



# SMART START Newsletter

Produced by Risk Management - Christina Kempf, Employee Wellness Coordinator

September 19, 2011

## In this issue:

**Flu Shot Clinics in September**  
**Greek Chicken Recipe**  
**Yoga Registration—ends 9/20**  
**Upcoming Hydration Challenge**  
**Endomondo**

Please share this information with staff who may not have computer access!

## Flu Shot Clinics in September

Health and Wellness Professionals, Inc. have begun administering flu shots again for Pinellas County Schools. Remaining sites have online registration (to help us ensure we schedule staffing appropriately) and the larger sites have online scheduling so a set time can be requested. To view the schedule and to register, visit [www.pcsb.org/wellness](http://www.pcsb.org/wellness).

Flu shots are free to any PCS employee, spouse, dependents 16 and older (with parent) or retirees with PCS Humana insurance. You **must** show your Humana card. Those without PCS Humana insurance or without their card will be charged \$25. Employees may attend this or any other scheduled PCS flu clinic. Walk-ins will also be accepted.

## Greek Chicken - Good to Go Catering

### Ingredients

- 3 tbsp. olive oil
- 4 boneless, skinless chicken breast halves
- 3 tbsp. black olives, chopped
- 2 tbsp. chopped parsley
- 3 tbsp. Sun Dried tomatoes (chopped)
- Freshly ground pepper to taste
- 1 tbsp. butter
- 4 marinated artichoke hearts, diced
- 1 cup Greek style dressing (with feta)
- 1 1/2 tsp. capers

Preheat oven to 425 degrees

Marinate chicken in 1/2 cup Greek style dressing for about an hour covered in the refrigerator. Remove chicken from the marinade and discard that marinade. Place chicken on a lined cookie sheet and bake at 425 degrees for about 12-15 minutes (depending on size of chicken breast).

Heat olive oil and butter in a skillet. Stir in Sun Dried tomatoes, capers, olives, artichokes into skillet. Allow to simmer for 2-3 minutes. Pour in remaining 1/2 cup dressing and cook until bubbly, scraping bottom of skillet in order to get all the flavor from the pan. Finish sauce with the chopped parsley. Add chicken breasts and spoon sauce over them. Cook 30 seconds. Serve immediately with Rice Pilaf or Orzo.

Recipe by Good to Go Catering, the catering company who provided lunch for the new teacher and veteran teacher orientation at Pinellas Park High in August. [www.goodwill-suncoast.com](http://www.goodwill-suncoast.com), link "Good to Go Catering".

## Yoga registration open until September 20!

Visit [www.wellnessprograms.ticketleap.com](http://www.wellnessprograms.ticketleap.com)

for additional information and to register.

The schedule is on page 2 of this newsletter.

# TRIED YOGA?

**6-Week Yoga Program, 1 Class per Week, Only \$30!**

*Program created for PCS Employees & Retirees*



## Lifestyles Palm Harbor

33652 US HWY 19 N, Palm Harbor

Wednesdays @ 3:30pm

Dates: 9/28, 10/5, 10/12, 10/19, 10/26, 11/2

## Coachman Service Center

2235 NE Coachman Rd., Clearwater

Wednesdays @ 3:30pm & 4:45pm

Dates: 9/28, 10/5, 10/12, 10/19, 10/26, 11/2

## YMCA Bardmoor

8787 Bryan Dairy Rd., Largo

Thursdays @ 2:45pm

Dates: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3

## Lifestyles St. Petersburg

5900 4th St N, St. Pete

Tuesdays @ 2:30pm & 3:30pm

Days: 9/27, 10/4, 10/11, 10/18, 10/25, 11/1

## Gibbs High

850 34th St S, St. Petersburg

Thursdays @ 2:45pm & 3:45pm

Days: 9/29, 10/6, 10/13, 10/20, 10/27, 11/3



**For additional information and to register, go to:**

<http://wellnessprograms.ticketleap.com>

**All classes are 50 minutes.**

**Registration is open until midnight of September 20. Class size is limited. No previous yoga experience needed. Instructors are trained to provide modifications to yoga poses if you have any restrictions. Questions? Contact Christina Kempf, Employee Wellness Coordinator at [kempfc@pcsb.org](mailto:kempfc@pcsb.org) .**

# Water is Essential!

75% of Americans have mild constant dehydration and often confuse thirst for hunger.

Watch for the Hydration Challenge starting **October 1!**  
More details in the Sept. 26 newsletter.

## Endomondo

A very cool fitness App!

Need a little motivation to stay focused with your fitness plan? Like to track your progress? Want to challenge friends or be held more accountable? If you have a mobile device that you can download apps to, this may be just the thing for you!

VERY  
COOL  
APP!

Endomondo uses a free real-time GPS tracking of your activity to provide a complete training log so you can track, share, or challenge yourself or others. Simply download the app and follow the directions. Use when you do any activity across a distance (walking, running, biking, etc). Your route will be automatically tracked together with your distance, end time, average speed, split time, calories burned, and more. If you use a GPS phone, you will be informed about your speed for each kilometer or mile and your effort is tracked in real time sparing you from synchronizing with your computer manually.

You may wish to create a profile which allows you to track activity in your personal training diary and enables you to challenge your friends! Who walks the most miles? Who burns the most calories? The calories burned can even be translated into how many cheeseburgers were burned! Brilliant!

Visit [www.endomondo.com](http://www.endomondo.com) for more details. If you have found a health & wellness app that you like, please share it with me! Email Christina at [kempfc@pcsb.org](mailto:kempfc@pcsb.org).

