



“Stall Talk”

Copies can be obtained by logging onto eHR or by contacting Angela Deem, adeem@scgov.net or 650-9908

LUNCH CARDIO CRUNCH

Natalie's New Fitness Class!

Start the New Year off right with this innovative class that alternates strength training with cardiovascular exercises to burn calories while improving muscle tone. This 45-minute class will not only improve endurance, stability and strength, it will also teach you how to maximize your workout through proper form, combinations and varied resistance.

This dynamic class will challenge all fitness levels!

Classes will begin Tuesday, February 7th in the Administration Building, Fitness Center 5TH Floor and Thursday, February 9 at 2817 Cattlemen Rd. in Conference Room B. The classes are held weekly for 12 consecutive weeks and are from 12-12:45. Registration is required through TRAC for the 2817 Cattlemen Rd. location only, which is limited to 10 participants.

We look forward to seeing you there!

For more information contact Natalie Rotella at nrotella@scgov.net or 650-5294

Natalie Rotella is the new Health Promotion Specialist for Sarasota County Government. She will be working within the Benefits and Wellness group to provide a balanced and integrated corporate health and wellness program for Sarasota County employees.

Natalie attained her Bachelor of Science in Health and Wellness from Buffalo State College in Buffalo, New York. Since then, Natalie has worked in corporate health and fitness in the Washington, DC area. With Nutrition as a strong interest, Natalie recently completed an Intensive International Food & Nutrition study in Florence, Italy through New York University. In addition, Natalie is a certified Group Fitness Instructor and Weight Management Consultant and enjoys teaching strengthening and stability fitness classes. Look forward to her upcoming classes!

The New Year Calls for More Kale

Kale is available throughout the year, but is best during the winter, after the first frost. It is also a greatly overlooked green with a variety of health benefits such as sulfur-containing phytochemicals, Vitamin A, Vitamin C, and fiber.

Mediterranean Kale

Prep and Cook Time: 15 minutes

Ingredients (serves 4):

2 medium bunches kale, chopped about 12 cups

2 TBS lemon juice

1 tsp soy sauce

3 medium cloves garlic, pressed

extra virgin olive oil, salt and black pepper to taste

Directions:

1. Bring lightly salted water to a boil in a steamer with a tight fitting lid. The salt helps enhance flavor and color of vegetables.
2. While water is coming to a boil, fold each kale leaf in half and pull or cut out stem. Chop leaf and rinse in colander.
3. When water comes to a boil add kale to steamer basket and cover. Steam for 7-10 minutes, until tender.
4. Toss with rest of ingredients and serve.

Whfoods.com

Ease Winter Blues

Winter brings not only cooler temperatures but also special health concerns. Seasonal affective disorder (SAD) is a form of depression brought on by shorter days and less sunlight. Symptoms can include less energy, increased appetite, irritability and the desire to sleep more. Lower vitamin D levels appear to play a role in SAD. Try to spend time outside during daylight hours and allow light to come into your office or home. Maintain a healthy lifestyle by eating nutrient rich foods and exercising regularly. Also, avoid increasing caffeine and alcohol intake to cope.

Did you know the biggest health benefits come from just a small increase in activity? Try these easy ways to increase your physical activity: 5 hours of housework a week, a 9-minute walk per day, 4 hours of weekend golf, or walk 2,000 more steps in a day. These all translate into dramatic reductions in risk for heart attacks and other health problems. January 15th begins **National Healthy Weight Week**. **Body Fat analysis will be offered Tuesday, 01/17 from 7:30-8:30 am in the Press Room of the Administration Building, Thursday, 01/18 from 8:30-9:30am in Bldg. A at Twin Lakes and Friday, 01/20 from 12:00-1:00 at BOB in the break/vending area.**