

October 2010



FLU SHOTS!!

Save the date...

October 1st-October 20th, 2010
Flu Shots

For worksite locations, go to:

http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/wellness_events.asp

Medically Supervised Weight Loss Programs

Baptist Medical Center
(904) 202-2140

- HEALTHY SOLUTIONS
- LIFESTYLE BALANCE
- INDIVIDUAL MEDICAL NUTRITION THERAPY

Dr. Anthony Capasso
Beaches Office: (904) 694-0992
Mandarin Office: (904) 288-7888

- SKINNY DIET (800-1200 calories/day)
- SMART FOR LIFE DIET (800-1200calories/day)
- HCG DIET (500-800 calorie/day)

For more information, go to the Wellness website link:
http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/why_weight.asp

National Health Observances for
October

Visit the links below for more information

National Breast Cancer Awareness Month
www.nbcam.org

National Dental Hygiene Month
www.adha.org

Sudden Infant Death Syndrome Awareness Month
www.firstcandle.org

Mental Illness Awareness Week
www.nami.org

Weight-loss Testimonial

My name is Lisa Martin.....

"I have been on the program for three and a half months. Since then, I have lost 66 pounds and 52.5 inches. Dr. Capasso and his team have changed my life. I have more energy and I feel better than I did when I started teaching ten years ago. I no longer take blood pressure medicine and my cholesterol level went from 297 to 114."

Bailey's Powerhouse Gym would like to extend to you a special offer for a discounted gym membership: **50% off 3 months membership dues.** Stop by the front desk of any gym locations and pick up the required discount voucher. You will need a valid local ID and proof of employment (employee ID badge, current pay stub, etc.) to receive this offer when you sign up for your gym membership.

This limited time offer is valid for new members now through October 31st, 2010.



Teams are Shaping up!!!!

*S.P Livingston *Mamie Agnes Jones *Mandarin Oaks
*Enterprise Learning Academy *North Shore *Stanton
Prep *DCPS Admin

There's still time!!!!

Sunday, October 10, 2010
5K * 5:00 PM
1 Mile Fun Run * 6:00 PM

San Marco Wachovia Bank
1562 Atlantic Blvd.

- DCPS Employee Entry Fee - \$15.00 per person/ 1 mile run \$12.00
- Make checks payable to: **FPA of Northeast Florida** and mail with entry form to: 3931 Baymeadows Rd. Jacksonville, FL 32217 (Identify as DCPS employee)

For information contact:
Terrie Cicero CiceroT@duvalschools.org,
Tonya Hill hill-wiltt@duvalschools.org or
See your **Wellness Ambassador**

Dealing with Depression

SELF-HELP AND COPING TIPS



Depression drains your energy, hope, and drive, making it difficult to do what you need to feel better. But while overcoming depression isn't quick or easy, it's far from impossible. You can't beat it through sheer willpower, but you do have some control—even if your depression is severe and stubbornly persistent.

You can make a huge dent in your depression with simple lifestyle changes: exercising every day, avoiding the urge to isolate, challenging the negative voices in your head, eating healthy food instead of the junk you crave, and carving out time for rest and relaxation. Feeling better takes time, but you can get there if you make positive choices for yourself each day and draw on the support of others.

Diabetes Prevention Community Classes YMCA

The YMCA offers a Diabetes Prevention Program to help those who are pre-diabetic live better. This program has been proven to reduce the risk of Type 2 Diabetes through lifestyle changes related to nutrition and exercise. Through 16 weekly sessions and an ongoing maintenance program, trained coaches will lead participants on a transformative journey to healthy living. The Y encourages all individuals who have been given a pre-diabetes diagnosis as well as those considered at high risk for diabetes to reach out to us by emailing ydpp@FirstCoastYMCA.org or calling 904.265.1810.

Nutritional tips

It is important to eat at regular intervals, ideally every 3-5 hours. This helps to keep blood sugar levels stable. Skipping meals or reducing your calorie intake does not help control weight in the long term.

Most of us do not drink enough water. Symptoms of dehydration include dizziness, lack of concentration, irritability and headaches. Aim to drink 6-8 glasses of **water** a day and you will stay well hydrated.

Your mother was exactly right when she forced you to eat up your greens. We should be eating five servings of fruit and vegetables a day for general health. To allow your vegetables to retain as much goodness as possible, put them into a pot of boiling water and cook them quickly.

Ask the Coach

Q: Which foods are best for weight-loss?

A: The simple answer is none. There are no “magical” foods that speed weight loss. However, there are certain foods that have lower calorie content, fill you up faster and keep you full longer, which can help control how often and how much you eat. Fruits and veggies are low in calories and high in fiber and water content - so you get full faster and stay full longer. Cooked whole grains such as oatmeal, brown rice, barley, quinoa, whole grain couscous and even whole wheat pasta can fill you up faster than eating grains like dry cereals and breads because they retain water during the cooking process. Plus, whole grains are an excellent source of fiber (which is stripped away in processed grains like white rice), making you feel full for a longer period of time. Beans and other legumes also make great diet food because they are a good source of protein and packed with fiber! Beans served with a whole grain (think red beans and rice) make a very lean meal with complete protein.

Although there are no specific sure-fire weight-loss super foods, you can never go wrong by adopting healthy eating habits!

Salmon Burgers with Green Goddess Sauce Recipe

Nutritional Info (Per serving):

Calories: 239, Saturated Fat: 2g, Sodium: 255mg, Dietary Fiber: 0g, Total Fat: 13g, Carbs: 2g, Cholesterol: 74mg, Protein: 26g

Prep Time: 20 minutes **Cook Time:** 6 minutes **Rest Time:** 20 minutes **Total Time:** 46 minutes

Ingredients

- 1 pounds fish, salmon, wild, skinned
- 2 tablespoon onion(s), red, or scallion, finely chopped
- 2 tablespoon cilantro, fresh, chopped
- 1/2 teaspoon ginger, fresh, peeled, finely chopped
- 1/4 teaspoon salt, Kosher
- 1/8 teaspoon pepper, black ground
- 1 tablespoon oil, olive, extra virgin
- 3/4 cup(s) mayonnaise, reduced-fat
- 1/4 cup(s) sour cream, reduced-fat
- 4 whole anchovies, fillets, rinsed and chopped
- 3 tablespoon chives, fresh, chopped
- 2 tablespoon parsley, fresh, chopped
- 1 tablespoon capers, rinsed
- 2 teaspoon lemon zest, freshly grated
- 1 teaspoon lemon, juice, fresh
- 1/8 teaspoon salt
- pepper, black ground, to taste



Preparation

1. With a large chef's knife, chop salmon using quick, even, straight-up-and-down motions (do not rock the knife through the fish or it will turn mushy) until you have a mass of roughly 1/4-inch pieces.

2. Transfer to large bowl and gently stir in onion (or scallion), cilantro, ginger, salt and pepper, being careful not to over mix. Divide the mixture into 4 patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes (or up to 2 hours) before cooking.

3. Heat oil in a large nonstick skillet over medium heat. Add the burgers and cook until browned on both sides and just cooked through, 4 to 6 minutes total. Serve with 1 tablespoon Green Goddess Sauce each.

To Make Green Goddess Sauce: (Makes 24 servings)

Combine mayonnaise, sour cream, anchovies, chives, parsley, capers, lemon zest, lemon juice, salt and pepper in a food processor and pulse to combine. There will be left over dressing