



January 2017 Newsletter



Welcome to your Center for Employee Health newsletter!

New Year, new you! Every January 1st we have the opportunity to hit the “reset” button (so to speak). It gives us a chance to reflect on how we can improve our lives by eating healthier, exercising more, getting additional sleep, finding ways to de-stress etc. Yes, reset buttons are great!

In December’s newsletter we focused on moving more, this month we concentrate on eating healthier, especially at work. I personally pack my lunch every day. It helps my wallet *and* my waistline. (Both appreciate my effort. LOL)

This month we profile our Dietitian/Nutritionist Brittany Graves, who is here to help you with all of your nutritional/dietary needs. Whether you have diabetes, high cholesterol, allergies or you are looking to drop or gain weight, Brittany can help you reach your goals. She is producing amazing results within the District family.

If you have previously consulted with Brittany but have dropped off the radar as of late, now is a great time to get back in to see her. Schedule your appointment now, remember... new year, new you!

We want you at optimum health in 2017, so in February’s newsletter we will be covering the importance of “knowing your numbers” when it comes to your health, (i.e. weight, BMI, cholesterol, blood pressure, etc.)

Since opening our doors this spring, ***we have seen 14,000 appointments at the Center for Employee Health.*** We at Florida Hospital are working hard to improve the health of our District family members.

As a friendly reminder, ***please kindly give the Center a 24 to 48-hour notice if you need to cancel an appointment***, so that we can give the timeslot to another District employee. The Center’s number is 407-483-5757.

I do want to give a special thank you to the Maintenance Department for their invitation to speak at their Christmas breakfast celebration. It was a joy to meet the folks who are keeping these schools up and running!

Have a wonderful new year.

Till next time...

Erin~



SDOCEmployeeHealthCenter.net



MAMMO COACH DATES

- Jan. 23 — Harmony Comm. School
- Jan. 24 — Bellalago Charter School
- Jan. 28 — SDOC Health Center
- Jan. 30—Discovery Intermediate
- Jan. 31—Neptune MS
- Feb. 1—East Lake ES
- Feb. 10—Michigan Ave. ES

FOR ADDITIONAL MAMMO DATES VISIT

SDOCEmployeeHealthCenter.net



**FLORIDA
HOSPITAL**

New Year, New Lighter Healthier You

Written by Brittany Graves, RD-LDN

It's January 2017, a new year and could be a new lighter healthier you. One way to make a **BIG** change in your health is to pack your lunch every day. Packing lunch and using smaller containers allows **YOU** to control how much you eat and prevent over eating. Also, when you pack lunch it saves you lots of time and money. Why stress about getting back to work on time, having to deal with lines and traffic when instead you can sit, relax and enjoy your lunch. Besides when we eat out it can cost on average \$7/lunch, that's \$35 per week and \$1,820 per year. Many meals we pack ourselves cost less than \$2!

An excuse I hear often is "I don't have time!" Some good habits to get into are planning out the upcoming week's lunches on Sunday, making more food for dinner so you have leftovers for lunch and pack the night before. While packing lunch try to "Balance your Plate" by choosing foods from most food groups; preferably whole grain instead of white, fruit, vegetables, low fat dairy and lean protein.

Here are a few quick easy meal suggestions: Salmon (3 ounces baked seasoned salmon), 1 cup brown rice, 1 cup steamed broccoli, orange and crystal light. Turkey Sandwich (3 ounces of turkey, mustard, lettuce, tomato, 2 slices whole wheat bread), small bag of baked potato chips, an apple and unsweet tea. Chicken wrap (10-inch tortilla, 3oz of baked chicken, lettuce, tomato, 1/4 cup shredded cheese, 1 tablespoon low fat ranch dressing), 1/2 cup grapes, 1 cup of carrots with 2 tablespoons hummus and water. Try using microwave dinners when you have no food or time to pack lunch. Some healthier frozen dinners are Lean Cuisine, Healthy Choices, Smart Ones or Amy's Kitchen.

The major reason to avoid eating fast food is your HEALTH. Do you know what you are eating? When ordering a Big Mac, medium fry and a medium coke from McDonald's you are eating **1,100 calories, 44 grams of fat (12 of those are saturated fat) and 1,200mg of sodium**. By eating unhealthy choices, we are more at risk for *heart disease, diabetes, weight gain and hypertension*. By choosing a healthier packed lunch you are eating 500-600 calories with much lower fat and sodium. So this year please start the year off right by being healthier, less stressed and saving some money by packing your lunch.



BRITTANY'S HEALTHY BITES

Quinoa Salad

- 3/4 cup cooked quinoa or brown rice
- 1/4 cup corn
- 1/4 cup beans (black or pinto or garbanzo- your choice)
- 1/4 cup low fat shredded cheese
- 1/4 cup diced tomatoes
- 1/4 small avocado
- 2 Tablespoons low fat citrus dressing (or any dressing you like)
- 2 Tablespoons fresh cilantro (add more or less if desired)

Mix all the ingredients above together, adding avocado last so they aren't mashed. This can be eaten hot or stored in refrigerator and eaten cold.

Enjoy!

(Nutritionals: 433 calories, 19 grams protein, 60 grams carbohydrate, 11 grams fiber, 13 grams fat, 577 grams sodium)





Healthy You Review Tip—Sleep

To achieve/maintain a healthy weight, **sleep is a must.**

When you are sleep deprived, your body *over-produces* the appetite-stimulating hormone ghrelin, while *under-producing* the hormone leptin, which tells you when you are full.

Make sleep a healthy priority for 2017.

Meet our Dietitian/Nutritionist, Brittany Graves RD-LDN

Written by Erin Lysik

When you walk into the Center for Employee Health, you cannot miss our Dietitian/Nutritionist Brittany Graves; she is a tall blonde and always has a smile on her face. She joined our team after working at Florida Hospital Celebration and has become a big health advocate for the District family.

I have had my own stomach issues this year, and Brittany's insight has been priceless on my journey to better health. I personally have learned a lot from Brittany, as she is very knowledgeable and generous with sharing nutritional health tips/information.

Sometimes we need to readjust our eating habits due to medical conditions, weight concerns or other changes in our lifestyle that affect our health. It is important to remember the saying that "we are, what we eat" as our food choices can have a positive or negative impact on our overall health. My personal on-going struggle is with those Tasty Cake cupcakes!

Since food plays such an important role in our lives, Brittany can guide you into better health by educating you on *your personal* food plan, as everyone's needs are different. She can help you with common medical conditions including: pre-diabetes, diabetes, high blood pressure, high cholesterol, gallbladder issues, digestive issues, food allergies, weight loss/weight gain and more.

One of the many benefits of the Center for Employee Health is that it provides the District family with an opportunity to get a lot of their healthcare needs met in one place. This also allows Brittany to communicate with other staff at the center, to make sure the patient's needs are met throughout their healthcare journey.

If you are looking to lose a couple of pounds from the holiday season, some good health tips from Brittany are to stay hydrated by drinking more water, while *not* drinking your calories from sweet tea, soda, juice, Gatorade etc. Also, don't follow a "diet", instead eat a *balance* of all food groups and become *more* active.

Brittany is currently guiding and coaching a number of District family members to better health, including weight loss. One member of the District has lost 40 pounds through Brittany's guidance!

When Brittany is not taking care of the District family, she enjoys time with her family including her husband and two little girls (2 yrs. old and 5 months). She also has a furry family member named Lola, who is a Boston terrier.

If you would like to meet with Brittany, you will need a Nutrition referral from a doctor. You can get one from your family doctor (primary care), specialist, or ask for a referral when you see a provider at the Center for Employee Health.

If your New Year's resolution was to eat healthier, Brittany Graves is your answer for 2017!

BRITTANY GRAVES
Registered Dietitian/Licensed Nutritionist



831 Simpson Road, Kissimmee, FL 34744 (Next to TECO Campus)

Monday—Friday 7 am—7 pm, Saturday 8 am—Noon (Urgent Care Only)

Phone (407) 483-5757 Fax (407) 483-5756