



December 2016 Newsletter



Welcome to your Center for Employee Health newsletter!

Happy Holidays~

I hope you are ready for an awesome holiday break with your loved ones. It's always a blessing to have time off, as it's so good for our spirit. We at Florida Hospital, are all about taking care of yourself, including mind, body *and* spirit. Yes, your spirit is important.

Ladies, if you have not had your mammo for 2016, the Florida Hospital Mammo Coach will be at the Center for Employee Health for **two dates** over your Christmas vacation. **(Saturday, Dec. 17th and Wednesday, December 28th)** We know time is tight at work, so please take advantage of this opportunity if you are due. Give yourself the gift of health, as early detection is vital with breast cancer. Call 407-303-1615 to schedule an appointment.

We have launched **limited on-line reservations for Urgent Care appointments only**. Go to www.SDOCEmployeeHealthCenter.net to schedule your reservation. If certain time slots you want are unavailable on-line, **please call the Center at 407-483-5757 for additional Urgent Care appointment times.**

All other appointments including: Family Practice, Women's Wellness, Physicals, Labs, Nutrition, Physical Therapy **will continue to be scheduled by phone only.**

The Center for Employee Health will be closed from Saturday, December 24th through Monday, December 26th, so the Center's team may enjoy the holiday with their family and loved ones. We will be back to regular hours on Tuesday, December 27th. We will also be closed on Monday, January 2nd.

Thank you to everyone who got their flu shot! You are doing your part to keep you and your family safe during this flu season. A special shout out to Kissimmee Middle School where they just about doubled their flu shot numbers from last year. Great job!

As I reflect on 2016, I want to thank you for *all* you do. I have seen firsthand the hard work, compassion and commitment to educating and caring for the kids of Osceola County. Regardless of your role, YOU are making a difference. Keep up the great work!

Have a wonderful and safe holiday~

Erin~



SDOCEmployeeHealthCenter.net



MAMMO COACH DATES

- Dec. 17 — Center for Health
- Dec. 28 — Center for Health
- Jan. 23 — Harmony HS
- Jan. 24 — Bellalago Charter School
- Jan. 28 — Center for Health
- Jan. 30—Discovery Intermediate
- Jan. 31—Neptune MS

FOR ADDITIONAL MAMMO DATES VISIT

sdocemployeehealthcenter.net



**FLORIDA
HOSPITAL**

**All I want for Christmas,
is to fit into my clothes in January.
Seriously...**

Written by Erin Lysik

Mid December is here, and I'm already concerned about fitting into my jeans in January. Crazy isn't it? But, I know I'm not alone. I'm as tempted as the next person to indulge this holiday season. Everyone has stress and over this busy time of year, stress levels can increase. Between shopping, traffic, dealing with extended family and trying to "do it all" without losing your mind, let's be honest, it's a lot!

How do we find the "balance" needed to truly enjoy the holidays and still fit into our clothes?

First, we need to realize that when we are under stress, our body releases a stress hormone called cortisol, which increases your blood sugars and can increase your appetite. So stress management will be important over this holiday season. Whether it's exercise, meditation, hanging out with your pet, reading etc., you need to be able to find your "peace of mind", as it will help with your waistline.

Modern technology carries stress with it too. De-stress your holiday by turning off your phone, close your emails, and stop multitasking for a moment. Know when to "walk away", as this will help to get your cortisol levels back down to normal.

Another culprit can be lack of sleep due to heightened anxiety, which can ramp up your appetite even more. Getting proper rest will play a big part in feeling good and managing your weight this holiday season.

The Center's Dietitian/Nutritionist, Brittany Graves, offers some great insight for eating this holiday season. "Use a smaller plate and don't go back for seconds. Also, don't feel like you need to be in the Clean Plate Club." Brittany also advises to avoid getting your calories from your beverages, including sweet coffees and holiday cocktails. If you're an egg nog fan, definitely check out Brittany's Healthier Egg Nog recipe. When it comes to snacking, be aware that you can easily add 500-600 calories a day just by taking a bite of this and a bite of that.

Finally, be aware if you're falling into the trap of soothing and comforting yourself with food, you don't want food as a crutch. *If it does happen, show yourself some self-compassion, as this can decrease stress eating.* Be good to yourself and your waistline this holiday season!



**BRITTANY'S
HEALTHY
BITES**

Healthier Egg Nog

- 1/2 cup egg substitute (egg beaters)
- 2 cups skim milk
- 1/2 cup fat free creamer
- 2 tablespoon sugar substitute
- 1 teaspoon vanilla extract
- 1/2 teaspoon nutmeg, cinnamon or pumpkin spice

Directions:

Pour ingredients into a container and whisk or mix ingredients together. Place in refrigerator for at least 1 hour. If desired add low fat whipped cream and sprinkle with additional nutmeg or cinnamon.

Enjoy!



Quick Tips for a Healthy Holiday

Sleep Well

Keep a Regular Exercise Routine

Slow Down Your Eating

Never Go to a Party Hungry

Fill Up with Water

Don't Skip a Meal



Sitting is the New Smoking. The Importance of Breaking this Habit.

Written by Erin Lysik

When Jason Cirolia, our Center's Physical Therapist, told me that "sitting is the new smoking", I just about fell out of my chair! (Yes, I sit a lot too.) Think about that statement and how far we have come with knowing the dangers of smoking. It wasn't that long ago that smoking was common place in the US. In the 1970's and 80's, all the cool people smoked, even in the movies!

So here we are now, with "sitting" being the new smoking. Where do we go from here? We get up and move, that's what we do!

With the new year around the corner, it gives us time to reflect upon our current journey and to lay our foundation for 2017. Some may call this a New Year's resolution, but I like to think of it as a "goal". I don't know about you, but when I make New Year's resolutions, I feel *great pressure* to see them through. Too much pressure, so I call them goals.

Exercise is important at any age. However, *realistic* exercise goals are just as important. Too many times we start a rigorous exercise regimen with the best of intentions, only to give up or burn out.

Starting small is ok as long as you start. I want you to take that statement to heart because it's true. Take off the pressure and just start to "move". You never know where that start will take you.

Ten years ago I started Bikram yoga, (it's hot yoga where the room is 105 degrees with 40% humidity). I didn't know what to expect when I started, all I knew was that *I desperately needed something* as my body was deteriorating from years of Rheumatoid Arthritis.

When I first started, I only went on Sundays. It was such a challenging yoga practice, it's all I could handle. After a couple of months, I added Saturdays. Then I added a third day, and so on. Now, I can comfortably practice this challenging yoga 5 days a week.

Starting small works and it's doable, and you set it in motion by setting *your goal*.

Whether you walk around the block, take a swim or shoot some hoops with your kids, remember, *you are still further ahead than the person sitting on the couch*.

Goals are good. What are yours for 2017?



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