

Well-News

Collier County Government Wellness
Covering Wellness, MedCenter, Health Advocate and Benefits News
February 2023

Qualifying spouses and upgrading employees: March 31st deadline for Midland lab work!

Don't give up on your 2023 resolutions so quickly! Kick your effort into high gear by setting up a **fitness assessment** with **Zach Izbicki, CPT** in our Employee Fitness Center!
239-252-6096

Celebrate National Heart Health Month with some good, old-fashioned exercise!

Upcoming Wellness-sponsored races- each worth \$50HB!

* **2/4 Kick Start Your Heart 3k**
Register at collierparks.com AND on GoSignMeUp
Must sign IN and OUT before/after race

* **2/11 Picayune 10 miler**
Register on Gulf Coast Runners website AND GoSignMeUp
Chipped time race ONLY

Holiday Weight Challenge

The average person gains 7 to 11 pounds during the holiday season, but not in Collier County! We brought back the Holiday Weight Challenge this year with lots of success! **This year, 82% of Holiday Weight Challenge participants either achieved/maintained a healthy waist circumference OR lost a whole pound between October and January!** Eight of our participants lost 10-15 pounds and one participant lost 26lbs! If you were one of those hard-working employees who either maintained a healthy weight or lost a little weight over the holidays then you got your first \$50 Healthy Bucks of the year—Congratulations!!

If you missed out on this festive program, no worries! Wellness is offering a variety of programs this year, including our medically managed weight loss program: Inside Out, Wellness-sponsored exercise programs, the CCG Fitness Center program, a series of stress-reduction and money management classes, Great Outdoors Saturday programs, 3 additional results-based programs, and of course our Wellness seminars provided County-wide.

Healthy and Easy SUGAR COOKIE Recipe

If you can't get through February without sugar cookies, here's a "sweet" recipe (with a little less fat and sugar!)



- 2 3/4 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 cup butter, softened
- 1/4 cup non-fat, Greek vanilla yogurt
- 1 cup white sugar
- 1 egg
- 1 tsp vanilla extract

Yield: 48 cookies
Serving size: 1 cookie

Preheat oven to 375 degrees F. Stir flour, baking soda and baking powder in a small bowl.

Beat butter, yogurt and sugar with an electric mixer in a large bowl until smooth. Add egg, allowing it to blend into the butter mixture. Beat in vanilla extract. Mix in flour mixture until just incorporated. Roll dough into walnut-sized balls and place 2-inches apart onto ungreased baking sheets.

Bake in preheated oven until golden, 8-10 minutes. Let stand on baking sheet two minutes before removing to cool on wire racks.

Calories 70, Fat 2g, Sodium 47mg, Carb 12g, Protein 1g