

City of Tampa Healthy Heartbeat



March is National Nutrition Month!

A person's diet is an essential component of their current **and future** state of well-being. Good nutrition has many benefits. Eating a healthy diet may decrease the risk of getting diabetes, increase energy levels, improve heart health, and help with weight management.

Although there are countless "diets" and differing food philosophies, most will agree on some **basic healthy eating habits**:

- Eating at regular intervals
- Eating a variety of different foods
- Aiming for balanced meals
- Drinking plenty of water on a regular basis
- Include a lot of vegetables and fruits in different colors

Eating healthier is the goal; however, portion sizes are also important, especially for weight loss and maintenance. Calorie counting may be tedious and is not an exact science. **A better strategy** may be to use visual representations to ensure **proper portions**.

Examples include:

- Fist = 1 cup, use for vegetables and fruits
- Deck of cards or computer mouse = 3 to 4 ounces, use for protein
- Tennis ball = ½ cup, use for grains such as rice or starchy carbohydrates such as potatoes
- Cupped handful = 1 ounce, use for nuts
- Tip of thumb = 1 tablespoon fat, use for butter or oil



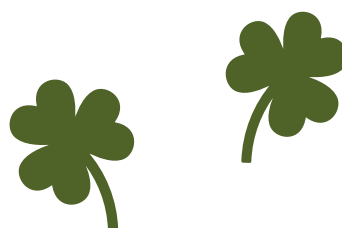
A healthier diet does not occur overnight. Focus on making better choices bite by bite, day by day, and you may be on your way to a healthier diet and lifestyle!

Here are some more resources from United Healthcare that may help you learn more about good nutrition:

[Health Tip: Everyday Nutrition](#)

[Health Tip: Mindful Eating](#)

[Video: Healthy Eating On A Budget](#)



March 2024

"Incentive of the Month"

REAL APPEAL! You can earn \$200 towards your Wellness Incentives by attending 9 Real Appeal sessions!

What's Real Appeal? It's a free* online lifestyle program designed to help you lose weight, feel better, and improve your health — one small step at a time. Real Appeal is available to you and eligible family members at no additional cost as part of your City of Tampa health benefits.



Success Kit

Receive a Success Kit with food and weight scales, exercise tools, food guides, and more.



Live Online Sessions

Join weekly online group sessions led by a coach, with the flexibility to reschedule anytime.



Personal Participation

Choose how you'd like to participate. You are not visible in the online group sessions.



Goal Setting

Hit your goals with our fitness, food, and weight trackers to stay on top of your progress.

What you need to get started:

- ⊕ **Health Insurance Card** – Real Appeal is covered by your City of Tampa UHC health plan
- 📅 **Personal Calendar** – choose a weekly online coaching session time and date that works best for you
- 📍 **Shipping Address** – receive a free Success Kit after attending your first coaching session!



Ready to join?

Open your cell phone camera, point it at the QR code, and then tap the pop up!

[Worksite Wellness | City of Tampa](#)

**"I don't diet:
I eat according to
my goals"**

[2024 City of Tampa Benefits Guide](#)

Your Dedicated United Healthcare Team



Onsite Representative
Savio Crasto

Email: cotonsiterep@uhc.com
Phone: 813-274-8279



Nurse Liaison
Debbie Johns, RN

Email: cotnurse@uhc.com
Phone: 813-482-4856



Health Coach
Stephanie Olstad, BSW

Email: cotcoach@uhc.com
Phone: 813-535-0482

Preventive Care: Colorectal Screening Tests

The U.S. Preventive Services Task Force recommends that adults aged 45 to 75 be screened for colorectal cancer. Several screening tests can be used to find polyps or colorectal cancer. A colonoscopy is one screening test for colorectal cancer. Follow the link below to learn more about the different colorectal cancer screening tests. A colonoscopy for preventive care may be covered at 100% through your City of Tampa UHC benefits.

Talk to your doctor about which test is right for you. Talk to your UHC onsite rep, Savio Crasto, about your benefit coverage.

[Colorectal Cancer Screening Tests | CDC](#)

*Eligible members may earn \$200 toward their wellness incentives by getting a colorectal screening test.



fitPROS



A WELLBEING SESSION FOR



Session Details: **Tuesday April 9, 2024**
12:00 – 12:45PM E.T.

To register: [Click Here](#)



Cooking Demo: Lime Cilantro Chicken w/ Pineapple Salsa & Strawberry Trifle Cake

Are you a big fan of immersive cooking shows? There's something truly delightful about witnessing professionals excel in their culinary expertise. In this virtual team-building session, participants will have the exciting opportunity to watch a live cooking demonstration from the comfort of their own screens and engage with skilled and accredited food experts. Prior to the session, you will receive an ingredients list in advance and have the chance to cook along with your own ingredients. This session is perfect for large groups or individuals who prefer to learn and be entertained from the virtual realm.

[Click this link to get the recipe for this demo](#)

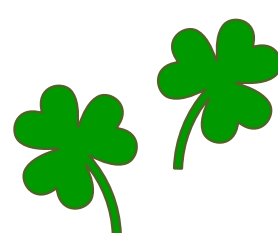
This is a virtual event. During this session, please remember to: (1) Mute your microphone, and (2) There will be opportunity for live Q&A and time to share questions/reflections in chat.

YOUR PRO



Suzy Destarac
WELLBEING INSTRUCTOR

A dedicated and esteemed coach with over 20 years of experience in the field of wellness along with a comprehensive understanding of the interconnectedness between well-being and productivity, she has dedicated her career to improving lives through a holistic approach to lifestyle and stress management. Possessing a wealth of knowledge and expertise gained through an extensive background in the wellness industry paired with educational endeavors that include a BA in Molecular, Cellular, and Developmental Biology, it is a strong foundation for understanding the intricacies of the human body. Additionally, she holds the esteemed titles of Certified Master Health Coach and Nationally Board-Certified Health and Wellness Coach, validating her commitment to ongoing professional growth and industry standards. She created Shine Health Collective to provide knowledge-rich coaching, practical nutrition plans and whole food supplementation based around you and the inherent power of your health. To learn more about Suzy and to connect you can visit www.shinehealthcollective.com.



Have you seen this?!



Check out the [Healthy Recipes](#) page on Tampa.gov. Whip up the [Shrimp, Asparagus and Pesto Fettuccini](#) or maybe the [Grilled Cilantro Lime Chicken with Mango Salsa](#) for supper tonight Try these and lots of other amazing healthy recipes on the Health Tips page of www.tampa.gov under "Healthy Recipes"!



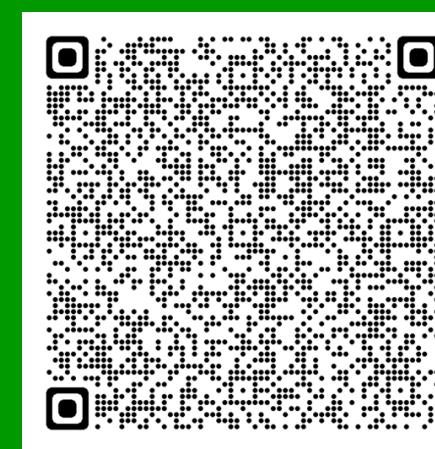
March Wellness Webinar*

Healthy Eating on the Go!
Wed March 6, 2024 ~ 12 – 1PM



Healthy Eating On The Go

To register [CLICK HERE](#) or scan the QR code below



*Eligible members may earn \$100 toward their Wellness Incentives by attending this webinar.

Meal planning on a budget: Plan, Purchase, Prepare - Mayo Clinic Press



If you often think that consistently eating healthy, affordable, home-cooked meals is impossible, you're not alone. Many people can find it overwhelming even to find the time and energy to create a suitable grocery list.

But making great meals on a budget is doable, and once you get into the swing of it, you might even find that it saves you time during your busy week.

To start, remember the United States Department of Agriculture's three P's: **plan, purchase and prepare.**

Click the heading of this article to read the full article on the Mayo Clinic website!

