

In this Issue

Pg. 2

- Goal-setting with Humana
- Wake up! You need more sleep!

Pg. 3

- Make your New Year Resolutions a Success!

Pg. 4

- Healthy, Easy Recipe
- Contact Us



Make your New Year's Resolutions a Success!

New Year Resolutions don't have to end in failure. With a few tips on setting goals and making lasting behavior changes, you can be more successful in keeping your resolutions this year.

Continued on Pg. 3

“ Happy New Year! Let's make this year our healthiest year yet! ”



Setting New Year's Resolutions with your Kids

You don't have to be the only one setting health goals in 2016.

Getting the entire family involved in improving their health in the New Year is a great strategy to hold each other accountable. The American Academy of Pediatrics recommends some great New Year Resolutions for kids of all ages:

Preschoolers

- I will clean up my toys by putting them where they belong.
- I will be nice to other kids who need a friend or look sad or lonely.

Kids, 5 to 12 years old

- I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
- I will always wear my helmet when riding a bike, scooter or skateboard.

Kids 13 and older

- I will try to eat two serving of fruit and two servings of vegetables every day, and I will drink sodas only at special times.
- When faced with a difficult decision, I will talk about my choices with an adult whom I can trust.

Read more at: <https://www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/healthy-new-year-resolutions-for-kids.aspx>



Set goals for 2016!

Start the New Year off right..... set your “Personal Goals” through HumanaVitality. Take this opportunity to engage in your well-being through the HumanaVitality program.

How do you set a Personal Goal? It’s easy, we all received personalized wellness goals after completing the health assessment.

- Sign into HumanaVitality.com and complete your Health Assessment if you haven’t already
- From the member’s secure HumanaVitality.com dashboard, hover over “Get Healthy” and click “My Goals”
- Review suggested goals and click “Set this goal” to activate it and learn how HumanaVitality will help you achieve the goal

What’s in it for you?

- Earn Vitality Points for completing your Personal Goal
- Earn even more Vitality Points™ along the way by completing standard activities that support your recommended goal, like getting more active by joining a Partner Health Club.
- Reap the benefits as you earn more Vitality Points and watch your Vitality Status grow. Remember the higher your Vitality Status, the higher your discount in the HumanaVitality Mall!

Wanting to focus on your health in 2016 is fantastic. Those big hopes and dreams you have for yourself are possible, but trying to reach them too quickly can lead to disappointment and failure. This is why, every year, many people make unrealistic resolutions that never last longer than a few weeks.

To avoid the typical resolution disappointment, here are some tips for setting goals and keeping them:

Make your goals SMART



When goal setting, remember the SMART criteria: Specific, Measurable, Attainable, Realistic, and Time bound. By making goals ‘SMART’ , you are making your goals more clear which makes you more likely to achieve them.

Specific: Set goals that detail exactly what you plan to do. For example: “I will eat five servings of vegetables every day” (instead of “I will eat healthier.”)

Measurable: Quantify the results you are looking for, which makes achieving them and monitoring progress easier. Key questions to ask here are “how much?” “how many?” and “how will I know when this is accomplished?”

Space is filling up quickly for the Diabetes Prevention Program! Register today!



Are you overweight or at risk for developing type 2 diabetes, and serious about improving your health? The YMCA Diabetes Prevention Program is being offered at local YMCAs and will teach you lasting lifestyle changes to improve your health. The program starts Jan 25th and PCS will be offering this program for FREE to 60 employees who qualify.

1. Bardmoor Location: *Full*
2. Clearwater and St. Pete Locations: *Limited spaces available!*
3. North Pinellas (Palm Harbor) Location: *Spaces available*

To register for the Clearwater and North Pinellas locations, contact Summer Cruff at 727-379-2473
To register for the St. Pete location, contact Kieran Gabel at 727-697-7155

Attainable: Make sure that the goal is truly attainable for you. Ask yourself if your goal is attainable by looking at your schedule, support system and other resources. Do you have the time to achieve this goal? Can you devote enough attention to it to achieve it?

Realistic: Revisit your goals and adjust them if they are unattainable. If your goal is to lose weight, take your Health Assessment to determine a healthy BMI and make an achievable plan with your doctor.

Timely: Setting a timeline and a specific schedule for achieving your goal will help you stay on track. Ask yourself, "When do I plan to achieve this?" and develop a timetable that you can use throughout your journey.

Other Tips for Success



Go public: Telling your friends and family about your goals will help keep you accountable.

Find your motivation: Why do you want to make this change? Do you want to lose weight so you travel with your grandchildren? Do you want to eat more heart-healthy foods to lower your blood pressure so you can get off of your cholesterol medication? Whatever the motivation, make reminders for yourself (post-it notes on the mirror for instance) so when the change gets tough, you can focus on why you started.



Find support: Finding a workout partner, joining a support group, or working with a health coach, will increase your chances of success.

Working with someone in reaching your goals will help keep you motivated and accountable.

Keep a journal: Tracking your progress through journaling can help you find trends in your behavior and help identify when you are more likely to



slip up. Knowing when you are likely to revert back to old behaviors can help you prevent setbacks in the future.

What does a realistic goal look like?

If you want to make resolutions, here are some options that are SMART (specific, measurable, attainable, realistic, and time bound).

Focus on one of the following for 30 days only. By focusing on the next 30 days and not the entire year of 2016, you will be more likely to succeed:

No sugary drinks. For 30 days, if you avoid beverages that contain added sugar, think sodas, sports drinks, fancy coffee beverages, you will feel better and probably lose a little weight too.

Find one group exercise class that interests you. Once you find a class that interests you, make a commitment to going at least two times per week. We recommend group exercise because you will be alongside like-minded people and make friends who can help hold you accountable.

Add vegetables to at least one meal 6 days per week. We know that eating our veggies are good for our health so try adding them little by little to your diet. Start by adding any vegetable to at least one meal, most days per week.

As a PCS employee you have access to free support services. You can work with a Humana Health Coach, speak to a registered nurse, or join Weight Watchers for free. Contact your Humana on-site representative to find out how to get support:

Heather Keegan, RN
pcs.keeganh@pcsb.org
588-6137



Healthy, Easy Recipes



Quick Bean and Tuna Salad, Serves 4

Ingredients:

1/2 whole-grain baguette, torn into 2-inch pieces
 3 tablespoons olive oil
 1 16-ounce can cannellini beans, drained and rinsed
 2 small dill pickles, cut into bite-size pieces
 1 small red onion, thinly sliced
 2 tablespoons red wine vinegar
 1/4 teaspoon pepper
 7-ounce pouch tuna, no salt added, drained and rinsed
 2 tablespoons finely chopped fresh parsley

Directions:

Preheat broiler. Place the baguette pieces on a heavy cookie sheet and brush with 1 tablespoon of the oil. Place under broiler for about 1 to 2 minutes, until golden. Turn the bread pieces and broil for an additional 1 or 2 minutes.

In a large bowl, combine the remaining oil, beans, pickles, onion, vinegar and pepper. Fold in the broiled baguette pieces. Divide the mixture among four bowls and top with the tuna and parsley.



Contact us, we'd love to hear from you!

For questions related to the Employee Wellness Program, contact your Employee Wellness Coordinator:

Kara Hager

Phone: 727-588-6031, Email: hagerk@pcsb.org

For questions related to Humana health insurance programs, contact your Humana on-site personnel:

Janet Lang

PCS Account Advisor

Phone: 727-588-6367, Email: pcs.langj@pcsb.org

Heather Keegan, RN

PCS Patient Advocate

Phone: 727-588-6137, Email: pcs.Keeganh@pcsb.org

Jessica O'Connell, RN

PCS HumanaVitality Wellness Nurse

Phone: 727-588-6134, Email: pcs.oconnellj@pcsb.org



Share your story!

Have you been successful in meeting a wellness goal

because of a PCS Wellness

Program? Have a recipe you'd like

to share or topic you'd like to see in

an upcoming issue? We'd love to

hear about it! Please contact Kara

Hager, Employee Wellness

Coordinator, at hagerk@pcsb.org.

