

# “Stall Talk”

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*"The first wealth is health."*— Ralph Waldo Emerson

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## Part 1: Stay on the Fitness Track

1. Be reasonable. Set a goal that is attainable. If you haven't been exercising start slow with walking or working out 2-3 days a week.
2. Get a new attitude. People who have a negative attitude about their exercise hold on to fat. Work on the quality of life.
3. Keep moving. Do something you like to do, walk, talk, and have fun.
4. Make daily activities count, too. Include things that aren't typically regarded to as "exercise," such as pacing while you talk on the phone, doing leg lifts while the coffee is brewing, sit-ups or pushups during your commercial breaks.
5. Pound the pavement. Walking is a great exercise that you can do anytime. Walk for a few minutes in the morning; take the stairs instead of the elevator or walk to the store instead of driving.
6. Make time for exercise. Set your alarm clock back 30 minutes in the morning and use the time to exercise. Or make an appointment in your calendar to work out and respect it as you would any other commitment.
7. Be prepared. Lay out your exercise clothes at night so you don't have to hunt for them in the morning.
9. Easy does it. Don't over do it your first week or two you will lose interest, or be in pain since your body is not used to exercising
10. Do what's comfortable. Do something you will want to continue

More information: <http://www.ediets.com/news/article.cfm?cmi=206830&cid=7>

## National Physical Fitness And Sports Month

### Getting Fit Can Be Fun!

May is National Physical Fitness And Sports Month. It's the perfect time to do something good for your health. Even doing something as simple as taking a walk with your co-workers can make a positive impact on your health. You can also visit Sarasota County Government's online wellness program, Simple Steps To A Healthier Life<sup>®</sup>, for tools and resources that make it fun to get fit and stay active. You can try a simple workout based on your goals and abilities using the "Fitness Planner,"\* and keep track of how much you've walked using the "Walking Tracker."

Get fit the simple way with Simple Steps To A Healthier Life.

Visit [www.simplestepslife.com](http://www.simplestepslife.com) today!

\* Always consult your physician before beginning any exercise program.

## TRAC your Wellness with these Wellness Classes

06/23/2004 Wednesday- "Wellness & Stress Management", 08:30am 10:00am at the BOB Bldg - Conf Rm 7

Unmanaged stress has been scientifically linked to a variety of physical and psychological health issues. While some stress is inevitable, there are many methods that can support your ability to manage situations creatively and effectively.

To register go to TRAC or contact [adeem@scgov.net](mailto:adeem@scgov.net)

**SPOUSES ARE NOW ABLE TO USE THE FITNESS CENTER in the ADMIN BUILDING 5<sup>th</sup> FLOOR!**

Contact Angela Pfeifer at [apfeifer@scgov.net](mailto:apfeifer@scgov.net) or call 861-5299

## Fruit Pizza



### Ingredients

- 1-flour tortillas for burritos (8 inches in diameter)
- 1/2-teaspoon sugar
- 1/8-teaspoon ground cinnamon
- 2 tablespoons soft cream cheese
- 1/2 cup chopped fresh fruit, (such as strawberries, blueberries, grapes, peaches), well drained

### Instructions

1. Heat oven to 350°F. Place tortilla on ungreased cookie sheet. Bake about 10 minutes or until crisp. Meanwhile, mix sugar and cinnamon.
2. Place hot tortilla on cutting board; spread cream cheese on tortilla. Sprinkle with sugar-cinnamon mixture. Arrange fruit on top.
3. Cut into 4 wedges. Serve warm.
4. Total: 20 min= Prep: 10 min Bake: 10 min

1 Serving: Calories 120 (Calories from Fat 45); Fat 5g (Saturated 3g); Cholesterol 10mg; Sodium 135mg; Potassium 90mg; Carbohydrate 17g (Dietary Fiber 2g); Protein 3g

% Daily Value: Vitamin A 2%; Vitamin C 24%; Vitamin D 0%; Calcium 4%; Iron 4%; Folic Acid 8%

Diet Exchanges: 1 Starch; 1 Fat

"The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease." ~Thomas Edison~

## Correct Posture Month

### Lift Correctly:

Lift with legs and not back, do not twist while lifting

### Sit Correctly:

Set desk up with proper alignment, take a break every hour to stretch and walk around

### Stand Correctly:

Shoulders back and rest one foot up to decrease stress on back

