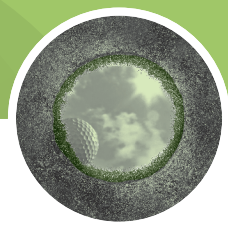
CLEARWATER
BRIGHT AND BEAUTIFUL · BAY TO BEACH

AUGUST 2016

HEALTHY CHOICES

for a Healthy Clearwater



LIVE:

BE YOUR OWN OLYMPIAN

Every four years, the Summer Olympic Games showcase the best athletes in the world. Instead of just being a spectator, use the month of August to channel your inner Olympian and get active with some Olympic-inspired activities.

- Canoe/kayak/stand up paddleboard: These great upper body workouts also work your core and allow you to explore some great Clearwater waterways. If you are new to kayaking, Osprey Bay is partnering with Moccasin Lake Environmental Education Center to offer a two-day course. The classroom session is Aug. 11 at Moccasin Lake and the water demo follows on Aug. 13 at Cliff Stephens Park. Check the MyClearwater magazine for more information.
- Swimming: The sky is the limit in the pool. There are tons of pool events and four different strokes to try out. All Clearwater outdoor pools are open during August and the Long Center pool is open year-round. Call your local pool for open days, times and lane availability. For those who are looking to get back into swimming competition shape, check out the Masters group that practices at the Long Center. Contact coach Matt Hess at matthessh20@gmail.com. For age group swimming, call the Clearwater Aquatics Team at 791-9542. Want to get your kids swim ready? The Long Center has partnered with the Brooke Bennett Swim Academy (BBSA) for the Learn to Swim Classes. For more information about BBSA, call 510-8123 or email info@bbswimacademy.com.
- Running (or walking) and biking: Your options for beautiful places to be active on foot or bike are endless. Running local trails such as the Ream Wilson Trail, Courtney Campbell Trail, Duke Energy Trail, and Pinellas Trail are safe and fun ways to exercise. For a beautiful water view, walk or run on the Clearwater Memorial Causeway which leads you all the way to Clearwater Beach.
- Martial arts/dance/gymnastics: Clearwater recreation centers offer a variety of dance, gymnastics and martial arts classes for all ages. See the MyClearwater magazine for center specific information on these types of activities.
- Team sports: Kids are not the only ones that can enjoy some friendly competition and team work. Adult leagues and teams provide the opportunity to play your favorite youth sports as an adult. Whether it's table tennis, pickle ball, tennis, basketball, volleyball, softball, soccer or swimming, Clearwater has lots of options when it comes to adult leagues. Check the MyClearwater Magazine for more information on what centers provide these active opportunities for adults.
- Complete a decathlon: Do you like a little variety? Want to challenge yourself to try something new? Make up your own decathlon with some of the ideas above and then check them off as you go.

LEARN:

(free programs unless specified)

Ballroom Dance Class: Tuesdays (5:30-6:30 p.m.) at the Long Center, 1501 N. Belcher Road. Learn the Rumba, Cha-Cha, Salsa, Waltz and Swing. Have fun and get fit with ballroom dancing. Fee is $9 with card or pass or $10 without card or pass. For more information, call 793-2320.

We're Cooking SuperFoods For You! Tuesday, Aug. 2 (7 p.m.) at Rock Solid Fitness, 1969 Sunset Point Road. Suite 11. Join us to learn about what a SuperFood is. Enjoy a complete cooking demonstration and samples, learn quick and easy recipes, and learn tips and tricks to make your meal a nutrient dense meal. For more information, call 282-1800.

Discovery Studio Drop-In: Wednesday, Aug. 3, 10, 17, 24, 31 (5-7 p.m.) at the Main Library, 100 N. Osceola Ave. Be creative with our Art Cart or experiment with tech devices such as our 3-D printer, MakeyMakey and LittleBits. For students in grades 2 and up. For more information, call 562-4970.

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LEARN, continued.

Powerful Databases that will Empower Your Life-Introduction and Research Tips: Friday, Aug. 5, 19 (3:30-4:30 p.m.) at the Main Library, 100 N. Osceola Ave. Discover and learn about the databases available through the library. The databases cover a variety of subjects such as basic medical information, academic issues, exam preparation, newspapers and more. Register at myclearwater.com/cpl. For more information, call 562-4970.

Moffitt Mole Patrol: Saturday, Aug. 6 (9 a.m.-3:30 p.m.) at Pier 60 pavilion on Clearwater Beach, 1 Causeway Blvd. Get screened for skin cancer by trained professionals from Moffitt Cancer Center. Sunscreen samples and educational information will be available. For more information, contact MolePatrol@Moffitt.org.

Advancements in Hip Replacements: Wednesday, Aug. 17 (noon) at the Aging Well Center at the Long Center, 1501 N. Belcher Road. Hip Orthopedic Surgeon David Cheong, MD, will discuss options for hip replacement, the benefits of the anterior approach and how MAKOplasty robotic technology can help patients. To register, call 253-4076.

Ask the Doctor: Thursday, Aug. 18 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Bring your medical questions to be answered by one of this country's top MDs, specializing in alternative health. The doctor will advise on natural solutions to any condition, from cancer and Lyme disease to toxicity and beyond. For more information, call 443-6703.

WORK:

LISTENING IS HARD WORK!

Effective listening is more than just a skill; it's also a matter of attitude. To be an effective listener, you must accept people for who and what they are, not what you want them to be. Here are some tips on how to become an effective listener.

How to be a good listener:

- Hear the message
  - Pay attention. Look at the speaker, stop other tasks and don't allow. interruptions.
  - Select information that is important.
- Interpret the message
  - Paraphrase and ask questions to ensure that your understanding of the speaker's message is accurate.
- Evaluate the message
  - Make sure you have all the important information before forming an opinion.
  - Ask questions, do not jump to conclusions.
- Respond to the message
  - Give feedback to let the speaker know what you heard and how you heard it.
  - Reach a common understanding by responding to the speaker.

How to be a good listener: When you are not effectively listening it can lead to various situations of "twisted thinking." Kinds of twisted thinking include the all or nothing principle (black or white), overgeneralizations (never ending pattern) and jumping to conclusions (mind reading, fortune telling).

- The all or nothing principle is when you think there is a right or a wrong but sometimes what you do not see is the grey area between. It's important to understand co-workers opinions and see the problem from their view.
- Overgeneralization happens when thinking about a situation and you tend to make it worse than it needs to be. You take the problem and overanalyze it. Most people are guilty of this, but when you take the problem at face value, most of the time you are able to find an easy solution.
- Jumping to conclusions can get you in trouble. If you already know what you are going to say before someone else responds, that will lead to more problems and no solution.

When any of these factors occur, it can lead to stress in the work environment. Make life simple and just listen.

BayCare, one of our Healthy Choices Community Partners, offers some fantastic classes on resiliency, stress and communication skills through their Behavioral Health Team. If you are interested in learning what might be available for your organization, contact Leah Millette at 754-9286 or by email Leah.Millette@BayCare.org.

☺ PLAY:

(free programs unless specified)

Zombie Prom: Wednesday, Aug. 3 (6:30-8:30 p.m.) at the Main Library, 100 N. Osceola Ave. Celebrate the end of summer by getting gross and fancy with us. Dance it out in your best zombie attire and participate in games, crafts and activities. Zombie makeup is provided. Costumes are greatly encouraged. For students in grades 6 through 12. For more information, call 562-4970.

August is National Breastfeeding Month

The U.S. Department of Health and Human Services, hopes to empower women to commit to breastfeeding by highlighting new research showing that babies who are exclusively breastfed for six months are less likely to develop ear infections, diarrhea and respiratory illnesses, and may be less likely to develop childhood obesity.

Back to School Bash: Saturday, Aug. 6 (1-5 p.m.) at North Greenwood Recreation and Aquatic Center, 900 N. MLK Jr. Ave. Join us for a pool party to celebrate the end of summer and the beginning of the new school year. Fee $2 for kids and $3 for adults. For more information, call 462-6276.

Marinate, Sautee, Sauce: Saturday, Aug. 6 (11 a.m.) at Nature's Food Patch, 1225 Cleveland St. Learn the secret to making marinades and sauces that boost flavor and add richness to a meal. For more information, call 443-6703.

Olympic Make-and-Take Crafts: Tuesday, Aug. 9 (5-6 p.m.) at North Greenwood Library, 905 N. MLK Jr. Ave. Join Miss Sarah for an Olympic-themed craft as we celebrate the opening of the 2016 summer Olympics in Rio de Janerio. For more information, call 462-6276.

Clearwater Beach Shell Crafters Club: Thursday, Aug. 11, 25 (1-3 p.m.) at the Clearwater Beach Library, 69 Bay Esplanade. Create shell crafts such as photo frames, wreaths, wall plaques and more, using shells found on the beach. Sponsored in part by Beach Friends of the Library. For more information, call 447-5882.

Chainwheel Drive Ream Wilson Trail Ride: Friday, Aug. 12 (8:30 a.m.) at the Ream Wilson Trailhead at the Long Center, 1501 N. Belcher Road. Enjoy yourself during this two-hour ride led by a cycling expert. Have fun and learn bike skills. Riders of all skill levels are welcome. For more information, contact cycling@chainwheeldrive.com or call 441-2444.

Tips from the Trainer:

METABOLISM

We all experience stress; some good… some bad. Stress is more than just an emotional or psychological sensation; it has physical implications that can be unhealthy. People suffer everything from headaches and stomach problems to rashes, nervousness, nausea and chest pains. Also, stress can lead to other problems like depression, anxiety and insomnia.

Most of us could use more relaxation in our lives. Unfortunately, as we move into the working world, recess and naptime no longer exist. It becomes up to us to create time where we can unwind and relax.

Are you looking to rejuvenate your spirit and calm your nerves?

Why not head outside and enjoy nature to relax and recharge. Plan a picnic, go for a bike ride or take a walk. Go fishing or just sit out by the water. Studies find that simply interacting with green settings and natural waters has positive effects on the psyche, including clearing mental clutter, improving attention and enhancing overall cognitive function.

Escape for an adventure in a good book. Cozy up in your favorite chair, under a tree or by the water's edge.

Hit a day spa, or create your own at home by taking a long bath, giving yourself a pedicure, or taking turns with your partner to massage each other's shoulders and neck. Whether it's a day of pampering or a few minutes of relaxing, the benefits add up. Take time to de-stress and improve your overall health and well-being.

Jeanmarie Scordino M.Ed.,FAFS, Exercise Physiologist

Healthy Recipe

Mediterranean Stuffed Peppers

Ingredients:

- 100g/4oz brown basmati rice
- 1 each red, orange and yellow pepper
- 1 (85g) bag watercress, roughly chopped
- 50g/2oz pitted black olives, chopped
- 50g/2oz drained sun dried tomatoes
- 50g/2oz cheddar cheese, grated

Directions:

Cook the rice in boiling salted water for 20 minutes or according to pack instructions. Drain.

Preheat the oven to 400°F.

Cut the peppers in half lengthways, cutting through the stalks. Remove the seeds and discard; place cut side up in a roasting tin.

Mix the rice, watercress, olives and sun dried tomatoes together with half the cheese. Season to taste. Spoon the mixture into the peppers, scatter over the remaining cheese. Bake for 25-30 mins or until the peppers are tender. Serve with salad.

http://greatist.com/health/43-hydrating-recipes-summer

Back to School Month

August is Back to School Month. Here is an easy and fun recipe that the kids will love: Chocolate Banana Oatmeal. Use quick cooking steel cut oats, 1 banana, 2 teaspoons of peanut butter or other nut butter, 2 tablespoons Greek non-fat yogurt, 1 tablespoon of cocoa powder and a dash of cinnamon.

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 Matthew Parker who has won a Green Market Cafe gift card. 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

Chi Chi Rodriguez Golf Club
3030 McMullen Booth Road
726-4673
chichi.org

Show your card and receive a round of golf at a reduced rate. Jan.-April ($28 + tax) or May-Dec. ($18 + tax). Good anytime Monday through Friday and after 10 a.m. on weekends and holidays.

Clearwater Healthy Choices Restaurant

Who doesn't like going out to eat? Unfortunately, it can sometimes be very 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 Cheddar's.

Location: 2655 Roosevelt Blvd.
Clearwater, 33760
Hours: Open Daily Mon.-Thu., Sun. 11 a.m.-10 p.m., Friday- Saturday 11 a.m.-11 p.m.
Phone: 536-7770
Website: cheddars.com

Healthy Highlight: Check out Cheddar's "Lighter Side" menu to choose from four healthy entrees. Try the Baja Chicken. For 490 calories, you can enjoy seasoned chicken breast served on a bed of black beans and savory rice. Topped with housemade pico de gallo.

Raising a Healthy Eater

Want some good ideas on how to get your kids to eat healthier? Attend a free workshop on Aug. 2 (5:30-6:30 p.m.) at the Long Center, 1501 N. Belcher Road. Dinner and child care (ages 5-12) will be provided. Pre-registration is required. Call 793-2339x238 or email regina.novak@myclearwater.com to register.

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.*

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