



## April 2017 Newsletter



### Welcome to your Center for Employee Health newsletter!

It's April and spring is in full swing! We have daylight savings time, warmer temperatures and of course, the school year wraps up next month. Lots going on!

This month it's all about the importance of good health for everyone *including your kids*. We are featuring insight from the Center's team, including; Jason (Physical Therapy), Brittany (Dietitian/Nutritionist) and Helen (Care Coordinator).

This month we are excited to kick off our **Diabetic** and **Pre-diabetic classes** at the Center. Both classes are held in the conference room at the Center, and they are at **no-cost** for District employees.

For the **Pre-diabetic class**, please call **407-204-2320** to register for this Saturday morning class, brought to you by the YMCA.

If you are **currently diabetic**, call Helen Jones, our Center's Care Coordinator, at **407-201-4766** and register for our **Diabetic education class**. The next class is scheduled for Friday, June 23, from 9 am—1 pm, and is brought to you by the Florida Hospital Diabetic Institute.

The one year anniversary of the Center is right around the corner! Join us for our one year celebration on **Wednesday, May 10<sup>th</sup> from 3pm – 7pm**. This is going to be a BIG event and you're not going to want to miss it.

We will be featuring a 5K walk/run, food trucks (with food truck dollars available to earn for you and your family), face painting, photo booth, music from K-92, featuring Ashley from the morning show, raffles, and more!

The Florida Hospital Mammo Coach will also be onsite for this event. **Call 407-303-1615 to schedule your 15 minute appointment.**

**On Saturday, May 13<sup>th</sup>**, Dr. Shah and I are looking forward to participating in the **Girls Get Away** event for the District. Last year it was a good time with strong attendance. We are looking for another great time this year!

April 23<sup>rd</sup> – 29<sup>th</sup> is National Sleep Awareness Week. Did you know that sleeping *less* than seven hours per night increases a person's risk for obesity, diabetes, high blood pressure, heart disease, stroke and mental distress? It is estimated that 1/3 of Americans are considered sleep deprived. Good sleep isn't a luxury, it's a necessity! Please make sleep a priority, you *will* reap the health benefits, (and there are so many!)

**If you need an appointment at the Center, please call 407-483-5757 to schedule. Also, if for any reason you can't make your appointment, please call the Center to cancel. (We appreciate this.)**

Till next time~

Erin~

[AskErin@flhosp.org](mailto:AskErin@flhosp.org)



[SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)



#### UPCOMING SITE VISITS

- Apr. 25—Lakeview ES

#### MAMMO COACH DATES

- Apr. 26—The Center
- May 3—Parkway MS
- May 4—Liberty HS
- May 10—The Center
- May 18—Thacker Ave ES
- May 19—Sunrise ES

#### FOR ADDITIONAL MAMMO DATES VISIT

[SDOEmployeeHealthCenter.net](http://SDOEmployeeHealthCenter.net)



**FLORIDA  
HOSPITAL**

# Healthy Kids in a Fast Paced, Fast Food World

Written by Erin Lysik,  
contributing writers Brittany Graves & Jason Cirolia

As a Mom, I have experienced the challenge of trying to have a healthy kid. Today it's even more difficult as children are constantly on their phones and playing video games. In my case, my daughter is a musician, so her only exercise consists of carrying a guitar case around.

I reached out to Brittany Graves, the Center's Dietitian/Nutritionist, and Jason Cirolia, the Center's Physical Therapist, for their insight on how to have healthy kids in a fast paced, fast food world. Here are their thoughts.

## What are some of the greatest health related challenges facing our kids today?

**Jason:** Childhood obesity is a *big* problem. Adult onset of diabetes/heart disease used to be seen in our 30's and 40's, now we see it in teens and younger children. 27% of young adults are not eligible to join the armed forces due to weight and physical conditions.

**Brittany:** Children being overweight/obese may not seem like a big deal, but it is. Extra weight can cause high blood pressure, sleep apnea, asthma, joint problems, depression, lower self-esteem and even bullying.

## What are some easy things parents can do to help their kids be healthier?

**Jason:** Most organizations recommend about 60 minutes of intense activity every day. Get your kids outside, go to the park, play on the swings/jungle gym, walk the dog, jump in the pool, ride bikes, etc.

**Brittany:** Get your kids involved with grocery shopping, and looking for new, healthier recipes. If a child helps make a new food, they may be more willing to try it. Add whole grains, fruits and veggies to create better balanced meals and snacks.

## How much influence do parents have on their kids and their overall health?

**Jason:** Children mirror the habits of their parents. Parents are in a position to model healthy habits such as exercise and eating well.

**Brittany:** Kids are smart and observant. If a parent doesn't eat fruits and veggies, the kids feel like they don't have to either. As parents, be a role model for good health.

## Give one last piece of advice to parents regarding healthy kids.

**Jason:** Exercise does not always have to be "working out" at the gym. Nor does it have to be an "organized" sport. Swim, hike, walk, ride your bike, shoot hoops or play tennis with a friend. Start with small steps and it will grow.

**Brittany:** We only get one body, so take care of it. If we eat a balanced diet, move more and take care of our health, we can live a longer, more enjoyable life.



## BRITTANY'S HEALTHY BITES

### Pineapple Sorbet

#### Ingredients:

1 fresh pineapple chopped or 4 cups frozen pineapple  
1 cup almond milk  
1 tablespoon honey

#### Directions:

Freeze pineapple chunks overnight if using a fresh pineapple.

Combine pineapple, almond milk and honey in blender and blend until frozen sorbet texture. Enjoy!!





## Healthy You Review Tip

1 in 3 kids are overweight or obese. Rising consumption of sugary drinks has been a major contributor, as a 20 oz. soda has up to 18 teaspoons of sugar.

\*Harvard School of Public Health



## The Importance of Taking Time for You

Written by Helen Jones, RN, BSN

As the Center for Employee Health Care Coordinator, I see firsthand the challenges that the District family has with balancing work, family and personal life.

Living in a very fast paced world, there never seems to be enough time. When this happens, many times it's at the expense of our health and well-being. For optimum health, your body needs to have a chance to relax, re-energize and rest. If you don't take care of yourself, after a while your body will scream out in protest, and demand you pay attention to its needs. If you refuse to listen, you may end up burned out or sick.

Doing small things to help yourself feel refreshed and taken care of, is a great way to avoid burnout and illness. Try to *schedule a few minutes each day for yourself*, and add it to your calendar so you make sure to save the time.

Here are a few suggestions:

- \*Listen to music, as music can be therapeutic and a great way to unwind and relax.
- \*Take a 15-minute walk, as it improves your health and gives you energy.
- \*A quick morning meditation can help you relax before you start a busy day.
- \*Take a bubble bath, it's a great way to de-stress and relax. (Remember the old TV ad, "Calgon, take me away!")
- \*Read for pleasure as it's relaxing, and it can help you escape the pressures in life.
- \*Call and catch up with a friend, or re-connect with someone you haven't talked to in a while. Friends add so much to our lives, take the time to nurture your friendships.
- \*Unplug from technology and leave the electronics alone until you have given yourself time to prepare for the day. During the day, unplug again for a few minutes if need be.
- \*Eat a healthy breakfast, as it helps keep your energy level up throughout the day.
- \*Make your weekend about you! Even if it is a busy weekend, make the time to do things *you enjoy*. There is more to life than work and running errands.
- \*Get enough sleep as it is good for your body, mind and spirit. 1/3 of Americans are not getting enough sleep, and it can affect everything, including: mood, weight gain, work performance and more.

**Self-care is important** and it doesn't have to involve a lot of money or time. Just give yourself a quick tune up every day by doing some of the activities mentioned above, and your body will thank you.

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

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

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