Volusia County Schools Wellness Newsletter

Volusia County Schools Wellness Program
A strong organization cannot exist without healthy employees. The everyday choices we make can help us live healthier, happier, and fulfilling lives—both at work and at home. And that’s why Volusia County School Board has partnered with Florida Health Care Plans to establish a comprehensive Wellness Program designed to improve your health, well-being, and productivity.

*Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.* -World Health Organization

What is Wellness?
No matter what your current health status is, you can move toward a higher level of wellness…
- Wellness is an ongoing lifestyle, which requires taking responsibility and making healthy choices, promoting individual well-being through a balance in all aspects of life.
- Wellness is the loving acceptance of yourself

Volusia County School Board in conjunction with Florida Health Care Plans

September-October 2015

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**Wellness Resources**
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- FHCP Blog
- Health and Wellness Videos
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The Top Fat-Burning Foods

It’s true: Certain foods have a very high thermogenic effect, so you literally scorch calories as you chew. Other foods contain nutrients and compounds that stoke your metabolic fire. Feed your metabolism with these:

Whole Grains – Your body burns twice as many calories breaking down whole foods (especially those rich in fiber such as oatmeal and brown rice) than processed food.

Lean Meats – Protein has a high thermogenic effect: You burn about 30% of the calories the food contains during digestion (so a 300-calorie chicken breast requires about 90 calories to break it down).

Low-Fat Dairy Products – Rich in calcium and vitamin D, these help preserve and build muscle mass—essential for maintaining a robust metabolism.

Green Tea – Drinking four cups of green tea a day helped people shed more than six pounds in eight weeks, the American Journal of Clinical Nutrition reports. Credit EGCG, a compound in the brew that temporarily speeds metabolism after sipping it. To up your intake, keep a jug of iced tea in the fridge.

Lentils – One cup packs 35% of your daily iron needs—good news, since up to 20% of us are iron-deficient. When you lack a nutrient, your metabolism slows because the body’s not getting what it needs to work efficiently, says Tammy Lakatos Shames, RD, co-author of The Secret to Skinny.

Hot Peppers – Capsaicin, the compound that gives chili peppers their kick, heats up your body, which makes you melt additional calories. You can get it by eating raw, cooked, dried, or powdered peppers, says Lakatos Shames. “Add as much cayenne or hot sauce as possible to soups, eggs, and meats.”
Follow My Health

Florida Health Care Plans is excited to announce FollowMyHealth, a new and mobile patient portal which enables the patient to have access to their personal chart information 24/7. This is a wonderful new benefit that allows our members to:

- View Lab, Radiology, Ultrasound and other results.
- Request, cancel or reschedule appointments with established FHCP physicians.
- Request Prescription Renewals.
- Send non-critical secured messages to Provider.
- Review personal medical information such as medication list, allergy list, and medical history.
- View upcoming appointments online.
- Appointment reminder is sent three days in advance of appointment.

Ready to get started?
You must have access to a computer, tablet or smartphone to use FollowMyHealth. If you use a computer, type in FHCP.FollowMyHealth.com to create an account. If you use a tablet or smartphone, you will need to download the app Follow My Health mobile.
If you need assistance or have questions - contact Member Services by emailing MemberServices@FHCP.com or call 877-615-4022.

The Truth About H20....

- Water is the single most critical nutrient your body NEEDS. The brain is composed of 95% water; blood is 82% water; the lungs are nearly 90% water.
- Mild dehydration is also one of the most common causes of daytime fatigue.
- A 2% drop in body water can cause a small but critical shrinkage of the brain, which can impair neuromuscular coordination, decrease concentration, and slow thinking.

Take on the Water Challenge!
Set the goal and go for it.
These ladies did!
90% of the time when you think you're hungry, you're really just thirsty. What do you have to lose?
September Community Events

Kids Craft Club – Michael’s Craft Store

- Saturday September 12th, 2015
- 10am – 12pm
- 5250 Hwy 100 E. Palm Coast, FL 32164

Kids Club @ Michael's Craft Store $2.00, materials included. Let your kids explore their creativity while you shop! It's just $2 per child, for 30 minutes of crafting fun. All supplies are included. Register for a session every half hour from 10am to 12pm. See an associate to reserve a spot today or check out the Michaels website for more information.

14th Annual Halifax Health Hospice Fall 5K Run & Walk

- Sunday September 13th, 2015
- Kenneth W. Parker Amphitheater
- 2001 City Center Circle, Port Orange, FL 32129

Funds raised from the 14th Annual 5K Run & Walk will benefit the Family Caregiver Program which plays an integral role in the health of both the patients and their caregivers. This relief program provides one-on-one care for patients, allowing the family caregivers much needed respite time. In turn, this helps the caregivers so they can help their loved ones through the end-of-life journey.  
http://www.racesmith.com/races/HalifaxHealthHospice5KFall.html

2015 International Coastal Cleanup

- Saturday September 19th, 2015
- 8am – 10:30am
- There are several different sites to report to along the beach and along the Halifax river. Volunteers are asked to register at volusia.org/cleanup.

Volunteers should wear comfortable clothing, close-toed shoes and hats. Please bring sunscreen, water or drinks and work gloves. Rakes, shovels, and trash grabbers may be helpful but are not necessary. Trash bags and latex gloves will be available for use. To reduce the amount of waste from being generated by the event, volunteers may also want to bring buckets for trash collection and use work gloves instead of plastic gloves.

For more information about the event or to learn how you can be involved, please contact Becki O’Keefe at (386) 736-5927 Ext. 12330 or bokeefe@volusia.org.

Outdoor Adventure – Bike-about in Spruce Creek Preserve

- Tuesday September 29th, 2015
- 9am – 11am

Ride a segment of Martin’s Dairy Trail in Spruce Creek Preserve while learning about the local ecosystem. Moderate skill is required due to rough terrain, hills and soft sand. Participants must bring a bicycle and helmet. Turn off Turnbull Bay Road and meet in the dirt parking lot on Martin’s Dairy Road, New Smyrna Beach. Volusia County’s environmental Management Division sponsors the outdoor adventures to acquaint residents with the county’s conservation lands and land management practices. Registration is requested and may be made by calling 386-736-5927.
Thai Quinoa Salad with Fresh Herbs & Lime Vinaigrette

Ingredients for the Salad
- 1 cup quinoa, rinsed
- ½ teaspoon salt
- 1 red bell pepper, cut into bite-sized strips
- 1 carrot, peeled and grated
- 1 English cucumber, seeded and diced
- 2 scallions, white and green parts, finely sliced
- ¼ cup freshly chopped cilantro

For the Dressing
- ¼ cup freshly squeezed lime juice (3-4 limes)
- 2 ½ teaspoons Asian fish sauce
- 1 – ½ tablespoons vegetable oil
- 2 tablespoons sugar
- ¼ teaspoon crushed red pepper flakes

Instructions
1. Add quinoa, salt and 1-2/3 cups water to a medium saucepan. Bring to a boil and then reduce heat to low, cover, and cook for 15 minutes, until the water is absorbed and the quinoa is cooked. You'll know it is done when the little “tails” sprout from the grains. (If necessary add 1-2 tablespoons more water if the quinoa is not cooked by the time all the liquid is absorbed.) Transfer to a serving bowl and let cool in the refrigerator.
2. In the meantime, make the dressing by combining the lime juice, fish sauce, vegetable oil, sugar and crushed red pepper flakes in a medium bowl. Whisk until the sugar is dissolved.
3. Once the quinoa is cool, add the red bell peppers, carrots, cucumbers, scallions, fresh herbs and dressing. Toss well, then taste and adjust seasoning with more salt, sugar and lime juice if necessary (I usually add a bit more of all). Chill in the refrigerator until ready to serve. This salad keeps well for several days in the fridge.

Nutrition
Per serving : 263 Calories; 8 g Fat; 1 g Sat; 42 g Carbohydrates; 7 g Protein; 5 g Fiber; 603 mg Sodium; 10 g Sugar