



The Healthy Heartbeat Tampa

August 2022

Summertime Healthy Selfies!

These folks are enjoying the fresh air, getting in some great aerobic exercise, and enjoying some beautiful scenery by hiking and walking!

Left: Leta Perez, Right: Lorraine Eden, Mark Johnson



Send us your "Healthy Selfies" to share in the monthly Healthy Heartbeat Newsletters!

August: National Vaccine/ Immunization Awareness Month!

The topic of vaccines always seems to be relevant — and may sometimes be a subject of misinformation. Before vaccines, infectious diseases like smallpox, polio and measles ran rampant.¹ But thanks to medical advances, there are available vaccines to help protect us. A vaccine is a small dose of germs that's meant to mimic a certain illness. This helps your body remember and recognize that infection and helps create antibodies to fight it off — keeping you healthy.

To learn more about vaccines and immunizations, herd immunity, childhood vaccines, and more, [click here to read the full article.](#)

TEST YOUR HEALTH & WELLNESS KNOWLEDGE

- Flexibility is enhanced by _____?
Stretching Exercises
- During digestion, into what do all carbohydrates other than fiber break down?
Glucose (Sugar)
- Aerobic exercise increases what?
Heart rate
- Foods high in saturated fats tend to raise _____?
Cholesterol



Growing healthy every step of the way

Awareness is the first step to change.

Flu shots: FAQ

August 2022 UHC Webinars:

Keeping the Pressure Down
8/10/2022, 12 – 1PM



Learn more about high blood pressure and its health risks. Also learn how to reduce your risks by adding a few healthy habits that can help improve your overall well-being.

[Register BP Class](#)

Shop Smarter
8/17/2022, 12 – 1PM



Learn about tips for preparing budget friendly meals, getting ready to shop, saving a few bucks, navigating the grocery, the skinny on food labels and more!

[Register Shop Smarter](#)

Your Dedicated United Healthcare Team



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Coach's Corner

New Health Coach for City of Tampa

Hi. My name is Stef Olstad. I'm the new Health Coach for the City of Tampa (COT). I am so excited to be here and to have this opportunity to serve your community. Over the past 14 years I've enjoyed health care experience as a Social Worker, Yoga Instructor, and Health Coach. I have certifications in health coaching, tobacco cessation, mindfulness-based stress reduction, and yoga. Most recently, I worked with Optum as a Health Coach for the past 7 years. I am passionate about motivating individuals & groups to reach their personal wellness goals in mind, body, & spirit.

Since moving to Tampa (from Minnesota) over the July 4th weekend, I have been shadowing COT Nurse Debbie to onsite visits. I have met so many kind & inviting City Of Tampa employees. Thank you for the warm welcome and for sharing some amazing heartfelt stories about your successes and struggles around your wellness journey. One amazing employee shared that she is celebrating 6 months tobacco free! That is such an awesome accomplishment! The Center for Disease & Prevention has a great article about the benefits of quitting tobacco. You can check out the article here ; [Benefits of quitting.](#) Did you know that as a COT employee, you can access free tobacco cessation medicines from your CareATC Wellness Center? Studies show that when you combine Tobacco Cessation counseling with FDA medically approved tobacco cessation medicines, you are more likely to stay tobacco-free long-term. Please reach out to me if you would like some help quitting tobacco.

Next up, I am putting together a workshop on Mindfulness for Stress Reduction. This self-care workshop will include meditation, visualization, gentle stretching, and breath work. No experience is necessary & all are welcome. If you would like me to visit your worksite and provide this workshop, please send me an email to book a time.

I hope to meet you all soon. Have a wonderful day!

In gratitude,

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Get ready for the 2022 City of Tampa Wellness Fair!



Coming soon in
October during Open Enrollment with both virtual and onsite events!



STAY TUNED FOR MORE INFORMATION!



Common vaccines and when to get them

There are a several vaccines for Infectious diseases or illnesses you may be familiar with. It's recommended by the CDC that certain vaccines are given at certain ages, or for unique circumstances (like travelling abroad). Here's a list of common vaccines:⁴

- Chickenpox
- Hepatitis A and B
- Human Papillomavirus
- Flu
- Measles
- Mumps
- Polio
- Shingles
- Smallpox
- Tetanus
- Whooping Cough

Traveling this Summer? Ask your doctor if there are [recommended vaccines](#) based on your travel destinations.