



To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



OCT/NOV 2024

Finding Your Resilience After a Disaster



In the aftermath of two significant hurricanes, many people are experiencing very strong emotional reactions as they process the damage to homes and entire communities.

If you are experiencing hurricane-related distress, you are not alone. This is a perfectly normal reaction to an abnormal situation.

The [National Center of Posttraumatic Stress Disorder](#) (PTSD) explains that recovery after traumatic events is a process and takes time. A few tips for coping with traumatic stress include:

- It's important to not isolate yourself. Instead, make efforts to be with others and seek support so that you may feel less alone and more understood.

Biometric Screening & Health Assessment New Deadline

Due to Hurricanes Helene and Milton, we are extending the deadline to complete the [Biometric Screening and Health Assessment](#) to **December 13, 2024**. This gives you 6 weeks to complete both steps to save \$500 on your 2025 medical plan premium.

Quick tips:

- For fast results and no paperwork, use the [Direct-to-Quest](#) method for your biometric screening.
- If you use the [Physician Results Form](#), please upload it rather than faxing, and submit it as early as possible.
- Complete the health assessment now to ensure you don't miss the deadline.
- View the [Completion Help Guide](#) to confirm whether you've completed both items.

For questions, contact Wellness at (727) 464-3367, option 1 or wellness@pinellas.gov.

- Practice relaxation methods including breathing exercises, meditation, physical activity, prayer, or spending time in nature.
- If you have been experiencing irritability or frustration during these times, take a "time out" to cool off and think things over. Remaining upset can actually increase your stress and can cause health problems.
- Part of taking care of yourself means using the helpful resources around you. If efforts at coping don't seem to work, you may become fearful or depressed. It's important to reach out to a counselor who can help turn things around.

Get confidential short-term assistance with the [Employee Assistance Program](#) (EAP) to help you and/or your family through difficult times. Call Cigna's EAP 24/7 at (800) 862-3557 or reach out to your onsite EAP counselor, [Lorelei Keif](#).

Resilience can give you an understanding of the past, a grounded present, and a more hopeful future. To learn more, [watch a recording](#) of Lorelei Keif's webinar, "Finding Your Resilience After a Disaster".

Watch "Finding the Calm After the Storms" which explores [traumatic stress and coping skills](#) to help find your joy in the aftermath of tragedy by a BayCare behavioral health psychologist who specializes in trauma.

Annual Enrollment is Open

All employees are required to make their benefits selections in [EBS \(OPUS\)](#) by Friday, November 15, including new hires and those declining coverage.

- [Sign up for an info session](#) or [watch a recording](#).
- View the [Annual Enrollment webpage](#) to see what is changing in 2025.
- View the [EBS \(OPUS\) demo video](#) and [EBS \(OPUS\) Screenshots Guide](#) for tips to enroll.
- Questions? [Schedule an appointment with Benefits](#); call (727) 464-3367, option 1; or email employee.benefits@pinellas.gov.

Cancer Prevention: Reduce Your Risk

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



Shannon Parks

In recent years, it seems like nearly everyone knows someone who has had cancer or has had cancer themselves. This makes sense considering the staggering [data published by the CDC](#) stating that in 2021 there were over 1.7 million new cancer diagnoses in that year alone. To understand how to reduce our risk of cancer, it's important that we first understand what cancer

is. Normal cell function within the human body provides each cell with a job to do, causing the cells to divide and multiply in an orderly, healthy way. When normal, healthy cells are worn down or become damaged, they die off. However, in instances of cancer, damaged cells survive

and form new cells, eventually causing cancer cells to grow and outnumber normal cells.

Ultimately, cancer is caused by changes to the cell's DNA, which can be caused by genetics passed down from our biological parents. This can also happen due to exposure to [environmental agents](#) such as nutrition additives, lifestyle, tobacco or alcohol use, ultraviolet light, radon gas, asbestos, infectious agents, medical treatments, household exposures, and/or pollution.

The truth is, everyone is at risk of developing cancer, which is why it is so important to live a healthy lifestyle and stay up to date on preventative screenings. However, there are several risk factors that increase our risk.

Continued on [page 3](#)

Six Ways to Save on Your Healthcare Bills

Courtesy of [Cigna](#)

Medical care can be costly and overwhelming for many. Having a health plan helps, but out-of-pocket costs can still come as a surprise. The good news is, there are ways you can help avoid unexpected bills, and even lower the expected ones.

Use these tips to get going.

- 1. Create a separate savings account** – Put aside money each month in a separate account to cover your deductible and then some. A health savings account (HSA) is a great option.
- 2. Understand your plan** – Choose doctors and facilities that are in your plan's network and ask for medications that are on your plan's list of approved drugs.
- 3. Ask your doctor** – Question whether tests or procedures are necessary and the cost. Your health plan's website may also have cost estimates so you can plan ahead.
- 4. Choose the right level of care** – For non-life-threatening medical issues, an urgent care facility may cost significantly less than a trip to the ER. You can also make an appointment at your regular doctor's office or clinic.
- 5. Go generic** – Ask your doctor about generic or less expensive forms of medication. And find out if there's a 90 day supply option.

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- 6. Use the 24-hour health information services or virtual care** – Connect with a nurse advocate who can give health advice or speak with a doctor via phone or video chat, possibly eliminating a trip to the doctor's office or the ER.



Risk Factors for Cancer

Risk Factor	Risk Increase	Risk Reduction
Age	25% of new cancer cases are diagnosed between 65-74 years old.	n/a
Alcohol	More than 1 drink per day for women and more than 2 drinks per day for men.	Drink less or choose not to drink at all.
Tobacco	Tobacco users or those exposed to secondhand smoke.	Eliminate tobacco use entirely, avoid exposure to secondhand smoke.
Sun Exposure	Exposure to UV radiation causes early aging of the skin and skin damage that can lead to skin cancer.	Use SPF sunscreen and protective clothing outdoors, avoid sun exposure between 10 a.m. - 2 p.m.
Obesity	High body fat percentage is associated with increased risk of cancer.	Maintain a healthy body weight.
Carcinogens	Exposure to pollution, tobacco smoke, UV rays, asbestos, arsenic, formaldehyde, and radon.	Avoid exposure to carcinogenic materials.
Hormones	Estrogen is a known carcinogen.	Women considering menopausal hormone therapy should discuss the possible risks and benefits with their doctor.
Immunosuppression	Immunosuppressive drugs make the immune system less able to detect and destroy cancer cells or fight off infections that cause cancer.	Maintain routine physical exams and checkups with your in-network provider.
Infectious Agents	Some viruses, bacteria, and parasites can cause cancer or increase the risk cancer will form.	Maintain routine physical exams and checkups with your in-network provider.
Radiation Exposure	Some radiation can damage DNA and cause cancer – radon and X-rays are examples.	Limit exposure as much as possible.

Knowing the risk is half the battle. Once we know more, we can do more to reduce our risk and exposures. Focus on these main six points: protect your skin, get moving with regular physical activity, maintain a healthy body weight, build a healthy plate at mealtimes, steer clear of alcohol and tobacco, and stay on top of your preventative care and screenings. If you're wondering how to improve

your health while reducing your risk of cancer, please consider reaching out to your [Onsite Health Coach](#) for a free session today.



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

Wellness Incentives Paid Out

Wellness activities completed between January 1 and June 30 were rewarded on September 29. If you were expecting rewards, please check your paystub or the [rewards point website](#) (internal SharePoint link). If you have any questions, reach out to wellness@pinellas.gov.

Find it Fast: HR from A to Z



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



November Wellness Activities

Financial Well-Being Webinars



- [Retirement Income](#), **November 5**, 12:15 to 1:15 p.m.
- [Social Security and Medicare](#), **November 14**, 12:30 to 1:30 p.m.

Holiday Happiness



[Register now](#) for a 30-minute webinar on **November 7 at 12:00 p.m.** to learn coping strategies for managing “holiday blues” brought on by the anticipation of difficult family interactions and overblown expectations, so you can find joy in the season again.

Grocery Store Tour



[Register now](#) for a 1-hour webinar on **November 13 at 12:00 p.m.** and join Onsite Health Coach Shannon to learn how to shop like a nutrition expert, from understanding what influences your buying decisions to mastering a smart, health-focused grocery trip.

Ayurveda's Perspective on Menopause



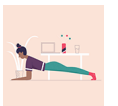
[Register now](#) for a 1-hour webinar on **November 21 at 12:15 p.m.** to discover the Ayurvedic perspective on menopause and how this ancient science embraces this phase of life and assists with alleviating menopausal symptoms.

Cook Along: Fresh Spring Rolls



[Register now](#) for a 45-minute cooking demonstration webinar on **November 20 at 12:15 p.m.** and join Onsite Health Coach Shannon to learn how to make Asian-inspired spring rolls, paired with a vibrant, zesty carrot salad.

Core Concepts



[Register now](#) for a 30-minute webinar on **November 15 at 12:30 p.m.** and join Wellness Technician Sydney to discover the power of your core muscles, the risks of a weak foundation, and how you can train for lifelong strength.

Make Your Own Herb Garden



[Register now](#) for a 1-hour workshop in Largo on **November 19 at 12:45 p.m.** to create your own miniature herb garden and learn essential tips for selecting, planting, and caring for various herbs, ensuring your garden thrives.

BayCare VIP Mammogram Days



[Register now](#) for a mammogram screening in Clearwater on **November 6 and 14**. A mammogram is the best screening tool available. It is a safe, low-dose X-ray that can detect changes in the breast long before any symptoms appear or can be felt. The event is designed especially for employees to get first access to mammogram appointments at BayCare.

- Susan Cheek Needler Breast Center
Morton Plant Hospital – Axelrod Pavilion
400 Pinellas Street, Suite 100, Clearwater
November 6 and 14, 1:00 to 5:30 p.m.

11/1/24



Scan the QR code to register.

Pinellas County Wellness Program
www.pinellas.gov/wellness (727) 464-3367, option 1



Caring for the Caregiver: 10 Tips

Courtesy of [Cigna](#)

Refer to these tips regularly to remind yourself of the things you can do to help cope with the challenges of caregiving.



1. Take frequent short, daily breaks and regular time off. Spend that time on your wants and needs.
2. Take care of your mental and emotional health. Watch for signs of [caregiver burnout](#); address it right away.
3. When help is offered, accept it. Specify which tasks you need help with. Ask for help if it isn't offered.
4. Research your loved one's condition so you are well-educated and aware of what care is required.
5. Be open to technology or services that might allow greater independence and ease of care.
6. Take care of your [physical health](#). Caregivers endure many physical demands.
7. Have faith in yourself. Trust your instincts.
8. Allow yourself time to grieve losses, but also focus on the future and maintain a positive outlook.
9. You are not alone. [Seek support](#) and advice from other caregivers.
10. Take a stand for [your rights as a caregiver](#) and as an individual.

OnSpot Dermatology Bus and Jet Dental Coming in January and February

Start the new year with a resolution to prioritize your health! Taking care of yourself is now easier than ever, with convenient onsite dermatology screenings and dental exams. These screenings are a perfect opportunity to fit in your preventive screenings without disrupting your busy schedule—an easy way to kick start a healthier year ahead!



Earn \$25/6,250 points in [Wellness Incentives](#) for a dental exam, and, *new in 2025*, earn \$50/12,500 points for a skin screening.

Wellness Resources Spotlight

The Wellness team has put together a list of health topics to provide you with free resources and tips to living a healthy, happy life. Check out these free [Caregiving Resources](#).



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.

- **November 20 – Caregiving 101** – Discuss the best practice basics that can help ease the pressure and boost your resilience in this often-challenging role.
- **December 4 – Work and Personal Life: The Balancing Act** – Move past the idea of “balance” and find realistic strategies to build the life you want.



Wellness 2 U

The Wellness Team Comes to You

The Wellness team is available to visit your worksite! Choose from a variety of topics and activities:

- Wellness education classes
- Introduction to the Wellness Program and Incentives
- Stress management and other workshops
- Stretching activity

Email your request to wellness@pinellas.gov or call us at (727) 464-3367, option 1.

In October, the Wellness team:

- Attended a Benefits and Wellness Fair for Court Adjuncts to provide information about the County's [Wellness Program](#).
- Spoke at North and South General Maintenance Division's All Staff meetings to lead a stretch break and inform employees of the classes the Wellness team could teach at their facilities.





MAINTAIN CAMPAIGN

Monday, December 2, 2024 to Friday, January 17, 2025

Manage your stress and your waistline by sticking to healthy habits this holiday season.

OBJECTIVES

- ❄️ Earn points for completed activities that improve physical health, help manage stress, make mindful nutrition choices, and control holiday spending.
- ❄️ Accrue the most points to win. First, second, and third place winners will receive wellness goodies for their dedicated efforts!

Challenge Features

- ❄️ This is an individual challenge that's all about you.
- ❄️ Focus on maintaining healthy lifestyle choices. Weight tracking is optional and anonymous.
- ❄️ Maintain Teams Channel, an online community where Maintainers will connect and support one another.

HOW

- ❄️ **Registration opens November 18** and closes December 6.

[Register for Maintain Challenge](#) (or scan the QR code below).

Please note, there is no Wellness Incentive associated with this challenge.

Questions? Pinellas County Wellness Program | wellness@pinellas.gov | (727) 464-3367, option 1



WELLNESS CHAMPION SPOTLIGHT

Casey Hollingsworth

Animal 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?

Almost 9 years.

Tell us a little about yourself.

I am a Program Coordinator at Animal Services and I focus on finding animals their outcomes — whether it be adoption, rescue, foster, or transfer

to a partner agency, my goal is to move every animal through the process swiftly so they can land at their final destination and start their new lives.

Why did you want to serve as a Wellness Champion?

I originally became a co-Wellness Champion several

years ago and then when my co-Champion moved to another department, I became the main Wellness Champion here at Animal Services. I truly believe no matter what career you have, your total body wellness is so important because after the job all you have is your body, so take care of yourself so you can enjoy yourself for years to come!

What do you do to take care of yourself?

I enjoy spending time outdoors so when I am not at work, I spend a lot of time on the boat or in my garden at home. Soaking up the sunshine and fresh air are my biggest relaxation techniques.



High Five

Jodi Scivally, Accountant 1, Building & Development Review Services

I've helped run the Safety Harbor co-ed softball league for 15 years now. The league started small, and my team was predominantly a group of Little League parents/coaches who wanted to keep active and have a little fun. Fifteen years later, I'm still playing. The league has grown substantially, and I am now playing with/against kids (now adults) I once coached, including my own kids when they are in town. We just finished the summer season, and my team won the championship!

We started a cornhole league in Safety Harbor a couple years ago as something fun to do and the growth has

been crazy! We now have an organized league as well as open play, and we are also gearing up for Bags on the Bay, an annual charity event held in November at the Safety Harbor Spa. Cornhole is always a good time, perfect for people of all athletic levels, and a great way to meet people.



Jodi Scivally (left)

Join Us for Our Wellness Weekly Breaks

Weekly breaks are quick and easy ways to recharge during the workday! All it takes is 15 minutes to kick-start your morning or boost your energy in the afternoon. Register for [Meditation Mondays](#), [Midweek Movement Snack Break](#), and [Friday Stretch Break](#).

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 EMPLOYEE NIGHT OUT

Discounted Tickets to the New Women's Professional Soccer Team

Saturday, December 14
7:00 p.m.

Riverfront Stadium Tampa

Tampa Bay Sun vs. Spokane Zephyr FC

Open to friends and family too!

- Fan Fest at Armature Works: 4:30 – 6:30 p.m.
- Enjoy food, drinks, and activities before the match. Concessions also available at the stadium (not included in ticket cost).
- Free Water Taxi: Complimentary service to take fans across the river to riverside gate entrance.
- Exclusive Experience (kids and employees only) in the high-five tunnel.



NORTH SIDELINE SEATBACKS \$37
(SECTION 107, 108, 115)

SOUTH MIDFIELD BLEACHER \$37
(SECTION 121, 122)

SOUTH SIDELINE BLEACHER \$31
(SECTION 120, 123, 124)

GOAL BLEACHER \$25
(SECTION 101, 102, 103, 104, 105, 106)

SUPPORTER \$17
(SECTION 116, 117, 118, 119)
(STANDING ROOM ONLY)

*Pricing does not include state taxes and other service/operation fees.

10/16/24



Use this link to [purchase tickets](#)
or scan the QR code.



Fitness at No Cost (Yes, Free!)

By Sydney Szczesniakowski, MS, NSCA-CPT, Wellness Technician

Explore the vibrant, active community in St. Pete-Clearwater with [various local clubs](#) welcoming runners and walkers of all levels. Whether you're seeking scenic waterfront paths, fun social runs, or even post-run brews, there's a club for you.

Run Clubs

[St. Pete Running Company](#): A friendly and supportive group that welcomes runners and walkers of all abilities.

[Off Balanced Run Club](#): Group runs on Saturday mornings from Intermezzo in St. Pete.

[Running for Brews](#): 5K running club that ends with a post-run "Victory Brew" at a local brewery.

[Pinellas Run Club](#): Group runs for all levels on Thursday evenings and Saturday mornings.

[Get Fit St. Pete Trail Run](#): Venture through Boyd Hill

Nature Park for a 5K trail run or walk every second Saturday of the month.

[Tarpon Springs Run Club](#):

Support the local Tarpon Springs community as you follow a 5K path and visit a different brewery or location each time. Walkers are welcome.

[Weedon Island Preserve Parkrun](#): Uncover the natural wonders of Weedon Island Preserve while running or walking with a local group.

[Matter of Fact Run Club](#): A casual running club in downtown St. Pete. Social gathering after the run at a coffee shop or brewery.

[Indian Rocks Beach Run Club](#): Enjoy ocean views and the relaxing sounds of the waves along Indian Rocks Beach on Wednesday nights. All ages and running abilities are welcome.

Yoga, Cardio, and More

[Clearwater's Coachman Park](#) offers free outdoor yoga classes on Saturdays at 8:00 a.m. and Mondays at 6:30 p.m., perfect for enhancing your flexibility and mindfulness amidst the park's peaceful ambiance. Cardio classes that cycle between Zumba, BodyCombat, Tabata and High Intensity Interval Training are also available to provide a high energy full-body workout on Wednesdays at 6:30 p.m.

Head over to the [St. Pete Pier](#) for free sunset yoga on the first Wednesday of every month at 7:00 p.m. (March – October) or 6:00 p.m. (November – February). Check the [event calendar](#) for free mat barre and pilates classes, too.

[Get Fit St. Pete](#) provides access to free workouts in parks throughout the city. Classes are taught by local fitness professionals in an assortment of exercise formats. All workouts are appropriate for all ages and levels. Try something new in a welcoming and comfortable environment. Classes include Tai Chi, Yoga, Pickleball 101, Zumba and more.



Free BayCare Health and Wellness Programs

Diabetes Empowerment Education Program (DEEP)



The Diabetes Empowerment Education Program (DEEP) is a free six-week class that teaches you how to manage diabetes through lifestyle changes including better nutrition and physical activity. It aims to empower you to take charge of your diabetes, avoid complications from the disease, and improve self-management skills.

Get Into Fitness Today (GIFT)

Get Into Fitness Today (GIFT) is a free 12-week program developed by registered dietitians, nurses, and health educators and uses science-based information to reduce chronic diseases through obesity prevention. The first half covers nutrition, food portioning, and labels, and the second half focuses on maintenance, fitness, and disease prevention.

Walk With Ease (WWE)

The Arthritis Foundation's Walk With Ease Program is a physical activity and self-management education 6-week program. Walking is the central activity, but it is a multi-component program that includes health education, stretching and strengthening exercises, and motivational strategies.

[View more information and search for classes.](#)



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



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](#).

- **Public Works**
22211 U.S. Highway 19 North, Clearwater
November 14, 12:00 p.m. to 5:00 p.m.
- **Solid Waste**
3095 114th Avenue North, St. Petersburg
November 20, 10:00 a.m. to 1:00 p.m.
- **South County Tax Collector**
2500 34th Street North, St. Petersburg
November 6, 11:00 a.m. to 1:30 p.m.
- **STAR Center**
7887 Bryan Dairy Road, Largo
November 28, 9:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
November 7, 11:00 a.m. to 4:00 p.m.

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 [Onsite Health Coach Shannon Parks](#).
- 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.
 - **Virtual:** [Mondays, 12:00 - 1:00 p.m., November 18, 25, December 2, 9](#)
 - **Virtual:** [Wednesdays, 12:30 - 1:30 p.m., November 27, December 4, 11, 18](#)
 - **In-person:** Public Works, 22211 U.S. Highway 19 North, Building 1, Room A230, Clearwater, [Wednesdays, 7:00 - 8:00 a.m., January 15, 22, 29, February 5](#)
 - **In-person:** Mosquito Control, 4100 118th Avenue North, Clearwater, [Thursdays, 7:00 - 8:00 a.m., February 13, 20, 27, March 6](#)

View more [tobacco cessation resources](#).

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!



Discounted Event Tickets

Pinellas County is pleased to offer discounted tickets to area events for our employees. Visit the [Special Discounts on Events Tickets](#) page on *MyPinellas* to view offers.



Need a Handyman?

EAP offers referrals for home services such as handyman, lawn care and moving. Visit www.pinellas.gov/EAP.

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



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@pinellas.gov



Filipino-American Cuisine: Tortang Giniling Recipe



Filipino cuisine includes cuisines of more than a hundred distinct ethnic groups found throughout the Philippine islands. Interestingly, Filipino dishes have varied influences from Chinese,

Spanish, and American cuisines. Tortang Giniling is a type of Filipino omelet wherein the ground meat (typically beef and pork) is sauteed with various vegetables and mixed directly with beaten eggs, instead of being folded into eggs as seen in traditional American omelets. This Filipino omelet is typically served with rice and [banana ketchup](#), a tangy savory sauce akin to American ketchup, but made with bananas instead of tomatoes.

This recipe contains several nutritionally dense foods that work to improve our overall health and well-being. Eggs contain choline which is excellent for memory regulation, mood, and muscle control. Onions and garlic are both from the allium family and do an great job of assisting the body's immune system in warding off germs and bacteria. The red bell pepper and tomato are both excellent sources of vitamins A and C as well as lycopene, a powerful antioxidant that helps repair or remove cellular damage. Nutrient dense and packed with protein, this recipe makes a great breakfast, lunch, or dinner meal – especially when paired with whole grain rice or a side salad.

Ingredients

- 1/4 pound extra lean ground beef
- 2 large eggs
- 1/3 medium yellow onion, diced
- 2/3 medium tomato, diced
- 1 clove garlic, minced
- 1/3 small green bell pepper, minced
- 1/3 small red bell pepper, minced
- 1/4 cup frozen green peas
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 teaspoons cooking oil, divided

Directions

1. Heat medium sized frying pan over medium heat, add cooking oil and heat until warmed through.
2. Saute onion and tomato, adding in garlic after a few minutes.
3. Add ground meat, cook completely — about 8-10

minutes — breaking it up while cooking.

4. Add bell peppers and frozen peas, continue cooking 3-4 minutes.
5. Add salt and pepper, stir to combine, transfer contents to a large bowl and let cool to room temperature.
6. Once the ground meat mixture reaches room temperature, beat in the eggs, stirring to combine all ingredients.
7. Heat a clean pan over medium heat, add a teaspoon of cooking oil. Place 1/2 of egg mixture into the pan, cooking each side for 3 minutes or until the eggs are fully cooked without overcooking. Transfer off the hot pan to a plate and enjoy!

View the [full recipe](#).

Yield: 2 servings

Serving size: 1/2 total prepared omelet

Nutritional information per serving:

Calories 264, Carbohydrate 10 gm, Fat 16 gm, Fiber 3 gm, Protein 20 gm, Sodium 727 mg, Sugar 5 gm (0 gm added sugar)

Whey



Remember the nursery rhyme, “Little Miss Muffet sat on her tuffet eating her curds and whey”? Whey is the liquid that separates on top of yogurt. It contains calcium, potassium, and protein. Don’t strain it — mix it!

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



Did You Know?

It's Free

A biometric screening is normally free since preventive screenings are free. If your doctor orders lab work that is not preventive, you may be responsible for copays or co-insurance. We recommend the Direct-to-Quest option.

Remember the deadline to complete your [Biometric Screening and Health Assessment](#) is **December 13, 2024**.



November 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				Nov. 7, 14, 21 6:30 to 7:00 Yoga Flow Shannon	
LUNCH	Nov. 4, 18, 25 12:15 to 12:45 Core & Balance Shannon	Nov. 5, 12, 19 12:10 to 12:40 Cardio Bootcamp Sydney	Nov. 13, 20 12:10 to 12:40 EMOM HIIT Sydney	Nov. 7, 14 12:10 to 12:40 Full Body HIIT Sydney	Nov. 1, 8, 15, 22 12:30 to 1:15 Restorative Yoga Shannon
PM	Nov. 4, 18 5:15 to 5:45 EMOM HIIT Sydney	Nov. 5, 12, 19 5:15 to 6:15 Solely Strength Sydney		Nov. 7, 14 5:15 to 6:15 Solely Strength Sydney	

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 which help maintain good posture, range of motion and a healthy back.

EMOM HIIT (30 minutes): Every Minute on the Minute (EMOM) is a high-intensity, full body workout that challenges your mental and physical endurance.

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.

Yoga Flow (30 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

