

# Wellness Buddy

## May is National Physical Fitness & Sports Month

Here are just a few benefits of physical activity:

- Children and adolescents — Physical activity can improve muscular fitness and bone and heart health.
- Adults — Physical activity can lower risk for heart disease, type 2 diabetes, and some types of cancer.
- Older adults — Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

The Florida Department of Health Jackson County supports the President's Council on Fitness, Sports & Nutrition in honor of National Fitness and Sports Month. During the month of May, we challenge all adults to get 30 minutes of physical activity every day.

Did you know that regular physical activity increase your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and

some types of cancer. Yet in Jackson County nearly 59.1% of adults were inactive or insufficiently inactive in 2013 (Florida Community Health Assessment Resource Tool Set (CHARTS)).

The Physical Activity Guidelines for Americans recommend that adults:

- Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking

fast, dancing, swimming, and raking leaves.

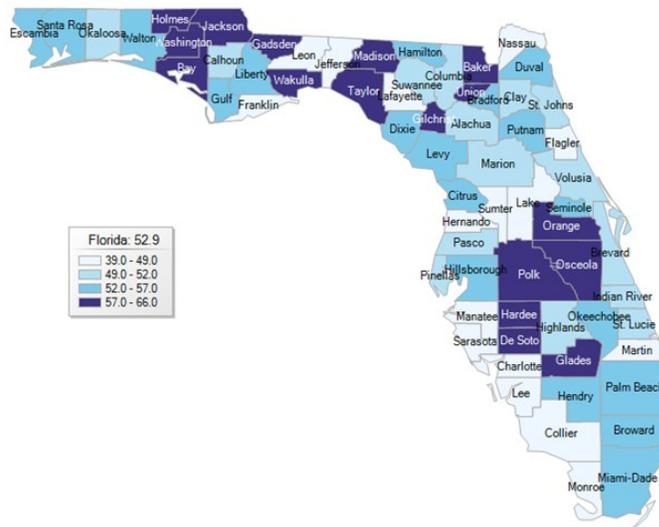
- Do muscle-strengthening activities — like lifting weights or using exercise bands — at least 2 days a week.

Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you.

Together we can rise to the challenge and get more active during the month of May!



## Jackson County adults are inactive or sufficiently inactive



Nearly 59.1% of adults were inactive or insufficiently inactive in 2013.

Data source: Florida Department of Health, Bureau of Vital Statistics

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### Providing support and guidance to make the “healthy choice the easy choice!”

**Mission:** "To protect, promote, & improve the health of all people in Florida through integrated state, county, & community efforts."

**Vision:** To be the Healthiest State in the Nation

**Values:** (ICARE)

**Innovation:** We search for creative solutions and manage resources wisely.

**Collaboration:** We use teamwork to achieve common goals & solve problems.

**Accountability:** We perform with integrity & respect.

**Responsiveness:** We achieve our mission by serving our customers & engaging our partners.

**We're on the Web!**  
**[www.jacksonchd.org](http://www.jacksonchd.org)**



# HealthiestWeight

## Grilled Salmon and Spinach Salad



Grilled Salmon and Spinach Salad

### Ingredients

#### Vinaigrette:

¼ cup fresh orange juice  
2 tablespoons olive oil  
2 tablespoons balsamic blend seasoned rice vinegar (such as Nakanano)  
½ teaspoon honey mustard  
½ teaspoon black pepper  
1 garlic clove

#### Salad:

2 tablespoons fresh lemon juice  
4 (6-ounce) salmon fillets (about 1-inch thick)  
2 teaspoons black pepper  
Cooking spray  
1 (6-ounce) package fresh spinach  
4 oranges, each peeled and cut

into 6 slices

### Preparation

1. Preheat the grill to medium-high heat.
2. To prepare vinaigrette, combine first 6 ingredients in a large bowl; stir well with a whisk.
3. To prepare salad, drizzle lemon juice over fillets; sprinkle with 2 teaspoons pepper. Place fillets, skin sides up, on a grill rack coated with cooking spray; grill 5 minutes on each side or until fish flakes easily when tested with a fork or until desired degree of doneness. Remove skin

from fillets; discard.

4. Add spinach to vinaigrette in bowl; toss well. Place 2 cups spinach mixture on each of 4 serving plates; arrange 1 fillet and 6 orange slices on top of greens.

### Nutritional Information

#### Amount per serving

Calories 474	Fat 25.7g
Satfat 4.7g	Monofat 11.6g
Polyfat 7.7g	Protein 36.2g
Carbohydrate 27.5g	
Fiber 8.4g	
Cholesterol 100mg	
Iron 2.5mg	Sodium 286mg
Calcium 129mg	