



HEALTHY CHOICES

for a Healthy Clearwater



♥ LIVE:

WALKING AND RUNNING SAFELY

Walking and running are fantastic ways to stay active. We are fortunate here in Clearwater to have so many options when it comes to beautiful places to walk and run, between our parks, trails and award-winning beaches. When you are out and about on these excursions, remember a few key tips to keep you safe.

- Let a family member, friend or roommate know your planned route.
- Carry identification and cell phone with you at all times.
- Exercise with a friend. It can be motivating and safe to have someone with you.
- Face traffic: It is easier to move and react to cars coming at you and you will be more visible to drivers when facing traffic.
- Be prepared to move onto the sidewalk or road shoulder. Some streets have bike lanes, while others don't, so be aware that you are sharing the road with not only vehicles, but potentially other bikers, runners or walkers.
- Be seen by wearing brightly colored clothing during the day and reflective clothing at night.

- Proper footwear: It's important to have the right size and the most appropriate shoe for your activity. Specialty running stores sometimes offer fittings by assessing your gait, giving you a better idea of what shoe works best for you and your activity.
- Avoid using headphones in both ears during a walk or run. Your ears can help alert you to a vehicle or person who is approaching.
- Mind your manners: Make sure to stop at all stop signs and stop lights and when possible, use cross walks. Wait for confirmation before crossing.
- Stay hydrated. Bring water, or an electrolyte replacement drink, with you during your activity.
- Trails that run through Clearwater include the Ream Wilson Trail, the Courtney Campbell Trail, the Pinellas Trail, the Duke Energy Trail and the Bayshore Trail. All trails prohibit vehicles, except emergency vehicles, on the trails, providing an additional level of safety. These trails lead to a variety of destinations, including Bright House Field, where you can catch a Clearwater Threshers game.

💡 LEARN:

(free programs unless specified)

Health Seminar - Eat This, Lose Fat: Tuesday, July 12 (7 p.m.) at Rock Solid Fitness, 1969 Sunset Point Road, #11. Learn about the easiest weight loss program ever, how to track your calorie needs and more. For more information, call 282-1800.

On Your Mark, Get Set in the Kitchen: Wednesday, July 13, 20 and 27 (10:30-11:30 a.m.) at the Main Library, 100 N. Osceola Ave. This hands-on, food-based, family story time will introduce nutrition, kitchen safety, food preparation and manners using stories, crafts and activities. An adult must accompany children younger than 7 years old. For more information, call 562-4970.



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LEARN, continued.

Heart Rhythm Disorders: Wednesday, July 20 (noon) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. Join Clinical Electrophysiologist AJ Moondra, MD, and discuss different heart rhythm disorders (arrhythmias), symptoms, how they are diagnosed and the latest treatments. To register for the lecture, call 253-4076.

Health Seminar - The Amazing Liver: Thursday, July 21 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Dr. George Springer will discuss the role that the liver plays in the body and some of its 500 functions. Discover the things that stress the liver and how to treat it with care. For more information, call 443-6703.

Laughter for Health with Sparkie Lovejoy: Monday, July 25 (1-1:45 p.m.) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. Laughing may improve your health and 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. Pre-registration is required. For more information, call 724-3070.



Holistic Health: Saturday, July 30 (2:30-4:30 p.m.) at the East Library, 2251 Drew St. Dr. Grace D. Pambo will discuss the most essential ingredients for vibrant, self-sustainable optimal health. For more information, call 562-4970

WORK:

RECOGNIZING AND PREVENTING HEAT ILLNESSES



Living in Florida, we realize that the summer months mean hot temperatures and high humidity. When working or playing outside, or in any hot, humid environment, it's important that you know how to prevent heat-related illness, as well as be able to recognize symptoms and act quickly if a heat illness occurs.

In 2014, OSHA reported that 2,630 workers suffered from heat illness and 18 died from heat stroke. The most common heat illnesses include, but are not limited to, heat rash, heat cramps, heat exhaustion and heat stroke.

- Heat rash usually occurs at the neck, chest and body folds. Areas will have small red bumps and could be itchy or have a stinging feeling. Immediately remove clothing and move to a cooler location.
- Heat cramps are the earliest sign of a heat illness. If a person has heat cramps, give them an electrolyte replacement beverage, wet cloths and move to a cooler location. If the person will let you, you can attempt to relax the cramped

muscles by massaging them gently but firmly.

- Heat Exhaustion: In this stage of heat illness there could be heavy sweating, weakness, cold/pale skin and fainting. This is not a life-threatening illness; if a person has any of these symptoms, move them to a cooler location and have them sip water until they feel better. If it continues, seek medical attention.
- Heat Stroke: This is an emergency situation. At this point, a person stops sweating and has a high body temperature and rapid pulse rate. Call 911 immediately and try to move to a cooler area while you wait for help to arrive. Do NOT give fluids.

Here are some tips to help prevent heat illness:

- Drink plenty of fluids
- Replace salts and minerals
- Wear appropriate clothing and sunscreen



- Pace yourself
- Use the buddy system
- Monitor those at high risk, which include:
 - Young children
 - 65 years of age or older
 - Overweight
 - People who are physically ill or have heart disease, high blood pressure or take certain medications for depression, insomnia, blood pressure or poor circulation.

For more information on heat illnesses, visit nlm.nih.gov/medlineplus/heatillness.html.

PLAY:

(free programs unless specified)



Clearwater Celebrates America sponsored by Bright House Networks: Monday, July 4 (gates open at 4 p.m.) at Coachman Park, 301 Drew St. Fireworks start at 9:30 pm. Honor America's independence at Clearwater Celebrates America, sponsored by Bright House Networks featuring the Clearwater Gas "Spark the Sky" fireworks display. General admission is free. For more information, please call 562-4700.

Chainwheel Drive Ream Wilson Trail

Ride: Friday, July 8 (8:30 a.m.) at the Ream Wilson Trail Head behind the Long Center, 1501 N. Belcher Road. Have fun and learn bike skills during this two hour ride led by a cycling expert. Riders of all skill levels are welcome. Sponsored by Chainwheel Drive. For more information, contact cycling@chainwheeldrive.com or 441-2444



Color My World - Adult Coloring:

Wednesday, July 13 and 27 (5 p.m.) at the Main Library, 100 Osceola Ave. and Wednesday, July 6 and 20 at Countryside Library, 2642 Sabal Springs Drive. Coloring promotes relaxation, wellness and stimulates areas of the brain related to motor skills, senses and creativity. Materials provided. For more information, call 562-4970.

Pitch for Pink: Friday, July 22 (Breast cancer survivor lap starts at 6 p.m. and game starts at 6:30 p.m.) at the Bright House Field, 601 N. Old Coachman Road. Several items will be auctioned off to benefit breast health services and programs at Morton Plant Mease. The first 1,000 women to attend will receive a pink tumbler. For more information and ticket prices, call 712-4300.

Kids Golf Free at Chi Chi Rodriguez: Any day, any time, May-Sept. 2016 at Chi Chi Rodriguez Youth Foundation Golf Club, 3030 N. McMullen Booth Road. All kids 15 years of age and under can golf for free with a paying adult. The First Tee of Clearwater Junior Tee's are available at all 18 holes, providing children a manageable distance and great way to enjoy the game. For tee times, call 726-4673 or visit chichi.org.

Tips from the Trainer:

Water is essential for our bodies. Found in every cell, tissue and organ, water has a critical role in helping your body function properly. Drinking plenty of water assists in regulating body temperature, lubricating and cushioning joints, protecting the spinal cord and other sensitive tissues, optimizing brain function and ridding the body of wastes through urination, perspiration and bowel movements.

Experts recommend drinking six to eight, 8-ounce glasses of water daily. While it's true most of our water needs are met through the water and beverages we drink, we can also get some fluids through the foods we eat. Think about the composition of celery, tomatoes, oranges, melons and broth soups, which are 85 to 95 percent water.

Remember to carry a water bottle for easy access to fluids when you're at work or running errands. Create the habit of drinking water instead of grabbing a high calorie substitute. Freeze some freezer-safe water bottles. Grab one on your way out the door to keep you cool in the Florida heat. To add a refreshing and healthy twist on water, add slices of lemon, lime, cucumber or watermelon. Sparkling water with a splash of 100% juice is another alternative for a refreshing, low-calorie drink.

Remember, water is essential to good health, optimal weigh management, and total wellbeing. Find ways to increase your water consumption today.

Jeanmarie Scordino, M. Ed., FAFS Exercise Physiologist

July is Berry Month

Summer conjures up images of sweet and refreshing berries. During these hot and humid months, they are also a very hydrating fruit. This versatile fruit can be eaten alone, added to a yogurt parfait, smoothie or cold cereal, or sliced up and eaten on a sandwich with nut butter.



Healthy Recipe

Grilled Salmon with Charred-Corn Relish

Ingredients:

- 4 ears shucked corn
- Olive oil cooking spray
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon freshly ground black pepper, divided
- 1 pint cherry tomatoes, halved
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 3 tablespoons thinly sliced fresh basil, plus whole basil sprigs for garnish (optional)
- 4 (4-ounce) salmon fillets

Directions:

- Prepare grill
- Soak corn in a large bowl of cold water for 20 minutes. Remove and pat dry. Coat corn on all sides with cooking spray, and season with ¼ teaspoon salt and ¼ teaspoon pepper. Grill about 15 minutes or until charred on all sides. Remove cobs from grill, and cool slightly. Slice the kernels from the cobs, and transfer to a medium bowl. Add tomatoes, olive oil, vinegar, and sliced basil; season with ¼ teaspoon salt and ¼ teaspoon pepper. Let the relish sit at room temperature for 15 minutes before serving.
- Meanwhile, lightly coat both sides of salmon fillets with cooking spray; season with remaining ¼ teaspoon salt and ¼ teaspoon pepper. Place fillets skin side down, and grill 3–4 minutes or until golden brown. Flip fillets, and grill for 3 more minutes. Fish should feel slightly firm in the center and will register 145° on an instant-read thermometer. Place salmon onto each of 4 plates, and spoon relish over top. Garnish with basil sprigs, if desired

Recipe from: <http://www.health.com/health/recipe/0,,10000001809080,00.html>

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 **Sandy Fynaarrdt**.

You have won a gift card to Green Market Cafe. 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

Clearwater Beach Fitness

483 Mandalay Ave 220, (286-8918)

Show your Healthy Choices card and with a purchase of a three-month membership, choose either a free fitness evaluation and training session with one of their personal trainers or a fourth month free. Ask for Dorothy.



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 **Honey Baked Ham**.

Location: 23310 U.S. Hwy 19 N., Clearwater, FL 33765

Hours: Monday-Saturday, 10 a.m.-6 p.m., Sundays, 11 a.m.-5 p.m.

Phone: 726-0992

Website: honeybakedham.com

Healthy Highlight: The Honey Baked Ham store is not just for holidays and special occasions. Honey Baked Ham serves fresh and healthy sandwiches and salads every day. Pick one up to-go or enjoy in the store. To see the menu, visit: honeybakedonline.com/HBOnline/images/CateringOrderForm/ID163.PDF

Great Eats at Wildflower Café

If you are looking for a cool and refreshing treat, try Wildflower Café's Hibiscus Ginger Tea, lightly sweetened with agave and maple syrup, or some of their special seasonal lemonades, like Strawberry Basil. 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.

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.