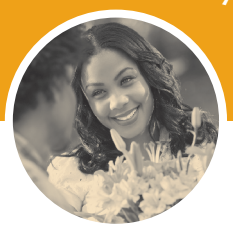
CLEARWATER
BRIGHT AND BEAUTIFUL · BAY TO BEACH

OCTOBER 2016

HEALTHY CHOICES

for a Healthy Clearwater



LIVE:

HEALTHY LUNG MONTH

October is National Healthy Lung Month. Lung disease affects a staggering number of Americans each year. Types of lung disease range from asthma to chronic obstructive pulmonary disease (COPD) and can be caused by many things including smoking, poor air quality, viruses, genetics and toxins. The good news is many lung diseases can be prevented.

According to the American Lung Association there are several ways to keep your lungs healthy.

1. Don't smoke. Smoking is the major cause of lung cancer and COPD. Cigarette smoke can narrow the air passages and make breathing more difficult. Over time, cigarette smoke destroys lung tissue and may trigger changes that can grow into cancer. Quitting is the most important thing you can do to keep your lungs healthy and prevent disease.
2. Avoid second-hand smoke. Breathing in the smoke from cigarettes and pipes increases your risk for the same diseases that affect people who smoke. Don't allow smoking in your home, car or at work, if possible.
3. Outdoor air pollution, chemicals in the home and/or workplace and radon all can cause or worsen lung disease. Test your home for radon. Avoid outdoor areas with excessive air pollution. Talk with your healthcare provider if you are worried that something in your home, school or work may be making you sick.
4. Fight germs by washing your hands properly and covering your coughs and sneezes. This will help prevent infectious lung diseases like the flu, colds and other illnesses from spreading.
5. Get moving. Regular physical exercise is good for your whole body, especially your lungs. Exercise makes your lungs stronger and better at giving your body the oxygen it needs. It also helps boost your ability to fight germs that could make you sick.

For more information on lung health, visit the American Lung Association's website at lung.org.

If you are a smoker it's never too late to quit smoking. Quitting smoking now improves your health and reduces your risk of heart disease, cancer, lung disease and other smoking-related illnesses. There are many resources available to help you quit smoking, including quitlines, educational materials, websites and support groups. You can also talk to your doctor about other strategies for quitting that may be right for you.

For support in quitting, including free quit coaching, a free quit plan, free educational materials, and referrals to local resources, call: 1-800-QUIT-NOW (1-800-784-8669) or visit ahectobacco.com.

LEARN:

(free programs unless specified)

Alzheimer's Association - Know the 10 signs: Early Detection Matters: Monday, Oct. 3 (11 a.m.-2 p.m.) at the Countryside Library, 2642 Sabal Springs Drive. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. To learn more and register, call 562-4970.

The 7 Deadly Workout Mistakes and How to Avoid Them: Tuesday, Oct. 4 (7 p.m.) at Rock Solid Fitness 1969 Sunset Point Road, Suite 11. Discussion points include the one mistake that prevents people from starting a program, why your enthusiasm for working out may be stifling your progress, how to make the best use of your time at the gym and much more. For more information, call 282-1800.

The Effects of Medicines on the Body: Thursday, Oct. 6 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. All Care Medical Consultants' Dr. M.I. Yamani, MD, will discuss how medicine may be necessary in some cases but how the side effects could be changing our bodies. Learn which medicines have the least side effects and could be better for the body's chemistry. For more information, call 443-6703.

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LEARN, continued.

Breast Cancer Panel Discussion: Tuesday, Oct. 11 (noon) at Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas St. Our expert physicians will discuss the latest treatment options, and answer questions about breast cancer. For more information and to register, email Jordana.Taylor@baycare.org.

Alzheimer's Association-Free Memory Screening: Tuesday, Oct. 11 (11 a.m.-2 p.m.) at Countryside Library, 2642 Sabal Springs Drive. Learn the early signs of Alzheimer's with a private screening by the Alzheimer's Association. Registration is required to attend. To schedule an appointment, call 578-2558.

New Joint Replacement Options: Wednesday, Oct. 19 (noon) at the Aging Well Center at the Long Center, 1501 N Belcher Road. Orthopedic Surgeon Mitchell Herrema, DO, will discuss the latest advances in surgical joint replacement treatments for painful hip and knee conditions. For more information and to register, call 253-4076.

Reversing Type II Diabetes: Thursday, Oct. 27 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Learn how to prevent and reverse Type II Diabetes by making changes to your diet and lifestyle. A brief synopsis of the current role of medicines will also be discussed. Plant-based Pharmacist Dustin Rudolph will lead this seminar. For more information, call 443-6703.

Advancements in Joint Replacement: Friday, Oct. 28 (noon) at Cheek-Powell Heart and Vascular Pavilion, 455 Pinellas St. Learn about surgical joint replacement advancements for hips and knees and how our MAKOplasty® technology can help patients. Discussion led by Orthopedic Surgeon John Kilgore, MD. For more information, email Jordana.Taylor@baycare.org.

WORK:

WHY TAKING A LUNCH IS IMPORTANT FOR YOUR MENTAL HEALTH

For a lot of us, it can be easy to forget to take our lunch break while we're at work. Sitting at your desk and eating your lunch while continuing to work does not count. A lunch break should consist of stepping away from your desk, allowing yourself to eat in peace and give yourself a mental break from the tasks at hand. Unfortunately, the majority of Americans don't actually take their lunch breaks. Studies show that only one in five Americans actually leave their desks for their lunch breaks, and most Americans eat sitting at their desks

Most of us know the health-related reasons it's important to eat lunch. Your body requires energy and hydration to function properly, which is where your lunch break comes in. The fact that your body needs food doesn't stop being true just because you're having a busy day at work. When your body goes too long without food, it can go into starvation mode which can lead to a slew of health-related issues.

There are many benefits to taking your lunch break, but here are five of the biggest, research-backed ones:

1. It gives your brain a rest: Taking short breaks from our work can make a huge difference in our concentration levels. Basically, all of our decision making and interpersonal interactions gradually deplete our brain's energy over the course of the day. If we don't give it some time away from our responsibilities, it's a recipe for an afternoon slump where we're struggling to get through the rest of the day. Actually taking your lunch break and putting your work on hold for as little as 20 minutes can give an increase to your productivity for the entire day.
2. It spares your eyes some screen time: For many of us, work involves staring at a screen for a good portion of the day, whether it's a computer, a mobile phone, a tablet, or something else entirely. Spending more than two consecutive hours looking at a screen may be hurting your eyes. Removing yourself from all screens during lunch could give your eyes the relief they desperately need.
3. It gives you time to recharge: This again is extremely beneficial to overall productivity.
4. It gives you a chance to eat more mindfully: The model of mindful eating basically encourages people to be present while they eat, so they're enjoying their food and taking it in with all of the senses: taste, texture, smell, sight and even sound. This is in contrast to that feeling when you're distracted by a million other things and then realize you've finished your entire meal before you've even tasted it. If you frequently eat at your desk, it's all too easy to see food as just something you need to scarf down so you can continue work, but while food is certainly fuel for your body, it's also nourishment for your brain. Mindful eating is an approach to food that values your body and you, not just the literal fuel you need to function.
5. It gives you a chance to move your body: Not everyone can actually exercise during their lunch break, but even if you aren't breaking a sweat, getting up from your desk and moving your body is still beneficial. Leaving your desk for lunch allows you to stretch your muscles and wake up your body from its stagnant sitting position. If you leave the office to get lunch, this can also give you time for a short walk where you can get fresh air and get your heart rate up. Our bodies aren't meant to sit at desks all day, all the time, so even if you aren't taking a class at the local gym, just getting up from your desk and putting your body into motion is an important decision to make for your health.

☺ PLAY:

(free programs unless specified)

Pumpkin Painting for Youth: Tuesday, Oct. 11 (4:30-6 p.m.) at North Greenwood Library, 905 N. MLK Jr., Ave. Get into the Halloween spirit early and paint a pumpkin. Small pumpkins provided. For more information, call 562-4970.

Chainwheel Drive Trail Ride: Friday, Oct. 14 (8:30 a.m.) at the Ream Wilson Trailhead at the Long Center, 1501 N. Belcher Road. Focus on enjoying yourself during this casual ride along the Ream Wilson Trail. You'll ride on a paved trail in the shade of the tree canopy along scenic waterways, taking in the sights of the foliage along with feathered and furry animals. Ride is approximately two hours at a speed of 12 mph. Bring a helmet and hydration. For more information, email cycling@chainwheeldrive.com or call 441-2444.

A Taste of Clearwater: Tuesday, Oct. 18 (5:30-8:30 p.m.) at Holy Trinity Greek Orthodox Church, 409 Old Coachman Road. A Taste of Clearwater is a local tradition hosted by the Clearwater Regional Chamber of Commerce. The evening will include food, drinks and entertainment from the greater Clearwater community. For more information, call 461-0011 or visit clearwaterflorida.org.

Breast Cancer Awareness Paint Party: Wednesday, Oct. 26 (6-7:30 p.m.) at North Greenwood Library, 905 N. MLK Jr., Ave. Celebrate breast cancer awareness with a positive, productive and powerful paint party. During this unique event, participants will paint a breast cancer awareness background on canvas. Participants will learn new affirmations and power quotes from author Veronica James and her new release "Won't tell Nobody but Jesus." For more information, call 462-6276.

October is National Breast Cancer Awareness Month

Mother, Daughter, Friend or Wife ... Make early detection a habit for life!

Spooktacular: Friday, Oct. 28 (6-8 p.m.) at Countryside Recreation Center, 2640 Sabal Springs Drive. This free, family friendly community event will include a dance competition, bounce house, inflatable slide, carnival games, arts and crafts and lots of fun! For more information, call 669-1914.

Halloween Enchanted Forest: Saturday, Oct. 29 (7-9 p.m.) at the Moccasin Lake Environmental Education Center, 2750 Park Trail Lane. The program includes a guided tour of the nature trails and interpretive stations to learn about owls, bats, snakes, scorpions, tarantulas and insects. Bring trick-or-treat bags. The evening ends with toasting marshmallows around a campfire and drinking "bug" juice. For more information, call 793-2976.

Boo Bash: Monday, Oct. 31 (5:30-8:30 p.m.) at Bright House Field, 601 N. Old Coachman Road. A safe, community Halloween celebration, featuring many interactive areas for kids, including games, hay rides, a costume parade on the field and plenty of treats. Free. For more information, call 467-4457 or visit threshersbaseball.com.

Oct. 5 - National Do Something Nice Day!

Do something nice. The "something" can be "anything" from buying a cup of coffee for someone in line at the coffee shop, giving a compliment to someone you don't know, sending flowers to someone with a card that says "just because," inviting the neighbors over for a barbecue in your backyard or mowing the lawn for someone. Do something nice on Oct. 5, just because you can.

Tips from the Trainer:

We were made to THRIVE!

We were designed to do more than just survive in this world; we were made to thrive. It's important that as we make choices in our day we consider this thought, "Are you living to simply survive or to abundantly thrive?" Whichever side you fall on is strongly related to how you prioritize your fundamental needs. Where are your needs for movement, nourishment and rest found on your daily schedule? For most people, our most basic needs are found at the bottom of the list, if on the list at all.

In order to be successful and thrive in any aspect be it physically, spiritually, mentally, relationally, emotionally or financially, we must make ourselves a priority first. While putting yourself first may initially sound selfish, it allows you to proceed from a firm foundation and a position of strength. It enables you to give of yourself to all the other components from a place of abundance rather than from a place of deficiency. Move yourself up on your priority list. How much of your 168 hours per week are being invested in thriving self-care?

Building a schedule that incorporates your needs is vital to thriving in life. Create priorities and focus on developing an environment for success. Learning when to say no is an important component of a thriving life. Start looking at things with a critical eye and say no to the things that sap time and energy away from the components that will help you thrive.

Prioritize and focus on creating proper movement, nourishment and rest to ensure your mind, body and spirit thrive and enable you to give with abundance to your family, career and friends. Once you make "you" a priority and incorporate your needs, you'll greet the world as a stronger, more confident and vibrant version of yourself.

Jeanmarie Scordino M.Ed., FAFS
Exercise Physiologist

Healthy Recipe

Chicken Enchilada-Stuffed Spaghetti Squash

4 servings
Total time: 50 minutes

Ingredients:

- 2 -8 oz. boneless, skinless chicken breasts
- 1- 2 ½ to 3 lb spaghetti squash halved lengthwise and seeded
- 1 ¼ cups red enchilada sauce
- 1 medium zucchini, diced
- 1 cup shredded pepper jack cheese

Directions:

1. Position racks in upper and lower thirds of oven; preheat to 450 degree Fahrenheit.
2. Place chicken in a medium saucepan, add water to cover and bring to a boil. Cover, reduce heat to low and gently simmer until an instant-read thermometer inserted into the thickest part registers 165 degrees Fahrenheit, 10 to 15 minutes.
3. Transfer the chicken to a clean cutting board and shred with two forks. Transfer to a large bowl.
4. Meanwhile, place squash cut-side down in a microwave-safe dish and add 2 tablespoons water. Leaving the squash uncovered; microwave on high for about 10 minutes.
5. Use a fork to scrape the squash from the shells into the large bowl. Place the shells on a broiler-safe pan. Stir 1 cup enchilada sauce, zucchini, 1/2 teaspoon pepper and 1/4 teaspoon salt into the squash and chicken. Divide the mixture between the shells; top with the remaining 1/4 cup enchilada sauce and cheese.
6. Bake on the lower rack for 10 minutes. Move to the upper rack, turn the broiler to high and broil, watching carefully, until the cheese starts to brown, about 2 minutes. To serve, cut each shell in half.

Eating Well Magazine, 2016.
http://www.eatingwell.com/recipe/255158/chicken-enchilada-stuffed-spaghetti-squash/

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 **Jordana Taylor** who has won a **Green Market Cafe** gift card. Prize will be mailed to you. Send in a completed application today, or visit myclearwater.com and fill the application out 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

Fit Body Clearwater
627 Missouri Ave.
324-8927
FitBodyClearwater.com
Healthy Choices members can get 10 percent off their membership option by showing their member card.

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 is up to you to make Healthy Choices once you get there. This month's Clearwater healthy choices restaurant is **Wildflower Café.**

Location: 1465 S. Ft. Harrison Ave., Clearwater 33756
Hours:
Restaurant: Mon.-Sat, 8 a.m.-2:30 p.m.,
Sunday Brunch: 9 a.m.-2 p.m.;
Marketplace: Mon.-Sat. 10 a.m.-4 p.m.
Phone: 447-4497
Website: wildflowercafe.net

Healthy Highlight: Whether it's breakfast, lunch or a Sunday brunch, Wildflower Café offers an engaging neighborhood destination that serves freshly prepared food in a friendly environment. Their menu varies with the season to take advantage of local produce. Choose from a variety of fresh and delicious sandwiches, soups and more. If you are in a hurry, stop in the marketplace and grab something yummy to go.

Sweet Swap

Trade Halloween candy for prizes. Earn one ticket per pound of candy for a chance to win great prizes! All candy will be donated to service members overseas through Our Troops Online. Bring a letter to the troops and earn a bonus ticket. Drop off your candy from Tuesday, Nov. 1 through Saturday, Nov. 5 at all Clearwater recreation centers. For more information, call 793-2339, ext. 238.

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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