



HEALTHY CHOICES

for a Healthy Clearwater



LIVE:

SWIMMING SAFETY

In Florida, swimming and water fitness are great forms of exercise, a skill you can learn as a baby and perform your entire life. Swimming/water fitness is used at all ages to help with a child's development and many times water is the best form of therapy after surgery. It is even becoming popular amongst other professional sports as a means of cross training.

According to Safe Kids, there are more than 300 annual recorded drowning deaths nationwide. Drowning remains the leading cause of accidental injury death among children ages 1 to 4 years of age. Florida's drowning rate continues to be the highest in the country for children under 5 years of age.

What can we do to prevent drowning?

- NEVER LEAVE CHILDREN UNATTENDED IN OR AROUND WATER. Keep all distractions out of site and remain within arm's length of infants or toddlers around water. Children can drown in as little as one inch of water.
- When gathering around pools, lakes or the beach, designate a Safe Kids "Water Watcher." Alcohol can also hinder reaction time and proper supervision, so consider that when choosing the adults that will watch the children.
- Learn CPR/First Aid. Knowing life saving skills will make a huge difference in the event of an accident. Go to www.redcross.org to find a class near you.
- When using flotation devices, it is best to use those that are Coast Guard approved.

Pool toys, water wings and noodles do not replace a personal flotation device (PFD) or supervision.

- If you have a pool at home, take necessary safety measures. Safe Kids recommends a four-sided, minimum four feet high, self-closing, self-latching gate or fencing to prevent children from gaining access unsupervised. Do not leave inflatable pools out with water in them. Install a door alarm on doors so you can be alerted if your child exits the house. Use protective measures like anti-entrapment covers and safety vacuum release systems to automatically release suction and shut down the pump. Keep hot tubs covered, and remove ladders from above ground pools when not in use.
- Talk to your kids about water safety. Give your kids the skills they need in the water. Enroll kids in swim lessons where they can learn to tread water, float, swim and get to safety if they ever fall in.

The Long Center has partnered with Brooke Bennett, 3-time Olympic Gold Medalist with the Brooke Bennett Swim Academy (BBSA) to provide you with a world class learn to swim program. Group lessons are for children ages 3 and up and Water Babies classes are for parents and children ages 4 months to 36 months of age. These summer sessions will be held at Morningside and the Long Center pool. Twenty-minute private lessons are also available through BBSA and are scheduled with the instructors. For more information about BBSA, call 510-8123 or email info@bbswimacademy.com.

LEARN:

(free programs unless specified)

SHINE One-on-One Medicare Counseling: Tuesdays in June (10:30-11:30 a.m.; 12:30-1:30 p.m.) at the Main Library, 100 N. Osceola Ave. SHINE (Serving Health Insurance Needs of Elders) is a program offered by the Florida Department of Elder Affairs and the local Area Agency on Aging. Specially trained volunteers can assist you with Medicare, Medicaid and health insurance questions by providing one-on-one counseling and information. SHINE services are free, unbiased and confidential. Register at myclearwater.com/cpl.

Health Seminar-Easy Ways to Improve Your Child's Diet: Sunday, June 5 (4 p.m.) at Nature's Food Patch, 1225 Cleveland St. Sarah Bingman, MS, CNS, LDN, with Fast Food Healing, will explain the little changes that can add up to big nutritional gains. For more information, call 443-6703.

Health Seminar-20 Reasons Why You Need a Massage: Tuesday, June 7 (7 p.m.) at Rock Solid Fitness, 1969 Sunset Point Road, Suite 11. Guest speaker Alison C. Lynch, LMT, will discuss how massage can help manage lower back pain, relieve stress, boost immunity, improve sleep, reduce joint pain, provide relief from pain and more. For more information and to register, call 282-1800.

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LEARN, continued.

Health Seminar-Dermatology and Skin Cancer:

Wednesday, June 15 (noon) at the Aging Well Center Grand Room at the Long Center, 1501 N. Belcher Road. Dermatologist Amy Ross, MD, will teach attendees what their skin says about their overall health. Discover how to avoid harmful skin conditions, including skin cancer. For more information and to register, call 724-3070.

Family Nutrition Program:

Wednesday, June 22 (2-4 p.m.) at the East Library, 2251 Drew St. Nan Jansen of the Pinellas County Extension office will discuss ways to make healthy food choices for the family while sharing delicious and nutritious samples. For more information and to register, call 562-4970.



Laughter for Health with Sparkie

Lovejoy: Monday, June 27 (1-1:45 p.m.) at the Aging Well Center at the Long Center, 1501 N Belcher Road. Laughing may improve your health, reduce pain and loneliness. Join us for a laughter class based on the teachings of Dr. Madan Kataria. Learn how to use laughter as a tool for reducing stress, connecting with others and improving health. For more information and to register, call 724-3070.



WORK:

POSITIVE RELATIONSHIPS



Over a 24-hour time span, we spend a third of that time at work. While our colleagues may not be our best friends in the world, getting along both personally and professionally will make a world of difference, not only in your enjoyment at work, but also overall productivity and company morale. If someone is really difficult and the methods below do not help, use the appropriate channels to address the issue. Speak to your supervisor about documentation and the procedure involved with complaints.

Improve your workplace relationships:

- Try to avoid pointing fingers and placing blame. Things will not always go smoothly at work. When this happens, figure out your role in the situation and what you could have done differently. Take responsibility for your actions or role in what happened. This goes a long way in team building.
- No one is just like you. You and your colleagues are not all going to be exactly the same. Just as in a relationship, people bring different personalities, backgrounds, ideologies, etc. to the workplace. Diversity helps with success. When people with different strengths work together, great things can happen. Try to be tolerant of other people's differences and remember that it takes many different types of people to run a workplace.
- No one is always happy. We all have days where we just don't feel great. When someone walks in the door at work, it doesn't mean they have left all of their life baggage behind. Try not to overreact if someone is rude or dismissive. That person may just be having a bad day. If you notice someone is consistently difficult, try to learn more about them and see how you can understand each other better.



- Look in the mirror. Maybe it's not just your colleague who is having a bad day. Our own stress alters the way we deal with people. Find effective and healthy ways to manage your stress.
- Have fun and find ways to boost morale. When people are happy they perform better and tend to get along better. Give praise when it is earned, smile at people and find ways to put a bit of zest into the workday.

PLAY:

(free programs unless specified)



Color My World: every first and third Wednesday of the month (10:30 a.m.) at Countryside Library, 2642 Sabal Springs Drive and June 8 and 22 (5 p.m.) at the Main Library, 100 N. Osceola Ave. Coloring promotes relaxation, wellness and stimulates areas of the brain related to motor skills, senses and creativity. Materials are provided. For more information, call 562-4970.

Family Bike Rodeo: Saturday, June 4 (11 a.m.-1 p.m.) at the East Library, 2251 Drew St. Bring your bicycle, skateboard or scooter to practice bicycle safety at our Stop and Go skill station and continuous flow traffic course. The event will be held in the Skycrest Community Church parking lot, adjacent to the East branch library. For more information, call 562-4970.

Clearwater Community Garden Pot Luck Dinner: Thursday, June 9 (6 p.m.) the Clearwater Garden Club, 1277 Grove St. Join us for our first pot luck dinner. Please bring an appetizer, side dish or dessert to share. The garden will provide the main dish. Event is being sponsored by Frank Crum. For more information, please email Howard at captainhw@gmail.com or visit [facebook.com/ClearwaterCommunityGardens](https://www.facebook.com/ClearwaterCommunityGardens).

PhytoNutrients - Beets

Beets contain a unique source of phytonutrients called betalains. These phytonutrients have been shown to provide antioxidant, anti-inflammatory and detoxification support. Not sure how to prepare beets? Try steaming them. Cut beets into cubes and add two cups of water. Boil about 15 minutes, or until beets are soft and buttery. Add some seasoning and you are good to go.

Chainwheel Drive Ream Wilson Trail

Ride: Friday, June 10 (8:30 a.m.) at the Long Center Trailhead, 1501 N. Belcher Road. Chainwheel Drive will host this one-hour trail ride on the Ream Wilson Trail. Learn bike safety techniques from a cycling expert as you enjoy a beautiful ride on the trail. Participants will bike through Cliff Stephens Park, Kapok Park and Del Oro Park. Riders of all skill levels are welcome. For more information, please call 441-2444.

True Blue Diversity Day: Saturday, June 11 (10 a.m.-2 p.m.) at Coachman Park, 301 Drew St. You are invited to attend the city's first True Blue Diversity Day, hosted by the city's Diversity Leadership Council. This brand new event celebrates every community member's cultural uniqueness. The event is free and family-friendly. There will be live music, diverse performances, ethnic foods, touch-a-trucks, raffle giveaways and activities for children. For more information, contact Dieunice Deris at 562-4866 or Judy Martin at 562-4900, ext 7409.

Let's Dance! Aging Backwards: Thursday, June 23 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Arielle Giordano, author of *Dancing from the Inside Out*, will show you that the sharpest most powerful tool for retaining a radiant, ageless and beautiful you are your muscles. Learn signature movements to stretch and strengthen over 620 muscles. For more information, call 443-6703.

Family Yoga: Thursday, June 30 (10 a.m.) at Kapok Park, 2950 Glen Oak Ave. N. Family Yoga specializes in transformational kids' yoga and offers fun ways to share this ancient practice with children ages 2 to 17. Join instructor Stephanie Johnson for a workshop that will enrich your body and mind. Your child will learn creative instruction in meditation, breathing practices, relaxation, poses, games, activities and stress management. Fun for the whole family. For more information, call 365-8574.

Tips from the Trainer:

METABOLISM

Metabolism is a term that is used to describe all chemical reactions involved in maintaining the living state of the body. Metabolism is closely linked to nutrition and the availability of nutrients. Boosting metabolism is the holy grail of weight watchers everywhere. The simplistic idea of "calories in equals calories out" is a good starting point, but anyone who has struggled with weight loss knows it is far more complicated than that. Some people inherit a speedy metabolism, while others do not. Men tend to burn more calories than women even while resting. As we age, our metabolism slowly declines.

Age, gender and genetics cannot be controlled, but there are ways to improve metabolism. The body burns calories constantly, even at rest, and the resting metabolic rate is higher in people with more muscle. Every pound of muscle uses about six calories a day just to sustain itself. Each pound of fat burns only two calories. That small difference adds up over time. By working to maintain and improve muscle mass as you age, you will maintain or improve your metabolism as well.

Aerobic exercise burns calories and can raise your metabolism post workout. The key is to add high intensity intervals to your exercise. Training with higher intensity intervals can increase metabolic rate for up to 72 hours afterward.

The body needs water to process the calories we take in. When even mildly dehydrated, the metabolism slows down. To help stay hydrated, drink a glass of water or unsweetened beverage before every meal and snack. Also snack on foods that help you hydrate such as fresh fruits and vegetables. Besides contributing to hydration, they make you feel full.

Understanding the contributing factors can assist in building and maintaining a healthy metabolism.

Healthy Recipe

Salsa-Broiled Tilapia

Serves 4

Serving Size: 4 ounce fillet with 3/4 cup salsa

Total Time: 15 min | Prep: 5 min | Cook: 10 min

Ingredients:

- 16 ounces tilapia fillets (can substitute any white fish)
- 2 cups chopped tomato
- 1 lime, juice only
- 1/2 cup chopped red onion
- 1/2 cup chopped green pepper
- 1/2 teaspoon minced jalapeno pepper
- 1 tablespoon chopped cilantro

Directions:

1. Preheat oven broiler.
2. Place fish in baking dish and top with tomato, lime juice, green onion and jalapeno. Broil until fish is done, about 10 minutes.

Recipe from: © Food and Health Communications <https://foodandhealth.com/recipes.php/recipe/926>

Great Eats at Wildflower Café

Grab a bite to eat at Wildflower Café. Enjoy healthy dining every day. Exciting weekly specials include The Southern Ahi Tuna Nicoise Salad with black-eyed peas, deviled eggs and cornbread croutons, or the California Garden Sandwich, with sprouts, avocado, tomato, red cabbage and shitake mushrooms on a warm flatbread. Healthy Choices members who show their member card can receive a free regular or decaf green iced tea with purchase of an entrée at breakfast or lunch. For seating, call ahead to 447-4497, or just stop into the market next door for grab and go items. Check out their menu at wildflowercafe.net.

Clearwater Healthy Choices Challenge

Many Clearwater residents have already signed up to take the Healthy Choices Challenge by promising to make at least one healthy choice each day. This month's prize-winning challenger is [Kari Striano](#) who won a gift card to [Roly Poly](#). Your prize will be mailed to you. Fill out and send in your application today, or visit myclearwater.com and complete the application online. Prizewinners will be drawn each month. Also, be on the lookout for businesses displaying the Healthy Choices for a Healthy Clearwater apple logo. These businesses will provide discounts to those who show their Healthy Choices for a Healthy Clearwater card.

Healthy Choices Partner Spotlight

Rock Solid Fitness

969 Sunset Point Rd., Suite 11
282-1800

Show your card and receive a free introductory workout and a 10 percent discount off of their packages. Ask for Patty. rocksolidfitnessfl.com.



Healthy Choices For a Healthy Clearwater is published each month by the city of Clearwater to encourage community wellness by highlighting healthy ways to Live, Learn, Work and Play.

Apply for a Healthy Choices Card online at myclearwater.com/wellness, call Regina Novak at 793-2339, ext. 238 or email regina.novak@myclearwater.com.

Send your questions, comments, or suggestions about this newsletter to regina.novak@myclearwater.com.

Clearwater Healthy Choices Restaurant

Who doesn't like going out to eat? Unfortunately, it can sometimes be difficult to eat healthy when you eat out. To make it a little easier, each month we will recognize a local Clearwater restaurant that offers healthy options on their menu. It's up to you to make Healthy Choices once you get there. This month's Clearwater healthy choices restaurant is [Bob and Daughter Market](#).

Location: 420 Cleveland St., Clearwater, FL 33756

Hours: Mon.-Sat., 7 a.m.-6 p.m.

Phone: 442-3147

Website: bobanddaughterproduce.com

Healthy Highlight: Bob and Daughter Market has been in Clearwater since 1982. It's your one stop shop for everything from delicious fresh fruits and vegetables, raw honey, cheese, nuts, dried fruit and fresh smoothies, sandwiches, wraps and salads made to order. The lunch menu has affordable, quick and tasty options. Want to grab and go? Get a well balanced meal for under \$5 with their quick foods, including hard boiled eggs, fruit and cheese bags and fresh cut veggies with hummus packets.

