

# Schedule of FREE Classes

**September 2008**

Please call 2-1-1 for info on Steps to a HealthierFL-Pinellas & other community health services.



Visit our website: [www.StepsFL.com](http://www.StepsFL.com)

## Asthma

**All Children's Hospital**  
801 6<sup>th</sup> Street S., St. Pete  
Monday - Friday  
*Pediatric Asthma Care Coordination*  
Contact: Omar Zidi 767-4795  
Time: 8:30 a.m.-5 p.m.

## Diabetes

**St. Petersburg Free Clinic**  
863 3<sup>rd</sup> Avenue N., St. Pete  
Mondays  
*Diabetes Education & Self-Management*  
Contact: Ronda Russick 321-4141  
Time: 5:30 p.m.-6:30 p.m.

## Nutrition

**Johnnie Ruth Clarke Health Ctr.**  
1344 22<sup>nd</sup> Street S., St. Pete  
Tuesday, Thursday & Friday  
*Individual Nutrition Counseling*  
Contact: Medora Little, R.D.  
Call for appointment: 824-8122

**Sunshine Senior Ctr.**  
330 5<sup>th</sup> St. N.  
Tuesday, Sept. 9<sup>th</sup>  
*Nutrition/Top10 food Mistakes We Make*  
Contact: Janice Wade-Miller  
582-2293  
Time: 1:00 p.m.

## Gills YMCA

3200 1<sup>st</sup> Avenue S.  
Thursday, Sept. 25<sup>th</sup>  
*Nutrition/Weight Loss-What Works, What Doesn't*  
Call: Janice Wade-Miller  
582-2293  
Time: 12:30 p.m.

## Heritage Presbyterian

430 Bay St. NE  
Every Monday from Sept. 8<sup>th</sup> through Oct. 13<sup>th</sup>  
Living Healthy Workshop  
*(Workshop is provided by Cares. It is a 6 week workshop that meets for 2 hours once a week to help people become better managers of their chronic diseases).*  
Call to register: 397-4778  
Time: 1:30 p.m.

## Phillip Benjamin Towers

250 58<sup>th</sup> St. N.  
Every Tuesday from Oct. 21<sup>st</sup> through Nov. 25<sup>th</sup>  
Living Healthy Workshop  
*(Workshop is provided by Cares. It is a 6 week workshop that meets for 2 hours once a week to help people become better managers of their chronic diseases).*  
Call to register: 347-5191  
Time: 2:00 p.m.

## St. Giles Manor

5041 82 Ave. N., Pinellas Park  
Thursday, Sept. 44<sup>th</sup>  
*Nutrition/Omega-3 Fats in food and Supplements*  
Contact: Janice Wade-Miller  
582-2293  
Time: 11:00 a.m.

## Gulfport Senior Center

**Congregate Dining**  
5501 27<sup>th</sup> Ave. S., Gulfport  
Friday, Sept. 19<sup>th</sup>  
*Nutrition/Food & Mood- How the two are Linked*  
Contact: Janice Wade-Miller  
582-2293  
Time: 11:15 a.m.

## Romaine Salad with Orange, Feta and Beans

6 cups chopped romaine lettuce  
1 cup sliced radishes  
1 cup canned kidney beans, rinsed (see Tip)  
1 orange, segmented  
1 scallion, sliced  
1/4 cup crumbled reduced-fat feta cheese  
1/4 cup Orange-Oregano Dressing (recipe follows)

Combine lettuce, radishes, beans, orange, scallion, feta and dressing in a large bowl. Toss to coat.

**NUTRITION INFORMATION:** Per serving: 242 calories; 5 g fat; 8 mg cholesterol; 38 g carbohydrate; 13 g protein; 15 g fiber; 621 mg sodium; 1,059 mg potassium.  
Nutrition bonus: Vitamin A; Vitamin C ; Folate ; Calcium .  
Exchanges: 1 starch, 1/2 fruit, 2 vegetables, 1 very lean meat, 1 fat  
1 1/2 Carbohydrate Servings

[www.eatingwell.com](http://www.eatingwell.com)

One size doesn't fit all. MyPyramid offers personalized eating plans, interactive tools to help you plan and assess your food choices, and advice to help you.

- Make smart choices from every food.
- Find your balance between food and physical activity.
- Get the most nutrition from your diet.
- Stay with your daily calorie need.

[www.mypyramid.gov](http://www.mypyramid.gov)



## FREE Diabetes Support Group

2<sup>nd</sup> Wednesday of every month  
2:30-3:30 p.m.

LifeHelp Diabetes and Nutrition Center  
St. Anthony's Hospital 1200 7<sup>th</sup> Ave. N.  
Cafeteria

Contact: 820-7910

## Join the 100 Mile Club

It's Free!

Earn a Club T-shirt!

Call 824-6900 x11316

For details



Tobacco Use  
Cessation  
Hotline

**1-877-U-CAN-NOW**  
(1-877-822-6669) toll free

## Physical Activity

### Broderick Recreation Ctr.

6101 66<sup>th</sup> Ave. N., Pinellas Park

Every Tuesday Pilates

Contact: Jacqui Frehling 328-9622

Please call to register before attending classes.

Time: 12:10 p.m. - 12:50 p.m.

Every Thursday Stretch & Relax

Contact: Jacqui Frehling 328-9622

Time: 12:10 p.m. - 12:50 p.m.

### Christ Lutheran Church

3451 30<sup>th</sup> Avenue N.

Mondays & Wednesdays

Senior Move & Stretch

Contact: Jacqui Frehling 328-9622

Time: 1:30 p.m.

### Enoch Davis Ctr.

1111 18<sup>th</sup> Avenue S.

Mondays

Bone Density Strength Training

Contact: Jacqui Frehling 328-9622

Time: 10:00 a.m. - 11:00 a.m.

Tuesdays

Zumba

Contact: Jacqui Frehling 328-9622

Time: 6:00 p.m. - 7:00 p.m.

Wednesdays & Fridays

Stretch & Relax

Contact: Jacqui Frehling 328-9622

Time: 10:00 a.m. - 11:00 a.m.

### Phillip Benjamin Towers

250 58<sup>th</sup> St. N.

Mondays & Wednesdays

Getting Stronger Through

Stretching

Contact: Jacqui Frehling 328-9622

Time: 3:00 p.m.

### Johnnie Ruth Clarke Health Ctr.

1344 22<sup>nd</sup> Street S.

Every Thursday

Pilates

Contact: Jacqui Frehling 328-9622

Time: 5:30 p.m.-6:30 p.m.

### USF St. Petersburg Campus

140 7<sup>th</sup> Avenue S - Activities Ctr.

Every Tuesday

Step Aerobics

Contact: Jacqui Frehling 328-9622

Time: 5:00p.m. - 6 p.m.

Every Thursday

Yoga

Contact: Jacqui Frehling 328-9622

Time: 11:00 a.m.

### Forbes Recreational Center

6401 94<sup>th</sup> Ave., N. Pinellas Park

Every Wednesday

Tai Chi for Adults

Contact: Jacqui Frehling 328-9622

Time: 6:00 p.m.-7:00 p.m.

## Body mass index

A measure called the body mass index (BMI) is used to assess your weight relative to your height. It is defined as weight in kilograms divided by height in meters squared ( $\text{kg}/\text{m}^2$ ). It can also be calculated for weight in pounds and height in inches.

Body mass index is closely related to body fat percentage but is much easier to measure. Therefore, it is used by many primary care providers to identify obesity. The greater your BMI, the higher your risk of developing health problems related to excess weight.

To calculate your body mass index, follow these steps:

- 1) Multiply your weight in pounds by 705
  - 2) Then divide by your height in inches
  - 3) Divide this by your height in inches again
- What does BMI tell you?

Healthy = 18.5-24.9  
Overweight = 25.0-29.9  
Obese = 30 and Above

National Health Lung and Blood  
Institute- BMI calculator -  
<http://www.nhlbisupport.com/bmi/>

[www.emedicinehealth.com](http://www.emedicinehealth.com)

## The Health Effects of Overweight and Obesity

Research has shown that as weight increases to reach the levels referred to as "overweight" and "obesity,"\* the risks for the following conditions also increases.

- Hypertension (high blood pressure)
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Type 2 diabetes
- Coronary heart disease
- Stroke
- Gallbladder disease
- Sleep apnea and respiratory problems
- Some cancers (endometrial, breast, and colon)
- Some gynecological problems (abnormal menses, infertility)

Overweight is defined as a body mass index (BMI) of 25 or higher; obesity is defined as a BMI of 30 or higher.

[www.cdc.gov](http://www.cdc.gov)

# Healthy Living