, 30 5:15 to 6:15 <b>Solely Strength</b> Sydney	July 3 5:15 to 6:15 <b>Solely Strength</b> Sydney	July 11, 18, 25 5:15 to 6:15 <b>Solely Strength</b> Sydney	
PM			July 17, 24 5:30 to 6:30 <b>Urban Line Dancing</b> Angela		
PM			July 31 5:30 to 6:30 <b>Step 'n' Sculpt</b> Lisa		

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

**Cardio Bootcamp** (30 minutes): Challenge your endurance with a variety of equipment.

**Core & Balance** (30 minutes): A core dedicated workout to strengthen mid-body muscles.

**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 with long holds for deeper stretches.

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

**Step 'n' Sculpt** (1 hour): Step your way to a healthy heart and tone your core.

**Urban Line Dancing** (1 hour): Dance is an excellent stress reducer.. Held at the Wellness Center in July.

**Yoga Flow** (40 minutes): Join Cigna Onsite Health Coach Shannon Parks for yoga and meditation.

All classes are held at the Wellness Center, 324 South Fort Harrison Avenue, Clearwater.

[www.pinellas.gov/group-fitness-classes](http://www.pinellas.gov/group-fitness-classes)

