



Wellness Committee

Mindful Moment



Newsletter

MOVE TO THRIVE

After long hours at a desk or a shift filled with sitting, your body craves movement! This March, we're highlighting how crucial it is to get active after being sedentary for extended periods. Simple stretches, a quick walk, or light exercises can boost your energy, improve circulation, and reduce stress. Taking breaks to move not only helps with physical health, but also supports mental clarity, productivity, and overall well-being.



Floridaapco.org

Wellness Committee

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MINDFUL MOMENT

MARCH 2025

LET'S GET MOVING!

Sitting for long periods of time can lead to a multitude of health problems. It may seem like it can be hard to get movement into your day when you are working 8, 12, and sometimes 16 hour shifts, but there are many ways that you can get up and reset without having to step too far from your desk! We will share ways to move while at work and ways to move out of work for all fitness levels!



HEALTH RISKS

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Some of the Health Risks that are associated with sitting for long periods of time include:

- Risk of Heart Disease
- Type 2 Diabetes
- Certain Cancers
- Obesity
- Poor Blood Circulation
- Muscle Weakness
- Back Pain
- Neck Pain
- Poor Posture
- Stress to the Spine
- Mental Health Concerns

HOW DO WE FIX IT?

It is ideal to try and get up and move every 30 minutes. Even if it's only for 5 minutes at a time, you are reversing the effects of sitting for too long.

WHERE TO START

- Stand up! If you have a standing desk try and utilize it
- Try desk exercises.
- Stretch out your muscles
- Have a plan for after work

Nothing is impossible. The word itself says I'm Possible.

—Audrey Hepburn

WHERE DO I START?

Set an Alarm

With a lot of us having smart watches, there is usually an option to have a reminder to stand up! You can set it to go off at certain times like once or twice an hour. This is a good way to remind us to get up especially if your day is moving by and you haven't been able to focus on the time. This could be a simple reminder to just get up and do a stretch or even just walk to the break room.

Apps To Get You Moving

- StandApp - an alarm to remind you to stand up and take a break - it also includes desk exercises!
- Workrave - reminds you to take breaks and avoid overworking
- Moova - hourly movement breaks with personalized reminders and activities
- Stand Up! - any interval that you set and can be set for specific locations
- HabitMinder - you can track your hydration, exercise encouragement and encourage breathing exercises and meditation.
- Pomodoro Apps - focused periods with short breaks

STRETCH! START YOUR MOVEMENT JOURNEY BY GETTING YOUR BODY READY SO YOU DON'T HURT YOURSELF LATER ON. HOLD EACH OF THESE FOR 15-30 SECONDS

- Triceps Stretches: Raise your arm and bend it so that your hand reaches toward the opposite side. Use your other hand to pull the elbow towards your head
- Overhead Reach: Extend each arm overhead and to the opposite side
- Upper Body and Arm Stretch: Clasp your hands together above the head with palms facing outward, pushing your arms up
- Shoulder Stretches: Clasp your hands behind your back and push the chest outward and raise your chin.
- Forward Stretch: Clasp your hands in front of you and lower your head in line with your arms
- Trunk rotation: Keep your feet on the ground facing forward and twist your upper body in the direction of the arm resting on the back of your chair.
- Hip Flexion Stretch: Hug one knee at a time pulling it towards your chest
- Hamstring Stretch: Remaining seated, extend one leg out on a propped subject bending forward at the waist
- Shoulder Shrug: Raise both shoulders up and towards your ears
- Neck Stretches: Lean your head forward and slowly roll it from side to side
- Upper Trap Stretch: Gently pull your head toward each shoulder

DESK EXERCISES

LEAVING THE DESK IS NOT ALWAYS AN OPTION IN THE DISPATCH CENTER, ESPECIALLY WHEN YOU ARE HOOKED UP TO A HEADSET. THESE EXERCISES CAN BE DONE RIGHT AT YOUR CONSOLE!

- Chair Squats: Stand behind your chair, squat down as if you're about to sit, then stand up again.
- Calf Raises: Stand on your toes, then lower your heels back down
- Leg Extensions: Extend one leg out in front of you, hold for a few seconds, then repeat with the other leg.
- Arm Circles: Move those arms around forward and then backward!
- Shoulder Rolls: Roll your shoulders backward and forward
- Desk Push-Ups: Lean forward on your desk, placing your hands shoulder width apart, and push yourself up and slowly lower yourself back down.
- Wrist Stretches: Extend your arms out in front of you and make circles with your wrists
- Finger Stretches: Spread your fingers out wide, then make a fist and release

Does your center have desk treadmills or ellipticals? These are a great way to get your body moving and work on getting those step goals in!

Step Goals

The Number of steps a person should take each day varies based on age, health status, and individual goals.

So how do we calculate what yours should be?

Overall, 10,000 steps is what should be the average goal for everyone.

8,000-10,000 is a good goal for older adults with limited mobility.

5,000 steps is a place to start for beginners and those who are inactive.

For weight loss, you should aim for 12,000-15,000 per day.

This may seem like a lot but it is achievable! Use a pedometer or smart watch to help you keep track. Break up your walking time throughout the day so that you aren't getting bored or exhausted. Take the stairs instead of the elevator. Park further away in the parking lot or choose the Walk-In option instead of the drive-thru for food pick up. Use TV commercials as a time to get up and walk around your house.

If you want to increase your step goal – do it over time! You don't want to injure yourself and set back your goals. Make sure you are also consulting with your doctor to see what is best for you.

CHAIR YOGA EXERCISES FOR BEGINNERS



This gentle full body flow is suitable for beginners, seniors and those with limited mobility.

1. Cat-cow



2. Raised hands pose



3. Forward bend



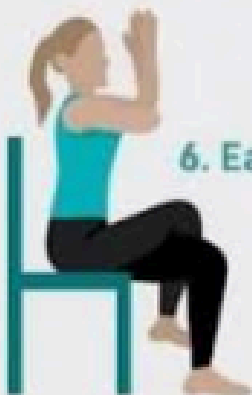
4. Extended side angle



5. Pigeon



6. Eagle



7. Spinal twist



8. Warrior I



9. Warrior II



10. Reverse warrior



11. Savasana



MOVING OUTSIDE OF WORK

WHETHER YOU ARE A PRO IN THE GYM, OR JUST GETTING STARTED, HERE ARE SOME TIPS TO GET YOU GOING OUTSIDE OF THE DISPATCH CENTER

- Start Slowly. Begin with 10 minutes of exercise each day and work up to 30 minutes and then 60 minutes.
- Find a time that works for you. Create a routine where you work in exercise that doesn't make it seem like a chore or that it is taking away from something else you need to be doing.
- Listen to your Body. If you feel like you need to stop, STOP! Trust your body and rest when you need to. You don't want to lead to injury.
- Find a Workout Buddy. Working out with others can keep you motivated, have accountability, and can make the time more fun.
- Warm Up. Before exercising, warm up your muscles so you don't get injured. A brisk walk around the block or on the treadmill can get you ready to start!

The Mayo Clinic suggests 5 steps to get you started in working out.

1. Measure your fitness level: write down your pulse rate before and after a mile walk. Time how long it takes you to complete that mile. How many push-ups can you do, modified or not? What is your range of motion? Measure your waist circumference, just above the hip bones and just below the belly button. Find out your BMI.
2. Design your Fitness Program: What are your goals? Make a balanced routine. Start slow and move up slowly. Build activity into your daily routine. Plan to include different activities. Try High Intensity Interval Training (HIIT). Allow time for recovery. Put it on paper.
3. Gather your equipment: Get the right shoes for you. There are shoes out there based on the type of activity you are planning on focusing on. If you are getting exercise equipment, pick ones out that you are going to use realistically. Try using fitness apps to try new things.
4. Get Started: Start slow and build up. Break things up, you don't have to do everything at once. Be creative. If you get bored working out, you are less likely to continue on. Listen to and trust your body.
5. Check your progress: Assess your work every six weeks. Are you progressing and meeting your goals

MOVING OUTSIDE OF WORK

WHETHER YOU ARE A PRO IN THE GYM, OR JUST GETTING STARTED, HERE ARE SOME TIPS TO GET YOU GOING OUTSIDE OF THE DISPATCH CENTER

1. It's a challenge, like preparing for a specific event.
2. It's enjoyable and fun, like participating in team sports or dancing.
3. It's social, allowing you to make friends and connect with others.
4. People appreciate the sense of accomplishment
5. Keeps you physically healthy
6. Can help reduce pain.
7. Increases quality of sleep
8. Increase your strength
9. Boosts self esteem and confidence.

Why would you feel better about your body image after one exercise session, even though your body looks the same as before the workout?

What are some reasons you want to exercise?
Is there any form of exercise or sport that you enjoy?
What actions do you need to take to make it happen?
How do you feel after you have exercised?

Powering Through Those Tough Times and Calls

Movement is essential to not only the body, but to the mind and soul. As 911 professionals we find ourselves more times than not placed in positions where we are unable to move for several hours at a time. Stuck on long mentally and emotionally draining calls, tethered to the console and headset waiting for a relief for a break, hours spent covering staffing shortages, and hundreds of other reasons not to be active. One way that I have found to combat the negatives of the profession is Olympic Weightlifting. Olympic weightlifting can be an effective form of movement and stress reliever for those who have chosen this career. 911 operators and dispatchers often face high-pressure situations and emotional strain. This sport requires intense focus, proper technique, and explosive power, which can help shift attention away from job-related stressors and into the present moment. The combination of heavy lifting and dynamic movement promotes the release of endorphins, reducing anxiety and improving overall mood. Additionally, weightlifting builds physical resilience, which can counteract the negative effects of prolonged sitting and mental fatigue. By participating in this form of exercise, 911 professionals can develop both mental toughness and a healthy outlet for stress management.

MOVEMENT AND MENTAL HEALTH

MOVEMENT ISN'T JUST GOOD FOR YOU PHYSICALLY, BUT MENTALLY AS WELL. HOW CAN THIS BE?

Movement releases chemicals into the brain that can change our mood, reduces stress and anxiety, and boost our energy

Moving can get us moving towards a goal that we have set for ourselves that can increase our self-esteem. Whether is be losing weight or building muscle, we can see the changes to our bodies. Remember that getting enough sleep helps to restart our bodies and we need to strive to get enough of it. While this may seem impossible on shift work, try and set up a bed time routine where you start to calm down your body before you put your head to the pillow

By moving more, you can increase your concentration and focus allowing you to perform to your standards in the communications center and get organized.

Movement can also get you to meet new people and help you to feel less lonely by giving you the opportunities to get out and gather with people who may be on the same path that you are taking.

Take a moment to reflect on your exercise habits. How often do you exercise and what do you do?

People exercise for many different reasons. Can you think of any reasons to exercise other than to look good or feel good?

Movement is a medicine for creating change in a person's physical, emotional, and mental states.

-Carol Welch

WEEKLY WORKOUT

GOALS

THIS WEEKS MOTIVATION

Monday:

MOOD AFTER EXERCISE



Tuesday:

MOOD AFTER EXERCISE



Wednesday:

MOOD AFTER EXERCISE



Thursday:

MOOD AFTER EXERCISE



Friday:

MOOD AFTER EXERCISE



Saturday:

MOOD AFTER EXERCISE



Get Out!

HOW IS YOUR WELLNESS COMMITTEE GETTING OUT THERE AND MOVING?

I am pregnant and currently in my third trimester. I am a floor supervisor with the Palm Beach County Sheriff's Office and I like to focus mostly on resting currently but also gentle movements that keep me active without overexerting myself. I start every day with a 5 minute meditation to help me get in the right mindset for the rest of my daily activities. I enjoy taking short, leisurely walks to help with circulation and relieve some of my back pain and pressure. Stretching and doing ball exercises has recently become a part of my routine to help me strengthen and prepare my hips and lower back for labor. I make sure to listen to my body and take plenty of breaks when needed. Staying hydrated is key for myself and baby girl. I look forward to teaching my daughter about the important benefits of movement when she is Earth side

-Jaclyn Sentz



Keeping moving is something that I like to promote at home and at work. I am a supervisor with the Town of Palm Beach Police and we are fortunate enough to have our center a block away from the beach. When there is enough staffing I encourage my team to go for walks and get some fresh air and sunlight! At home, I have three young kids and I make sure that we are outside as much as we can. We live close to school so we walk or ride our bikes each day, spend our time at the park, and play around in the backyard with our dog. When I need to have some time to myself, I like to do yoga and Pilates, and get on my Peloton. Having fibromyalgia, an autoimmune disease that causes chronic widespread pain, listening to my body is crucial for me to maintain a healthy balance of movement and rest.

-Brittany McGary



Food And Movement Working Together as a Healthy Balance

Food and Movement go hand in hand with each other. Both are important for your body to function. How does this work? What you eat affects your energy levels, muscle mass, and weight.

- Your body needs carbohydrates for energy, especially before exercising.
- Eating healthy can help you maintain a healthy weight. If you are overweight you can have limited mobility.
- By eating the right foods, you can maintain and build up your muscle mass. In doing this you can improve what you are capable of doing when working out.
- Eating the right foods can also help in recovering from your workout.

While food affects our movement, it goes the other way as well with movement affecting our food.

- Being active and moving increases our appetite. When this occurs we need to make conscious decisions to eat the right foods to bring our energy levels back up.
- If we are stressed, both our movement and appetite are affected. We may tend to overeat, go to our comfort (maybe not so healthy) food, or we may even not eat enough. Being stressed can also lead to decreased movement.. When we are stressed, however, it is shown that movement can improve our mood!

In addition to these working together, we also need to remember to stay hydrated, eat nutritious, and eat fiber for good digestive health!

So What Foods Are Going to Benefit Me?

What should I be eating to help get me moving?

Foods that you are going to want to be looking for to keep your body moving and not weigh you down are lean meats, fish, eggs, beans, whole grains, fruits, and vegetables. These foods give you healthy fats, vitamins, minerals, and antioxidants.

Some good foods to keep on you while you are on the move can be fresh fruit, nuts, granola bars, and cheese.

So....how do you make sure that you are getting the right foods for you? Make a shopping list and stick to it! Find healthy recipes (Like the one on the next page!), write down what ingredients you need and stick to your plan.

Meal prepping and planning are also a great way to make sure you are staying on track and won't be tempted to wander off.

Did you know? Grocery stores are laid out in a fashion that the foods on the outside aisles contain your proteins, vegetables and fruits, dairy, and eggs. The middle aisles are where you are going to find your sweets and treats and foods that you may want to stay away from if you are on a fitness or weight loss journey!

Have a local fresh market around you? How about a farm that sells their produce? You are going to find the freshest fruits and vegetables here and you are going to be helping local farmers!

Spicy Honey Glazed Salmon Salad



Ingredients

SPICY HONEY GLAZED SALMON:

- 2 (6 oz.) wild-caught Sockeye salmon
- 2 Tbsps Extra virgin olive oil
- 1 cup organic raw honey
- 2 Tbsps Sriracha sauce
- 1 tablespoon Tamari sauce (You can also use soy sauce)
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- 1 teaspoon smoked paprika
- ½ teaspoon garlic powder
-

SALAD:

- 1 bunch organic kale, de-stemmed + roughly chopped
- ½ red onion, chopped
- Sliced jalapenos
- Chopped walnuts, toasted
- Cherry or grape tomatoes
- Avocado, cubed or sliced
-

CUCUMBER DILL SAUCE/DRESSING [DAIRY-FREE]:

- 1 cup vegan mayonnaise
- ¼ organic cucumber, peeled + chopped
- 1 tablespoon dill, dry or freshly minced
- ½ teaspoon sea salt + black pepper
- 2 garlic cloves
- 2 Tbsps Almond milk

TO MAKE THE SALMON:

- Preheat the oven to 400 degrees Fahrenheit and line a small baking sheet with foil paper.
- Season your rinsed and patted dry salmon with salt, black pepper, smoked paprika, garlic powder, olive oil, Sriracha sauce, honey, Tamari sauce, rubbing everything atop salmon until completely coated. Add all salmon to baking sheet, cover with foil paper and roast (on the top rack) for 15-20 minutes or until fully cooked through. NOTE: When done, salmon should "flake apart" when touched gently.
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TO MAKE THE CUCUMBER DILL SAUCE/DRESSING:

- Add all ingredients to a high-powered blender and blend until smooth and creamy, about 1-2 minutes. NOTE: Add additional milk, 1 tablespoon a time if needed).
-

CHOP + MASSAGE KALE:

- Strip the leaves from 2 large bunches kale and discard the stems if you haven't already. Roughly chop the leaves and add them to a large bowl. Drizzle about 1-2 tsps of lemon juice or olive oil atop chopped kale and using clean hands, rub together the kale gently for about 2-3 minutes to soften the leaves and help to infuse the 'flavors' of the kale.
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ASSEMBLE THE SALAD:

- In a large serving plate or salad bowl, add the chopped kale followed by the onions, sliced jalapeños, tomatoes, avocado, Spicy Honey Glazed Salmon (shredded or whole), and chopped walnuts.
- To serve, add the salad to your favorite bowl(s), drizzle with cucumber dill sauce/dressing, and additional favorite toppings like croutons, etc. if desired.
- Bon Appetit!

WE NEED YOUR HELP

Do you have a favorite spot in Florida to enjoy nature?

Know of great volunteer opportunities in your area?

EMAIL US

wellness@floridaapco.org

We have some great plans for our upcoming Newsletters throughout the year and we would like your feedback!

We want to know is there somewhere that you like to get outdoors in your area and enjoy the scenery? Is there a place to get out and disconnect from the hustle and bustle? What about a nature trail, garden, or park that you recommend for visitors?

How about places that need volunteers? Is there one in your county that you would recommend? Or how about one that you have heard about in the state that anyone can get on board with?

Let us know by emailing wellness@floridaapco.org and share with us so we can include them in the newsletters.

Looking Forward

Next Month we are going to focus on financial wellness. Take a look at this sheet below and see if your income is covering your expenses. Is there anything that you can cut back on to help you reach a financial goal? How about the morning coffee run and make it at home. What about food delivery and brining food that you prepare?

Income and Expense Template

powered by
GeneralBlue

Month: _____

Net Income: _____

Income

Date	Income Source	Amount/Earning
Total Income:		

Expenses

Date	Expense Category	Amount/Spending
Total Expenses:		

Notes:
