



Health Works

In Escambia

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Healthy Employees. Healthy County.

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January

February Wellness Challenge

CROSS MY HEART

Jan 29 - Feb 23

More information coming soon!

LOOKING BACK AND MOVING FORWARD

Last year was exciting for wellness at FDOH-Escambia. Take a look below to see the highlights from 2017 and learn where wellness is headed in 2018.

2017 ← LOOKING BACK

- Launched the Health Works monthly wellness newsletter
- Featured 8 employees in Healthy Employee Spotlight
- Offered 4 wellness challenges
- Posted nutrition facts for vending machine options
- Hosted FDOH-Escambia's first Ugly Sweater Day Contest

MOVING FORWARD → 2018

- Based on employee feedback, thank you!
- Active Meeting Guides in all conference rooms
- Updated walking maps for all locations
- Better resources to help with stress management
- The same four wellness challenges, improved based on feedback
- Interactive sign-up events for wellness challenges



Ready to get active? Here are some tips for getting started with physical activity. Choose a tip to try today.

Sources: AHA and CDC

- 1. Look for chances to be active.** *Take a walk during lunch or do some exercises during a webinar.*
- 2. Schedule it in.** *Add physical activity to your calendar. Try to exercise at the same time each day or week to make it a regular habit.*
- 3. Do what you enjoy.** *Love walking in the morning? Do it! Prefer Zumba at night? Great! Find what works for you.*
- 4. Get family and friends involved.** *Spend meaningful time together while fitting in some exercise.*
- 5. Reward yourself.** *Set challenging yet achievable goals and reward yourself with non-food items when you reach your goals.*
- 6. Keep going.** *There may be setbacks to being active and some days may be tougher than others to lace up those shoes. Remind yourself why you started being active. You've got this!*

EAT WELL



Balsamic Chicken with Mushrooms

Ingredients

- 1 lb boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1/4 cup flour
- 1 tbsp trans-fat free margarine
- 10 oz sliced mushrooms
- 1/4 tsp ground black pepper
- 1/3 cup balsamic vinegar
- 1/2 cup fat-free, less sodium chicken broth

Directions

1. Place chicken breasts in a plastic bag and pound thin with a mallet.
2. Heat olive oil over medium-high heat in a skillet.
3. Dredge the chicken in flour and coat it on both sides. Add the chicken to the pan and saute 5 minutes per side. Remove the chicken from the pan and set aside.
4. Melt margarine in pan. Add mushrooms and pepper and cook for 5 minutes. Add balsamic vinegar to pan and bring it to a boil to reduce liquid.
5. Add chicken broth to pan and simmer 2 more minutes. Add chicken breast back to pan and simmer for 5 minutes.

Nutrition Facts: Serving Size: 1 chicken breast with mushrooms; Total Calories: 240; Total Carbohydrate: 12g; Protein: 27g; Total Fat: 9g; Saturated Fat: 1.9g; Sugars: 4g; Dietary Fiber: 1g; Cholesterol: 65mg; Sodium: 150 mg; Potassium: 480 mg

January In-Season Fruits & Veggies

- | | | | |
|--------------------------|--------------|-----------------|----------------|
| • Avocados | • Celery | • Oranges | • Strawberries |
| • Bell Peppers | • Eggplant | • Passion Fruit | • Sweet Corn |
| • Broccoli | • Grapefruit | • Peanuts | • Tangerines |
| • Cabbage | • Guava | • Radishes | • Tomatoes |
| • Carambola (Star Fruit) | • Lettuce | • Snap Beans | |
| • Cauliflower | • Mushrooms | • Squash | |

Learn more by visiting the Florida Department of Agriculture and Consumer Services [website](#).



Setting and keeping your goals for 2018 doesn't need to be stressful. Set yourself up for success with these tips:

- Keep it simple, but SMART
- Write it down or create a vision board
- Find support from friends, family, or coworkers
- Treat yourself when you reach milestones
- Don't give up if you run into a barrier
- Think about what you'd like to add to your life, rather than what you'd like to take away

Source: PsychCentral

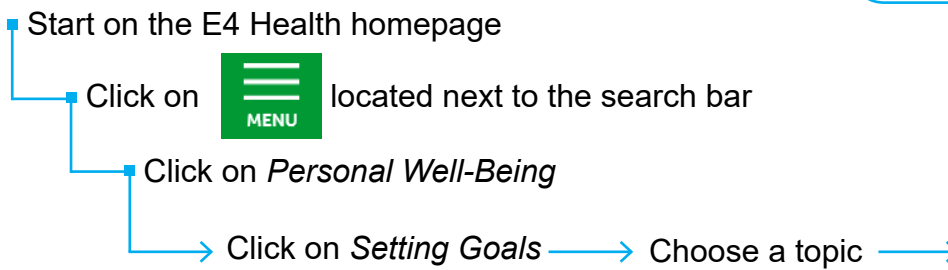
E4 Health Topic of the Month

Setting Goals



E4 Health January Webinar

Communicating Effectively
Wednesday, January 24
11-12pm and 2-3pm



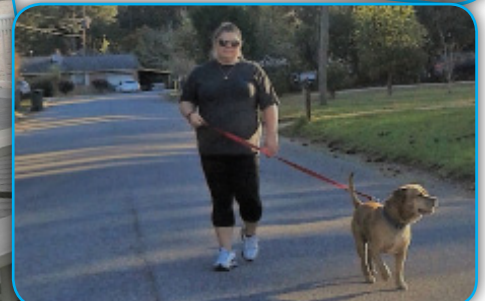
*How to Set Priorities
Plan for Success
Realistic Goal Setting
Stop Procrastinating
And More!*

HEALTHY EMPLOYEE SPOTLIGHT

2017 Employee Spotlights

Have you noticed a coworker engaging in a healthy behavior?

Send in nominations for the Healthy Employee Spotlight [here](#).



COMMUNITY CALENDAR *January*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Links to Community Calendars: EM = Ever'man's Florida Blue <i>Visit links to see more activities</i> City of Pensacola West Florida Public Libraries Visit Pensacola *Zumba is \$5. For more information and more class times click here.</p>						
	<p>1</p> 	<p>2</p> <p>6PM: O'Riley's Run 6:30PM: P'cola Fit Club @ Wedgewood</p> <p>6PM: Women's Coding Club @ Pensacola Library</p>	<p>3</p> <p>6PM: Vinyasa Flow Yoga @ EM 7:15PM: Meditation @ EM</p> <p>6PM: WOB Run Club</p>	<p>4</p> <p>6PM: Zumba* @ Homestead Village</p>	<p>5</p> <p>5PM: Pensacola's Mardi Gras Kick Off</p> 	<p>6</p>
<p>7</p> <p>9AM: Group Meditation Workshop @ EM</p>	<p>8</p> <p>5:30PM: Blue Balance @ Florida Blue</p> <p>5:30PM: Graphic Novel Group @ Pensacola Library</p>	<p>9</p> <p>6PM: Funky Yoga Flow @ EM</p> <p>6PM: O'Riley's Run</p> <p>6:30PM: P'cola Fit Club @ Wedgewood</p>	<p>10</p> <p>6PM: Vinyasa Flow Yoga @ EM 7:15PM: Meditation @ EM</p> <p>6PM: WOB Run Club</p>	<p>11</p> <p>4:30PM: Rock Painting 101 @ SW Branch Library</p> <p>6PM: Zumba* @ Homestead Village</p>	<p>12</p>  <p>Jan 12-13: Ice Flyers @ Bay Center</p>	<p>13</p> <p>2PM: DIY Memory Boxes @ Pensacola Library</p> <p>P'cola Beach 10k, 5k, Half Marathon</p>
<p>14</p> <p>9AM: Park Cleanup @ Bay Bluffs</p> <p>9AM: Group Meditation Workshop @ EM</p>	<p>15</p> 	<p>16</p> <p>6PM: Funky Yoga Flow @ EM</p> <p>6PM: O'Riley's Run</p> <p>6:30PM: P'cola Fit Club @ Wedgewood</p>	<p>17</p> <p>6PM: Vinyasa Flow Yoga @ EM 7:15PM: Meditation @ EM</p> <p>6PM: WOB Run Club</p>	<p>18</p> <p>6PM: Zumba* @ Homestead Village</p>	<p>19</p>	<p>20</p> <p>9AM: Park Cleanup @ Wayside Park East</p> <p>10AM: STEAM Special Visitor - CSI @ Pensacola Library</p>
<p>21</p> <p>9AM: Group Meditation Workshop @ EM</p>	<p>22</p> <p>4PM: Make It Monday - Kaleidocycles @ Pensacola Library</p> <p>5:30PM: Blue Balance @ Florida Blue</p>	<p>23</p> <p>6PM: Funky Yoga Flow @ EM</p> <p>6PM: O'Riley's Run</p> <p>6:30PM: P'cola Fit Club @ Wedgewood</p>	<p>24</p> <p>6PM: Vinyasa Flow Yoga @ EM 7:15PM: Meditation @ EM</p> <p>6PM: WOB Run Club</p>	<p>25</p> <p>6PM: Free Form Running Clinic @ Running Wild</p> <p>6PM: Zumba* @ Homestead Village</p>	<p>26</p>  <p>Jan 26-27: Ice Flyers @ Bay Center</p>	<p>27</p>
<p>28</p> <p>9AM: Group Meditation Workshop @ EM</p>	<p>29</p> <p>5:30PM: Blue Balance @ Florida Blue</p> <p>6PM: Wide Format Printing @ Pensacola Library</p>	<p>30</p> <p>6PM: Funky Yoga Flow @ EM</p> <p>6PM: O'Riley's Run</p> <p>6:30PM: P'cola Fit Club @ Wedgewood</p>	<p>31</p> <p>6PM: Vinyasa Flow Yoga @ EM 7:15PM: Meditation @ EM</p> <p>6PM: WOB Run Club</p>	 <p>Palafox Market Every Saturday 9am - 2pm Martin Luther King Plaza Palafox St</p>		




Click the picture to visit the Healthiest Weight Florida page and sign up for tips for living healthy from the Florida Department of Health.

Provide feedback about Health Works [HERE!](#)

Find Local Run and Walk Events

[Pensacola Runners Association](#)
[Run Pensacola](#)
[RunPensacola.com](#)
[Running Wild](#)



FDOH-Escambia is on Twitter! Follow [@HealthyEscambia](#) to stay up-to-date on what's going on in public health.