Well News

RESHAPE YOUR FRAME
May WELLNESS WEIGHT CLINICS
Tuesday May 19th
7:00 – 8:00 AM MAIN CAMPUS—RISK TRAINING ROOM
11:30-1:00 PM—MAIN CAMPUS—RISK TRAINING ROOM

North MedCenter Updates

Lisa Fasanella, LMHC
Emotional Wellness

Lisa Fasanella, a licensed mental health counselor, has joined Community Health Partners to assist members in working through issues related to:
- depressed mood
- anxiety
- relational issues
- grief
- loss

and other common stressors to get you on your path to recovery.

Carmen, Sylvester, ARNP
Family Medicine

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Family Medicine

Earned her Bachelor of science degree in Nursing from the University of South Tampa in Tampa, Florida. She earned her Master of Science degree in Nursing from Florida International University in Miami, Florida.

Carmen is board certified in Adult Primary Care and is a Clinical Instructor for Nurse Practitioner students at the University of South Florida.

She has been treating patients in Southwest Florida for over 15 years! She welcomes you to her new location in Naples, Florida

1735 SW Health Parkway,
Suite 201, Naples, FL 34109
239-249-7800

Special Points of Interest

Qualifying year 2015 is starting! -
All spouses and new hires will need to complete Wellness qualifiers in 2015.
Contact the Health Advocates to initiate that process. 252-5588

If you would like to contribute to the Wellness Newsletter please contact Leslie Deason at ext. 8915 or LeslieDeason@colliergov.net
What’s New

Results-Based Healthy Bucks 2015!

1.) **Off the Cuff** - Blood Pressure Program - $50HB
Blood Pressure < 130/90

2.) **Sugar Busters** - A1C Management Program - $50HB
A1C < 5.7%
Type 1 or Type 2 Diabetes A1C < 7%

3.) **Re-shape Your Frame**—Body Composition Program - $50HB
Maintain a BMI < 25  BMI 25-29.9 then lose 5% BMI is ≥ 30, then lose 10%
Waist Circumference  Women < 35 inches Men < 40 inches

Moving past a weight loss Plateau

You’ve made several life style changes, increased exercise, reduced portion sizes, chosen healthier foods, and have seen your weight decrease, then all of a sudden your weight loss comes to a halt, we refer to this as a weight loss plateau. It can become very frustrating if you are continuing to exercise, and watch the foods you choose and still see a slow in weight loss. Weight loss plateaus occur for many different reasons. Mostly your body has adapted to the calorie deficit and the type of exercise you are doing. When you become more fit, you are able to perform the same activity without burning as many calories. Your body is becoming conditioned and therefore uses less energy (calories) when performing the activity.

In order to get past a weight loss plateau it is important to reassess what it is you are doing. Have you been sticking to a reduced calorie meal plan, did you make sure that your portion sizes were appropriate for weight loss. Sometimes it can be helpful to keep a food log to ensure that you are aren’t eating too many calories. When you are logging your food you can see if there are any areas that can be improved. Maybe you had more than 2 tbsp of salad dressing, which can contribute extra calories, or maybe you had more than 2 tbsp of nut butter with your celery. Keeping portions in check can ensure that you move past the weight loss plateau.

Another alternative is to change up your workout routine. As stated before our bodies adapt to the type of exercise we do. If we are doing the same workout routine day in and day out our bodies will start to change less and less. If this is the case, consider Increasing your intensity, duration, frequency, or style of workouts. Keeping the body confused and changing up things can ensure that your body will continue to change. Variety is important when it comes to working out. If you’re unsure of how to change your workout you can enlist the help from a personal trainer, or purchase a workout video. There are plenty of different styles of workouts that can help you with variety and intensity. You could always join a workout class, sometimes being in the presence of others can help push you past your comfort zone and move past a weight loss plateau.

The most important thing to remember is to not let a weight loss plateau lead to abandoning healthy habits all together. Seek help from a dietitian to fine tune and assess your weight loss plan. Consistency is the key to success for weight loss. Going on and off diets does not address healthy eating as a life-style change. To continue to see success by increasing exercise and varying the diet, it must be a component of a healthy life-style rather than a short term “diet.”

Emotional Wellness

As our wellness program, here at Collier County Government, strives to meet the needs of all employees by providing care in many facets we are always seeking out ways to improve our program. Our MedCenter and Wellness team along with the help from the Health Advocates commit to offering expert level care at all times to insured employees. We are excited to announce that we now offer services of a Licensed Mental Health Counselor who will be available to all employees for issues related to Emotional Wellness.

Just as it is important to keep our bodies healthy it is equally, if not more important to keep our minds, healthy as well. Emotional Wellness implies the ability to be aware of and accept our feelings, rather than deny them. To improve overall health it is important that we target emotional wellness, because our emotions often dictate our behavior, which can have a huge impact on our health. Addressing underlying issues, and creating new coping skills related to stress, anxiety, fear, or frustration can be very liberating and often times allow a person to take on other health related challenges that face them. It can be difficult to find the time to dedicate to these issues so we are very fortunate that our on-site Mental Health Counselor will be available at times to meet the needs of our employees.
On behalf of the Florida Academy of Nutrition and Dietetics, dietitians from around the state of Florida came together this year to attend Legislative Day in Tallahassee, Fl. This year was especially unique in that our bill SB 1208, that updates the ordering of Therapeutic diets to be consistent with Federal Regulations, which are projected to save millions of dollars to improve health and patient care, was up for its 3rd reading, in order to be passed. The bill also provides flexibility by allowing the licensure examination requirements to be met by creditable exams and persons who meet the education and experience requirements of the current practice act. That means that in order for individuals to practice Medical Nutrition Therapy, and individual Nutrition Counseling, they must have a degree from an accredited college, they must have an accredited supervised practice, and they must past a creditable exam, such as the Registered Dietitian exam. This will help to specify who is practicing nutrition therapy and protect licensure of Dietitians and Nutritionists in the state of Florida. This will ensure that those receiving nutrition counseling will do so from a person who is qualified in that area. It is the responsibility of our legislatures to protect Floridians, and by passing this bill, it will give access to all Florida citizens to qualified nutrition professionals, who meet these standards in order to practice.

Recipes and Nutrition Info

**Skinny Greek Yogurt Chicken Salad**

- **Prep time:** 15 min
- **Yield:** Serves 5
- **Total Time:** 15 min
- **Serving size:** 1/2 cup

**Ingredients**
- 15 ounces chicken breast cooked, shredded
- 1/4 c celery diced
- 1/4 c scallion diced
- 1/4 c slivered almonds (unseasoned)
- 3/4 c plain non-fat Greek yogurt
- 1/4 c chopped apples
- 1/4 tsp lime juice
- Salt and pepper to taste

**Instructions**
1. Boil 15 oz chicken (cutlets) about 10-15 min or until chicken is cooked through, let cool about 20 min.
2. In a separate bowl combine celery, scallions, almonds, apples, and lime juice. When chicken is cooled add it in. Stir in non-fat Greek yogurt and add salt and pepper to taste.
3. Store in the refrigerator up to 3-5 days.

**Nutritional Info**
- Calories: 164
- Fat: 8 g
- Sat Fat: 1.8 g
- Protein: 14.4 g
- Carb: 8 g
Testimonials and Updates

BEFORE NEW YOU

The “New You” program came into my life at just the right moment. I’m just like everyone else, always saying “I’ll start on Monday”. My Monday kept being put off. I began my lifestyle change in January, 2014. As I tell everyone, I’m still a work in progress. I had 2 main goals when I first began. I needed a healthier lifestyle as I want to be a part of my children’s lives and see them become the adults that I know they can be. My 2nd, and smaller goal, was to not to be the “fat mom” at my son’s high school football Senior Night. Well, I did achieve the 2nd goal, but the first goal (and most important) is day-to-day. With the New You program I have been given tools that I use every day in helping me maintain a healthier lifestyle. I meet with my new family (as that is how I view the new friends I’ve made) every week. I can honestly say that I learn something new about food, exercise, emotional well-being, etc. at every meeting. This program has changed my life for the better. I’ve been successful with the help of my family, co-workers, new friends in my Thursday night group, the Wellness office and the MedCenter. With the tools I’ve been given and the support I receive on a daily basis, I look forward to living a healthier life.

AFTER NEW YOU

New You Program

The New You Program offers a structured medically monitored weight loss program. New You is unique in that it offers weekly meetings to encourage accountability and to provide solutions and strategies to facilitate weight loss. Anyone can join New You at any time. To begin New You, you must schedule an appointment with our on site Physician Assistant Alicia Walker, you will sit down one-on-one with a Dietitian to discuss the meal plan and how the program works, and you will meet with a licensed mental health counselor by appointment.

The weekly meetings offer various discussion points such as emotional barriers to weight loss, meal planning, recipes, and exercise videos. The reason to meet weekly is that weight loss can be a slow and steady process which may consist of road blocks along the way. Working through those road blocks and developing problem solving skills over time, along with assistance with diet and exercise has been shown effective to aid in weight loss.

Participant Criteria includes: BMI greater than 40 or BMI greater than or equal to 35 with 1 or more co-morbidities (hypertension, Type 2 Diabetes, elevated blood fats, or heart disease)

Once you complete your initial meetings and are clear to join the group you can choose to meet on Mondays or Thursdays from 5:30 pm—6:30 pm on the Main Campus.

We have had several employees and spouses join the New You Program and lose a significant amount of weight. Each person’s journey will present a unique set of challenges and each participants level of commitment to the program will determine how quickly they lose the weight and how long they keep it off. Successful rates of weight loss are accompanied by a supportive team, at work, at home, and by the staff involved in this program. If you think this program would be beneficial to you, please contact the MedCenter to make an appointment. 252-4257

LOG INTO GO SIGN ME UP TO REGISTER FOR CLASSES & APPOINTMENTS

Don’t forget to sign up for qualifying education, wellness one-on-one appointments, and classes to receive all healthy bucks! If you are unsure how to do so please contact one of us in wellness and we can walk you through the process. We also have circuit training, zumba, yoga, and pilates available for both qualifying and healthy bucks!

MedCenter 239 252 4257
Health Advocates 239 252 5588/ 5590

For any questions please contact wellness
239 252 6092 or 239 252 8915