

## CLEARWATER HEALTHY CHOICES RESTAURANTS



In response to the growing interest of healthier lifestyles and custom desires regarding healthier dining options, the Pinellas County Health Department has introduced the "Healthy Choices Restaurant Program." The local restaurants that display the Healthy Choices Restaurant decal have promised to offer sensible solutions to our population's ever-increasing waistline by offering "Take Half Home" or "Cook to Order" options.

A few of Clearwater's participating restaurants are listed below and for a full list of "Healthy Choices Restaurants," or more information on this program, go to [pinellaswellness.com](http://pinellaswellness.com).

<b>Smokey Bones</b>	2693 Gulf-to-Bay Blvd.
<b>Subway</b>	2006 Drew Street
<b>Applebee's</b>	30180 US Hwy. 19 North

### Clearwater Healthy Choices Challenge

Many Clearwater residents have already signed up to take the Healthy Choices Challenge by promising to make at least one healthy choice each day. This month's prize-winning challenger is Amy Enns who won a Jillian Michaels Total-Body Workout Kit. Fill out and send in your application today, or go to [myclearwater.com](http://myclearwater.com) and complete the application online. Prizewinners will be drawn each month. Also, be on the lookout for businesses displaying the Healthy Choices for a Healthy Clearwater apple logo. These businesses will provide discounts to those who show their Healthy Choices for a Healthy Clearwater Card.

### HEALTHY CHOICES FOR A HEALTHY CLEARWATER FREE FITNESS COUPON

#### Good for a free workout at participating facilities:

City of Clearwater Recreation Centers, Anytime Fitness-Downtown Clearwater, Clearwater YMCA, Golda Meir/Kent Jewish Center or the Cheek-Powell Wellness Center at Morton Plant Mease

#### Good on December 15, 2011 only

#### Must show proof of Clearwater residency

#### This coupon is not good for classes

### CLEARWATER FREE FITNESS DAY December 15

If you're a Clearwater resident, bring the coupon at left to participating fitness centers for a free workout. Please call for facility location and operating hours.

- Anytime Fitness - Downtown Clearwater, 216-6378
- Cheek-Powell Wellness Center at Morton Plant Mease, 462-7656
- Clearwater YMCA, 461-9622
- Countryside Recreation Center, 669-1914
- Clearwater Beach Recreation Center, 462-6138
- Long Center, 793-2320
- North Greenwood Recreation Complex, 462-6276
- Ross Norton Recreation Complex, 462-6025
- Golda Meir/Kent Jewish Center, 736-1494

### Clearwater Healthy Choices Challenge Card Application

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Mailing Address (must be a Clearwater resident) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Would you like to receive future editions of this newsletter by e-mail? \_\_\_\_\_

Mail to: Healthy Choices, P.O. Box 4748, Clearwater, Florida 33758, or sign up online at [www.myclearwater.com](http://www.myclearwater.com). Choose Healthy Choices Card Application under the Quick Links section.

Send your questions, comments, or suggestions about this newsletter to [sandra.clayton@myclearwater.com](mailto:sandra.clayton@myclearwater.com). For more info about *Healthy Choices for a Healthy Clearwater*, log on to [myclearwater.com](http://myclearwater.com).

# HEALTHY CHOICES FOR A HEALTHY CLEARWATER



LIVE. LEARN. WORK. PLAY.

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## CLEARWATER IS A HEALTHY PLACE TO LIVE

### Find the FUN!

During the month of December we often find ourselves in the midst of a whirlwind of activity. Cleaning our homes in preparation for guests, cooking holiday meals, last minute shopping, and the occasional chance to sit down and visit with friends and family. We often sacrifice our health in order to make it through the gauntlet. We eat high calorie foods and our activity consists of rushing from one holiday event to another. This behavior often leads to guilt and depression which can make the holidays less than joyful. This month we want to challenge you to focus on adding some fun to your holiday schedule. Instead of participating in sedentary activities like going to the movies, try planning some active fun such as walking around the neighborhood to see the holiday lights or organizing a family flag football game. Need

help finding fun things to do? Thanks to [findthefunnow.com](http://findthefunnow.com), searching for fun things to do in Pinellas County is easier than ever. This website is part of the federal grant, Communities Putting Prevention to Work, and is designed to help residents in Clearwater and all of Pinellas County locate enjoyable things to do in the county. The website details hundreds of activities you can participate in that will get you and your family moving during the holidays. Remember that being active with your family not only strengthens your family's bond but also improves your health and helps ensure that you can enjoy the holidays for many years to come. One healthy choice is all it takes, why not make it fun?

## CLEARWATER IS A HEALTHY PLACE TO LEARN

**Free Healthy Holiday Shopping Tour:** Tuesday, Dec. 6 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Liat Golan, Healthy Choices Nutritionist, will be at Nature's Food Patch to give a special tour to help you make your holiday shopping a breeze. Call 443-6703 for more information.

**Free Bicycle Maintenance Clinic:** Tuesday, Dec. 6 (7 p.m.) at Chainwheel Drive, 1770 Drew St. Learn how to take care of your bike. Clinic is free, but space is limited. Call 441-2444 to reserve your spot.

**Free Seminar – Stress:** Thursday, Dec. 8 (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. Dr. David Minkoff of LifeWorks Wellness Center will discuss how to out-stress your stressors before they stress you out. Call 466-6789 for more information.

**Bootcamp for New Dads:** Saturday, Dec. 10 (10 a.m.), Morton Plant Hospital, 300 Pinellas St., Tuttle Auditoriums A & B. This is a class for new fathers or for fathers-to-be. It is taught by a male instructor and a team of new Dads, who will demonstrate how to hold, feed and interact with their infants. There is a \$25 fee and no Moms are allowed. Call 953-6877.

**Night Hike:** Dec. 14 (8 p.m.) at Moccasin Lake Nature Park. Take a guided night hike on Moccasin Lake's newly renovated nature trail. Bring a flashlight, bug repellent and your sense of adventure. Call 793-2976 for more information.

**Free Cooking Class – Gourmet Cooking:** Dec. 17, (6:30 p.m.) at Nature's Food Patch, 1225 Cleveland St. This holiday, give yourself a present, and learn how to cook a gourmet meal at this class. Menu will include shrimp and spinach stuffed Portobello mushrooms, and a flourless chocolate cake with raspberry topping. Call 443-6703 for more information.

**New Tai Chi Class:** Mondays (2-3 p.m.) or Saturdays (9:30-10:30 a.m.) at the Aging Well Center at the Long Center. Study the forms of this ancient and meditative martial art. An enjoyable and integrated exercise for both body and mind, Tai Chi will help reduce stress and cultivate inner strength and physical balance. Call 724-3070 for more information.

**Lifeguard Class:** Dec. 9-11 and 16-18, at the Long Center, 1501 N. Belcher Road. Students 15 and older can take this class and learn how to become a lifeguard. Participants must be able to swim 300 yards freestyle, tread water, and retrieve a 10-pound brick from a seven foot depth. Classes will be held Friday (5-9 p.m.), Saturday (9-5 p.m.) and Sunday (1-5 p.m.). Call 793-2320, ext.107 for more information.

**Baby Play:** Tuesday Dec. 20 (10:30 a.m.) at the Countryside Library, 2741 State Road 580. Bring your baby to the library and enjoy some playtime with other new parents.



**Looking for a healthy holiday gift?** Bicycles make wonderful gifts and help keep the recipient healthy and happy for years to come. During the month of December, pay no sales tax on any regular priced bike purchase and get 15 percent off all regular priced clothing and accessories at Chainwheel Drive (1770 Drew St.). This offer is available to Clearwater residents who present a Healthy Choices membership card and proof of Clearwater residency.

## CLEARWATER IS A HEALTHY PLACE TO PLAY

**Let It Snow!** On Friday Dec. 2, forecasters have predicted there will be snow in downtown Clearwater. From 5:30-10 p.m., Cleveland Street will light up and be covered with nearly 40 tons of snow. There will be toboggan slides, carolers and even Santa will make an appearance. Go to [clevelandstreetdistrict.com](http://clevelandstreetdistrict.com) for details.

**Join an Adult Softball League:** Winter softball season is about to begin, and now is the time to get your team together. Registration is Nov. 28 through Dec. 23 and teams can be either all male, all female, or co-ed. Games begin Jan. 2 and are played at the Eddie C. Moore Complex on Drew Street. Call 562-4802, ext. 3839 for more information.

**Breakfast with Santa at the Clearwater Y:** Dec. 10, (9-11 a.m.) at the Clearwater YMCA, 1005 Highland Ave. Bring the entire family and enjoy holiday games and breakfast with Santa. Event is free and open to the public. Call 461-9622 for more information.

**Holiday Dance:** Dec. 14 (6:30-8:30 p.m.) Swing into the holidays at the Aging Well Center at the Long Center. Dance the night away with swing dancing, 40s, 50s and 60s music spun by a local DJ. Call 724-3070 for more information.

**Clearwater Y Winter Festival:** Dec. 15, (6:30-8 p.m.) at St. Paul's United Methodist Church, 1199 Highland Ave. Enjoy a festive night filled with youth dance performances, Christmas carols, and milk and cookies with Santa! Event is free and open to the public.

**Holiday Camp:** Dec. 19-23 and 27-30 (7:30 a.m. to 5:30 p.m.) Bring your kids to learn, play, and join others in fun activities at Countryside Rec. Center (669-1914), the Long Center (793-2320), or Ross Norton Recreation Complex (462-6025). Registration begins Dec. 8.

**Science and Nature Safari Camp:** Dec. 19-23 and 27-30 (8 a.m. to 5:30 p.m.) at Moccasin Lake Nature Park. Children who enjoy spending time with animals and learning about nature will love spending their holiday break at Safari Camp. Call 793-2976 for more information.

**Happy New Year Drum Circle:** Wednesday Dec. 28 (3 p.m.) Countryside Library. Join the wonderful Steve Turner of Giving Tree Music for a Community Drum Circle to welcome in the New Year.

**Outback Bowl Beach Day:** Friday, Dec. 30 (11 a.m.) at the Clearwater Beach Hilton, 400 Mandalay Ave. Join the Outback Bowl teams, their cheerleaders and band members as they enjoy our beautiful weather and sugar sand beach. Beach Day festivities will include music, skydivers, a tug-of-war, and much more. Visit [outbackbowl.com](http://outbackbowl.com).

## CLEARWATER IS A HEALTHY PLACE TO WORK

### Holiday Leftovers

As the year comes to an end, many of us find ourselves in a common predicament: leftover meals and desserts. Many people solve this problem by bringing these items to work and setting them out in a common area. Don't do it! Even the fittest person in your office will find it hard to resist a star shaped cookie covered in icing and sprinkles. Instead of bringing all of those tempting sweets and other food items into work this holiday season, try re-gifting them to a worthy organization.

Contact a local homeless shelter, food bank, church, or nursing home and see if they are accepting food donations. Then set-up a donation site at work, preferably one with refrigeration for safety, and ask people to bring in their left-over holiday food items and/or canned goods. Once the collection is complete, you can drop off the food at the selected site. Not only will you be spreading holiday cheer and generosity, but you will help remove some of the sugar temptations and extra calories from your home and work.

### NUTRITION TIP OF THE MONTH Appetizers - Nibble with Caution

Whoever said good things come in small packages must have just sampled the appetizers at a holiday office party! But beware: these cute, bite-sized treats may also contain some not so cute amounts of calories and fat. Appetizers that are deep fried, covered in bacon, or smothered in cream cheese could contain hundreds of calories in only a few bites. For example, consider the popular spinach artichoke dip. You may think: spinach and artichokes, how bad could that be? How about 220 calories and 22 grams of fat per dollop, and that is before you add the chips! If you want to avoid the extra calories, plan ahead. Eat a sensible meal before the party, be mindful of your eating during the party, sample some of your favorites, load up on the raw veggies without the dip, and spend your time talking with friends instead of eating. And, if you just can't resist having multiple pigs in a blanket, go for an extra-long jog the next day.



## TIPS FROM THE TRAINER

### Random Acts of . . .

As the holiday season approaches, it is important that we take time to take care of ourselves. The stress of this time of year can take its toll on everyone. I propose we all take time out for Random Acts of Mind, Body and Spirit!

**Random acts of RELAXATION (MIND):** The holidays should be fun, but instead, they can be wracked with stress, anxiety and sometimes even depression. By taking random moments just for you, you can help to reduce some of the anxiety and stress. Meditation, prayer and biofeedback are great ways to relax. Taking time to read a good book, go for a leisurely walk, or play a game with the kids are also ways to unwind.

**Random acts of EXERCISE (BODY):** As the time crunch hits and the holiday parties abound, finding little random moments to exercise can help keep your fitness plan on track and ward off some of the holiday pounds. Find multiple times during the day and take a two to ten minute exercise break. These can be

structured exercises like jumping jacks, lunges, or push-ups, or spur of the moment opportunities, like taking an extra flight of stairs or dancing around the house. These become cumulative and can help your holiday season run smooth while you stay fit.

**Random acts of KINDNESS (SPIRIT):** It is especially nice during this time of year to reach out and touch the spirit of another person. You might make their day or even their holiday season. These acts do not need to be lavish or extravagant. They can be as simple as buying someone their holiday meal, or sharing a smile or a kind word.

By combining Random Acts of Relaxation, Exercise and Kindness we address each component of the individual. Together, they will relieve stress, keep us healthy, and allow us to reach out and help a neighbor. Have a blessed holiday season.

*Our Trainer - Jeanmarie Scordino M.Ed Exercise Physiologist*

**Did you know?** The average person consumes an extra 600 calories a day between Thanksgiving and New Years? Reduce your risk of holiday weight gain by exercising, eating right, and getting plenty of sleep.

## HOLIDAY BRUNCH RECIPE

### Banana-Cinnamon Waffles

Yield: 8 servings (serving size: 2 waffles)

Ingredients:

- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/4 cup buckwheat flour
- 1/4 cup ground flaxseed
- 2 tablespoons sugar
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1 1/2 cups fat-free milk
- 3 tablespoons butter, melted
- 2 large eggs, lightly beaten
- 1 large ripe banana, mashed
- Cooking spray



### Preparation

Lightly spoon flours into dry measuring cups; level with a knife. Combine flours, flaxseed, and next four ingredients (through salt) in a medium bowl, stirring with a whisk.

Combine milk, butter, and eggs, stirring with a whisk; add milk mixture to flour mixture, stirring until blended. Fold in mashed banana.

Preheat a waffle iron. Coat iron with cooking spray. Spoon about 1/4 cup batter per 4-inch waffle onto hot waffle iron, spreading batter to edges. Cook 3 to 4 minutes or until steaming stops; repeat procedure with remaining batter.

Nutrition Facts: Serving size 2 waffles: 215 calories, 7.4 g total fat (3.3 g saturated fat), 7.3 g protein, 31.1 g total carbohydrate, 3.4 g dietary fiber

Source: *Cooking Light*, May 2005

*Want a healthy cookie to bring to the neighborhood cookie exchange? Try a meringue. Made primarily with egg whites, these treats are fat-free, have only 10-25 calories per cookie, and cost less than a dollar a batch. For a great recipe go to [eatingwell.com/recipes/meringues.html](http://eatingwell.com/recipes/meringues.html).*