



To Your Health

PHYSICAL



EMOTIONAL



SOCIAL



FINANCIAL



DECEMBER 2024

2025 Wellness Incentive Program Updates

The new year is almost here, and the Wellness Team is excited to bring you another great year of wellness programs, screenings, and activities in 2025. In partnership with UMR (UnitedHealthcare), our wellness platform will have a fresh, user-friendly look, where you'll be able to see your wellness activities, access challenges and so much more!

Employees, opt outs and spouses will continue to be able to earn \$200/50,000 reward points through the [Wellness Incentive Program](#). Take action to protect your health by completing a preventive screening, getting a flu shot, working with a health coach, managing your chronic condition through care coordination, and/or maternity support. In addition to the program you know and love, we've made some upgrades for the coming year.

Here's what's new in 2025:

- Earn \$50/12,500 points for an annual skin screening.
- Earn \$50/12,500 points for 8-week action plans to make gradual lifestyle changes.

Biometric Screening & Health Assessment Deadline December 13

Due to Hurricanes Helene and Milton, we extended the deadline to complete the [Biometric Screening and Health Assessment](#) to **December 13, 2024**. Both steps need to be completed to save \$500 on your 2025 medical plan premium.

Quick tips:

- Use the [Direct-to-Quest](#) method for your biometric screening.
- Complete the health assessment now.
- 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.

- Earn \$50/12,500 points for preventive and diagnostic mammograms, men and women.
- Earn \$25/6,250 points for a preventive dental exam, up to twice per calendar year.
- Earn \$25/6,250 points for wellness challenges (variety of topics).



Wishing you and yours a healthy and happy New Year!

-Jane, Sydney, Shannon, and Lorelei

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Beating the Holiday Blues

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



Shannon Parks

“It’s the most wonderful time of the year,” or so the song goes, right? Maybe not, for some. Regardless of someone’s religious affiliation, the holiday season can often promote feelings of warmth, happiness, and belonging. However, for some individuals this time of year can lead to feelings of isolation, stress, and anxiety. Further still, it’s important that

many people experience both positive, happy feelings intertwined with difficult emotions such as stress or sadness throughout the holiday season.

According to [Harvard Medical School](#), an estimated 62% of American adults described their stress levels as “very or somewhat elevated” during the holidays, and only 10% of respondents reported no stress during the season. The most common stressors during the holiday season are related to financial demands, managing family dynamics, and maintaining personal health habits, such as exercising, eating well, or getting enough sleep.

Interestingly, the increase in stressors for most Americans can quickly overload the brain’s processing center, our prefrontal cortex, sending it into overdrive. What many don’t know is that being in a [state of overdrive](#) for a prolonged period of time can decrease memory, stop

production of new brain cells, and cause die-off for existing brain cells. Even those who may be able to cope well with the stress may notice other signs of “overdrive” such as headaches, increased intake of alcohol or incidence of overeating, insomnia, or changes in bowel pattern or sleep quality.

Any time during the holiday season is a great time to step back and self-reflect on how well we’re managing the emotions of the season. Setting level expectations for the holiday season can help decrease disappointment and promote more ease. Setting realistic goals for ourselves can help us maintain accountability without missing out on holiday events or gatherings. Practicing the power of saying “no” where you can assures you’re not saying yes out of obligation or walking a fine line to burn out. Lastly, look forward with optimism – set your sights on ways to rest, relax, and restore after the holiday season as you look forward to opportunities that a new year brings.

If you or a loved one are struggling through this holiday season, take advantage of our [Onsite Employee Assistance Program \(EAP\) counselor](#), [EAP resources](#) or an in-network mental health provider or physician to find treatment or support tailored to your needs.



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



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.



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, and a stretching activity.

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



In November, Wellness Technician Sydney got **Patsy Heiss**’s staff (Utilities) pumped up with a 10-minute pre-meeting stretch break.



December - February Wellness Activities

Barriers to Exercise



[Register now](#) for a 30-minute webinar on **December 16 at 12:15 p.m.** and join Wellness Technician Sydney to discover how to overcome common barriers to exercise to be successful in your fitness journey.

Cook Along: Fresh Spring Rolls



[Register now](#) for a 45-minute cooking demonstration webinar on **December 18 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.

Choose My FRS Plan



[Register now](#) for a 2-hour onsite class in Clearwater on **January 24 at 8:30 a.m.** to determine which Florida Retirement System (FRS) plan is best for you and how to enroll. **Registration closes January 22.**

Screenings

OnSpot Dermatology Bus



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

- Downtown Clearwater Courthouse, **January 14**
- Parks/Extension, **February 11**
- Public Works, **January 28**

Jet Dental Clinics



Coming soon! Get a dental checkup at work including X-rays, cleaning, exam, fillings, and more.

- Downtown Clearwater (Planning), **February 13**
- Public Works, **February 25**

Tobacco Cessation Classes



Tobacco users: Complete a qualified cessation program before March 31 to avoid the tobacco premium.

- Public Works, Wednesdays, **January 15 - February 5**
- Mosquito Control, Thursdays, **February 13 - March 6**

Wellness Incentive Program



New in 2025!

- Earn \$50/12,500 points in wellness rewards for an annual skin screening.
- Earn \$25/6,250 points in wellness rewards for a preventive dental exam, twice per calendar year.
- Both preventive and diagnostic mammograms are now eligible to earn \$50/12,500 points in wellness rewards.

Weekly Breaks: Just 15 Minutes



- **Meditation Mondays**, 9:00 a.m. and 3:00 p.m. Join us for a guided live meditation to start the week off with the right mindset.
- **Midweek Movement Snack Break**, Wednesdays, 2:45 p.m. Join us for an energizing break to shake off midweek stress.
- **Friday Stretch Break**, 10:00 a.m. Join us for a quick stretch to feel refreshed and reduce pain.

12/2/24



Scan the QR code to register.

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



5 Odd Health Remedies

Courtesy of [BayCare](#)

When you stop to think about it, our bodies are pretty incredible. Each system works on its own, and together with every other system, to keep our hearts beating, our lungs breathing, our brains thinking ... and sometimes, these systems cross over in strange and surprising ways. Take, for example, the following list of “tricks” to help seemingly unrelated health issues.

Pull your ear to “scratch” an itchy throat.

When you feel that itch or tickle in your throat, you can find relief by pulling on your earlobe and rubbing or scratching it between your thumb and index finger.

Why does it work?

Stimulating the nerves in the ear causes a tiny muscle spasm in the throat, which stops that tickle.

Rock your head to “wake up” a hand or arm that’s fallen asleep.

Rocking your head from side to side will get rid of the numbness or pins-and-needles sensation in under 60 seconds.

Why does it work?

The bundle of nerves that serve the upper body are in the neck, and when they get compressed, the result is often a numb or tingling arm or hand. Rocking your head loosens these nerves and relieves the pressure.

Drain your sinuses with your tongue and finger.

Stuffy nose? Drain your sinuses in about 20 seconds by alternately pushing your tongue against the roof of your

mouth, and then pressing a finger between your eyebrows.

Why does it work?

The bones surrounding the sinus cavities are fairly flexible. Alternating these two movements rocks the frontal bone, the maxilla and the vomer bone, moving mucus and other fluid out of the sinuses to drain into the nose and throat.

Ice your hand to cure a toothache.

Reduce pain from a toothache by rubbing ice on the back of your hand (on the same side as the toothache), on the webbed skin between your thumb and index finger, for about seven minutes.

Why does it work?

The researchers aren’t entirely sure, but it seems that nerves in this part of your hand are linked to a particular nerve system in your head, and applying cold not only numbs your hand, but also lessens dental pain. Weird, for sure.

Cough to reduce pain during an injection.

If you have a fear of needles, or just want to feel less pain, make yourself cough right when the needle goes into your skin to lessen or even eliminate the pain.

Why does it work?

Coughing causes pressure in the chest to increase suddenly, which temporarily blocks the spinal cord from sending pain signals to the brain.

Congratulations Fall Out of Stress Challenge Winners!

Employees embarked on a 4-week stress management journey to embrace a calm fall season. Congratulations to the following employees who earned the most points! The Wellness Team thanks everyone who participated in the challenge.

1st Place — Julie Stevenson

2nd Place — Martha Andrews, Kevin Campanaro, Kathleen Gavagan, Amanda Gillespie, Silenas Hiers, Yuan-Chen Kung, Brenda Leigh, Stephanie Rayman, Heather Smith, Zoey Smith, Heidi Stubbs, Dwight Terry, Tori Tipton, Cyndi Watkins, Dana Whitaker, and Marlena Zayas

3rd Place — Castille Aguilar

Wonder if a wellness challenge is worth your time? Check out what your fellow employees are saying:

“This was a much-needed challenge, especially after our hurricane-filled summer and fall. Thanks for helping me identify and practice more calming activities for my well-being and mental health.” - **Patsy Heiss, Utilities**

“Ended up in the hospital but still continued the challenge. It kept me positive and focused! I hope everyone enjoyed it as much as I did.” - **Dana Whitaker, Public Works**



Now is the Perfect Time for a Digital Detox

Courtesy of [BayCare](#)

Screens are a constant part of our daily routines, with the average American adult spending around 4 hours and 37 minutes on their phone each day, equating to nearly 70 days per year. While technology has numerous benefits, like convenience and connectivity, excessive screen time is linked to increased stress, anxiety, and sleep disruption due to blue light exposure. Now is a great time to consider a digital detox—a temporary break from screens to refresh and reconnect with the world.

Step 1: Set Clear Intentions

Begin your digital detox with clear goals. Identify your weekly screen time and determine why you want to reduce it—whether to improve mental health, strengthen relationships, or reconnect with nature. Once you have a purpose, define the scope of your detox. Decide whether you're cutting out screens entirely or limiting specific activities, like social media or streaming. Setting these boundaries will help you stay committed.

Step 2: Create a Tech-Free Routine

Design routines that encourage less screen use. Identify times when you tend to reach for your devices, such as first thing in the morning or before bed and turn those into tech-free moments. Try starting your day with meditation, journaling, or a morning walk instead of scrolling through social media. In the evenings, swap screen time for relaxation activities like reading, taking a bath, or enjoying herbal tea. Creating tech-free zones in your home, like making the bedroom a screen-free sanctuary, can also foster a calmer environment.

Step Three: Rediscover Offline Joys

A digital detox opens opportunities to reconnect with offline pleasures. Embrace activities like spending time outdoors, exercising, or engaging in hobbies like painting or cooking. These activities allow you to be present and can provide a sense of accomplishment that's often missing in the digital world. For social connection, consider volunteering or joining local clubs that align with your interests.

Step Four: Reflect and Adjust

Throughout your detox, reflect on its impact. Are you feeling more present, less stressed, or more connected to others? Use these insights to adjust your approach. Remember, a digital detox isn't about avoiding technology altogether but finding a balance that enriches your life. By stepping back from screens, you can make room for a richer, more fulfilling connection with the world around you.



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. You can register and add the links to your calendar or hop on using the links below.



[Meditation Mondays](#) – Build a healthy habit and start the week off in the right mindset with a guided live meditation every Monday at 9:00 a.m. and/or 3:00 p.m.



[Midweek Movement Snacks](#) – Shake off the midweek slump and rejuvenate your mind and body with work-friendly stretches and exercises every Wednesday at 2:45 p.m.



[Friday Stretch Break](#) – Sitting for long periods of time can wreak havoc on your posture and health. Combat muscle stiffness with gentle, full body stretches to release tension every Friday at 10:00 a.m.

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.



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



Tracing Triggers: Common Migraine Causes

Courtesy of [BayCare](#)



Nearly 30 million Americans suffer from migraine headaches, and a majority – three out of four – are women, according to the U.S. Department of Health and Human Services (HHS). The symptoms

typically include intense pain on one or both sides of your head, feeling nauseous or vomiting, disturbances in your vision and sensitivity to light.

While the exact cause of migraines isn't known, having migraine headaches can run in families, and there are different kinds of migraines. Before a migraine begins, certain symptoms sometimes occur, such as a change in mood or appetite, or a change in your visual perception. The Mayo Clinic notes that women's migraines might change during pregnancy or menopause.

Common Causes

Once a migraine starts, it can typically last between 4 and 72 hours. Researchers know there are various events and factors, known as triggers, which might cause migraines. They vary by person, and it's usually a combination of them that could lead to a migraine. According to HHS, many women with migraine headaches might have some of the following triggers:

- Bright lights, strong odors or loud noises
- Weather changes
- Anxiety and stress, or relaxation after stress
- Hormone changes during your menstrual cycle
- Getting too much sleep or not getting enough sleep
- Skipping meals
- Caffeine - drinking too much or cutting back
- Alcohol, typically red wine
- Aspartame such as Equal® or NutraSweet®
- Foods with the flavor enhancer monosodium glutamate (MSG)
- Foods and beverages with tyramine, such as soy products, aged cheeses, hard sausages, fava beans, Chianti wine and smoked fish
- Foods with nitrates, including lunch meats and hot dogs

Tracking Your Triggers

The Department of Health and Human Services suggests that you keep a headache diary to determine the triggers for your migraines. It should include:

- The time of day, what you were doing and your location when the migraine began
- What you drank or ate 24 hours before the headache
- Every day you have your period so that you and your health care provider can find out if the migraines happen at the same time as your period

Call your doctor if you experience more intense and longer lasting headaches, if your typical medication isn't relieving the pain or you have other problems with the medication, and if you have a fever or severe vomiting.

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!



New in 2025!

Earn \$50/12,500 points in [Wellness Incentives](#) for an annual skin screening and earn \$25/6,250 points for a preventive dental exam, twice per calendar year.

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 resources on [Creating Healthy Habits](#).



Food Trucks on Wednesdays



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



WELLNESS CHAMPION SPOTLIGHT

Vanessa Aarons

Public Works

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?

4.5 years.

Tell us a little about yourself.

Growing up in Cleveland, Ohio, I learned at a very young age the importance of practicing healthy habits.

I can recall times as a youth promoting health and safety activities throughout the community to increase awareness. I studied Industrial-Organizational Psychology at the University of Akron. It was at this time my love of philanthropy grew. I have lived in Florida for 10 years and find joy in unveiling local gems during our family weekend excursions. I have an amazing husband and 4 super cool kids. In my spare time, I enjoy fishing, and I cannot deny the read of a good book.

Why did you want to serve as a Wellness Champion?

To increase my knowledge of health and wellness. In growing this knowledge, it has helped me become a strong supporter and an advocate to my peers. Most of all, the Wellness Champions know how to have a great time.

What do you do to take care of yourself?

My children are all under the age of 10, so I am constantly and unequivocally on the move. I have learned that self-care (for me) can look different on most days, so I try to start/conclude my day with meditation, stretch/yoga coupled with a cup of herbal tea, followed by a few pages from a traditional hardback book. Life is good.

Green Gift Giving Guide

Courtesy of [Gallagher](#)



Looking for ways to make the holidays greener and healthier this year? Eco-friendly gifts are a great way to make a bigger impact with a smaller footprint. Try these simple

strategies to make your holiday greener:

- **Repurpose wrapping supplies.** Use newspaper or wrapping paper from past holidays as gift wrap or skip paper altogether and choose a reusable gift basket.
- **Limit gifts.** Cutting back on the number of gifts you give is another way to reduce waste. Limit your gifts exchange to a certain dollar amount or number of gifts.
- **Give experiences.** Declare a “no gift” holiday and opt for experiences instead. Cooking classes, day trips, or volunteering can be more meaningful than tangible gifts.
- **Give subscriptions.** Online subscriptions or community-supported agriculture (CSA) memberships do not require shipping or packaging.
- **Gift your time.** In lieu of a gift, offer to help out with yard work, home repairs, or other odd jobs.
- **Make a donation.** You can also donate to a charity on someone else's behalf.

If you prefer to give a tangible gift this season, here are some greener gift ideas:

- **Reusable anything.** Water bottles, produce bags, stainless or silicone drinking straws, shopping totes, or kitchen towels.
- **Edible gifts.** Honey, seasonings, tea, fruit baskets, nuts, baked goods, vitamins, kombucha kits, homemade jams or jellies, or a sourdough starter from your kitchen.
- **Plant-lover gifts.** Houseplants, watering cans, fermentation kits, or vegetarian cookbooks.
- **Homemade gifts.** Hand-knitted items, cleansers, handwritten poems or letters, artwork, or sugar scrubs.
- **Transportation & fitness.** Bicycle, scooter, athletic shoes, workout gear, or exercise equipment.
- **Everyday living staples.** Pillows, umbrellas, wool dryer balls, or fabric shower curtain liners.
- **Outdoor-enthusiast gifts.** Bird feeders, birdseed, gardening supplies, camping supplies, or wildflower seeds.
- **Books.** Digital or downloadable versions of books.





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
(SECTION 107, 108, 115) **\$37**

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

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

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

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

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

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



Hinge Health Webinars

Sleep and Pain: Stopping the Cycle

December 11, 1:00 - 2:00 p.m. ([Register](#))



Understand the importance of sleep and how it is connected to back and joint pain. Discover tips on how to use the power of movement to break the cycle and the ways Hinge Health can support you.

Hinge Health 101: Digital Exercise Therapy for Pain Relief

December 18, 1:00 - 2:00 p.m. ([Register](#))

Discover how exercise therapy can help improve your overall health and well-being.

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](#).

- Register for a Tobacco Free Florida class series:
 - **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](#)
- Other programs:
 - Please do not begin any programs administered by Cigna as they must be completed by December 31, 2024. Our new medical plan vendor, UMR (UnitedHealthcare), will offer tobacco cessation coaching options in 2025.

View more [tobacco cessation resources](#).



Feeling Stressed or Anxious?

EAP offers confidential assessment and short-term counseling at no cost for up to 6 free visits per issue per year per person.

Visit www.pinellas.gov/EAP.

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

The Importance of Sleep

BayCare Presents Health and Wellness From the Experts Webinars

Tuesday, December 10, 12:00 to 12:45 p.m.

Presented by: Dr. Desai

Dive into the vital role sleep plays in overall health and well-being.



Whether you're struggling with sleep apnea, insomnia, or just

looking for tips to improve your rest, this episode will include practical advice and information to help you get the sleep you need.

Please [register](#) in advance. View [past presentations](#).

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](#).

- **Airport**
14700 Terminal Blvd. Street, Clearwater
December 12, 9:00 a.m. to 2:30 p.m.
- **Clearwater Courthouse**
315 Court Street (west parking lot)
December 18, 11:00 a.m. to 4:00 p.m.
- **South County Tax Collector**
2500 34th Street North, St. Petersburg
January 15, 11:00 a.m. to 1:30 p.m.
- **Utilities**
14 S. Fort Harrison Avenue, Clearwater
January 14, 11:00 a.m. to 4:00 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!



Discounted Event Tickets

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



Celebrating Omisoka: Toshikoshi Soba Recipe



Ōmisoka is a traditional Japanese celebration on the last day of the year, New Year's Eve. Historically speaking, when Japan was following the lunisolar calendar, the last day

of each lunar month was named "misoka," with the last day of the 12th lunar month being named "ōmisoka," which means the final last day of the month for that year. Traditionally that day is spent doing activities that conclude the year being exited, while preparing to start the new year fresh, such as house cleaning, repaying debts, purification, and bathing. In more recent years, people have started gathering for celebrations. About an hour before the new year, they join each other in consuming a bowl of toshikoshi soba (or udon). This tradition started with people's association of eating the long noodles with "crossing over from one year to the next," which is the meaning of "toshikoshi." This soup is versatile in contents and toppings, so each individual can eat to their heart's content.

Toshikoshi soba is traditionally served with buckwheat (soba) noodles, hot dashi broth, and scallions. However, as mentioned, there are different variations depending on both region and household. Buckwheat noodles impart a lot of nutrients to this dish as they're high in protein for a grain (6 grams of protein per cup), fiber (4.5 grams per cup), and a variety of vitamins and minerals: manganese (for healthy metabolism), magnesium (blood sugar regulation and bowel health), iron, copper, vitamin B3, vitamin B2, vitamin B5, and zinc (immune health).

Ingredients

- 2 and a 1/2 cups dashi broth (or make from scratch: 1 and 3/4 cups water, 1 piece of kombu)
- 1 tablespoon sake
- 2 tablespoons mirin cooking wine
- 1/2 teaspoon sugar
- 1/2 teaspoon salt

Plants

Plants contain protein, too! 1 cup of cooked spinach contains about 5 grams of protein and 1 cup of cooked broccoli contains about 4 grams of protein.

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

- 2 tablespoons low sodium soy sauce
- 2 bundles of soba noodles
- 2 scallions, sliced
- Toppings of choice: Tofu, rehydrated seaweed, grated daikon radish, sliced fish cakes, sliced tofu cakes, etc.

Directions

1. Create dashi broth and bring to a simmer. Add sake, mirin, sugar, and salt. Stir to combine. Once simmering, add soy sauce. Turn off the heat, remove from stove, and set aside.
2. Cook soba noodles according to package directions, drain and rinse the noodles well to remove excess starch. Gently squeeze the soba noodles to remove excess water.
3. Prepare any toppings you would like to add.
4. Place the broth back onto the stove over medium-high heat. Once simmering, add soba noodles and let reheat completely (about 30 seconds).
5. Divide the noodles between 2 bowls, ladle the hot broth over top, add any desired toppings and enjoy!

View the [full recipe](#).

Yield: 2 servings

Serving size: 1/2 recipe

Nutritional information per serving:

Calories 337, Carbohydrate 52 gm, Fat 4 gm, Fiber 8 gm, Protein 19 gm, Sodium 704 mg, Sugar 4 gm (4 gm added sugar)



Did You Know?

Time is Running Out

December 13 is the deadline to complete your annual biometric screening and health assessment and save \$500 on your 2025 medical premium.

For help guides with step-by-step instructions, visit

[Biometric Screening and Health Assessment](#).



December 2024 Group Fitness Classes

	Monday	Tuesday	Wednesday	Thursday	Friday
AM				Dec. 5, 12, 19, 26 6:30 to 7:00 Yoga Flow <i>Shannon</i>	
LUNCH	Dec. 2, 9, 16, 30 12:15 to 12:45 Core & Balance <i>Shannon</i>	Dec. 3, 10, 17, 31 12:10 to 12:40 Cardio Bootcamp <i>Sydney</i>		Dec. 5, 12, 19, 26 12:10 to 12:40 Full Body HIIT <i>Sydney</i>	Dec. 6, 20, 27 12:30 to 1:15 Restorative Yoga <i>Shannon</i>
PM	Dec. 2, 9, 16, 30 5:15 to 5:45 EMOM HIIT <i>Sydney</i>	Dec. 3, 10, 17, 31 5:15 to 6:15 Solely Strength <i>Sydney</i>		Dec. 5, 12, 19, 26 5:15 to 6:15 Solely Strength <i>Sydney</i>	

All classes are modifiable for all fitness levels.

Cardio Bootcamp (30 minutes): An upbeat class to 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

