



OCSO Wellness

Focused on YOU

OCSO Wellness Unit

- New equipment at SID and Sector 4 in 2014
- Looking to upgrade Sectors 1 & 3 in 2015
- Cross Fit level I certified instructors
- Insanity certified instructor
- Nutritional support through FH RD's
- Flu shots, mobile mammography
- Kickball Tournament
- Gatorland Adventure Run
- Dodge ball Tournament January 24th
- Corporate Run: April 16th
- Cigna 12 week Weight Management courses
- Dave Ramsey's Financial Peace

Erlene Cavallere

Wellness & Benefits Supervisor

407-254-7166

Master's – Wellness/Exercise Physiology

19 years with Orange County Government in wellness & benefits

Supervise Benefits Unit: Judy Kibbe, Sandra Timms

Wellness Unit: Sierra Scofield



Benefits

Ms. Lisa Sanes is YOUR Cigna representative

- Network information, authorizations, Billing questions
 - Not: “Do you take Cigna?”
 - Instead: “Are you contracted with Cigna?”
 - Cigna Customer Service: 1-800-244-6224
 - Lisa Sanes: 407-254-7160
 - E-mail: just type in “Cigna” and choose “Cigna_Insurance_rep...”

FRS 1-866-446-9377

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Wellness Analyst
407-254-7193

Master of Science – Applied Exercise Physiology

Certified Personal Trainer, Cancer Exercise Trainer, EMT



For the next 45 minutes...

- Physical Activity and Stretching
- Emotional Survival in LE
- Sleep
- Hydration
- Eating
- Wellness Resources

Benefits of physical activity

- Decreases chronic inflammation.
- Decreases cancer risk.
- Decreases risk for heart disease and its risk factors.
- Improves bone structure, muscle and joint function.
- Improves your chances of living longer.



Exercise as stress management

- Exercise has been shown to lower stress and instantly improve your mood
 - Actually performed better than medications
 - Make physical activity a hobby.
 - Something that requires focus.
 - Playing with children and grandchildren.



Stretching

- One study showed that at 3 hours of sitting impaired leg flow by 50% - because muscles aren't contracting to help pump blood back to the heart = blood pooling.
- If you can: try to get out and walk around for a minute or two...
 - Lunges, squats, push ups against the car.
 - In car stretches:
 - Neck stretch
 - Arm across the chest
 - Shoulder Blade Stretch
 - Figure 8 with foot

Exercise

- Interval training
 - Short higher intensity bouts followed by a recovery period and repeated.
 - Example: Running for 1 minute and recovering for 1 minute.
 - Or sprints: 20 seconds of all out sprint and walking for 10 seconds, repeated for 8 cycles.
- Not only for cardio but can also be applied to strength training.
- Offered at COC:
 - Functional Fitness
 - HIIT



Exercise

- What is the point, why should I do interval training?
 - It burns more calories after you have finished.
 - It allows for a quicker and efficient workout.
- But most importantly it can be applicable to law enforcement.
 - You can have long periods of being sedentary with unpredictable short periods of stressful activity, regardless of what your position is.

Exercise

- According to Officer Down (Odmf.org), 8 and 13 LEO died of a heart attack in 2012 and 2013. In 2014 **14 died of a heart attack !**



- A large majority were engaged in police operations

Staying fit on duty could potentially be the difference between going home at the end of the shift or becoming another statistic for the books.



You are your greatest weapon, stay healthy, stay alive.

Emotional Survival

Video

EMOTIONAL SURVIVAL FOR LAW ENFORCEMENT



A Guide for Officers
and Their Families

Kevin M. Gilmartin, Ph.D.

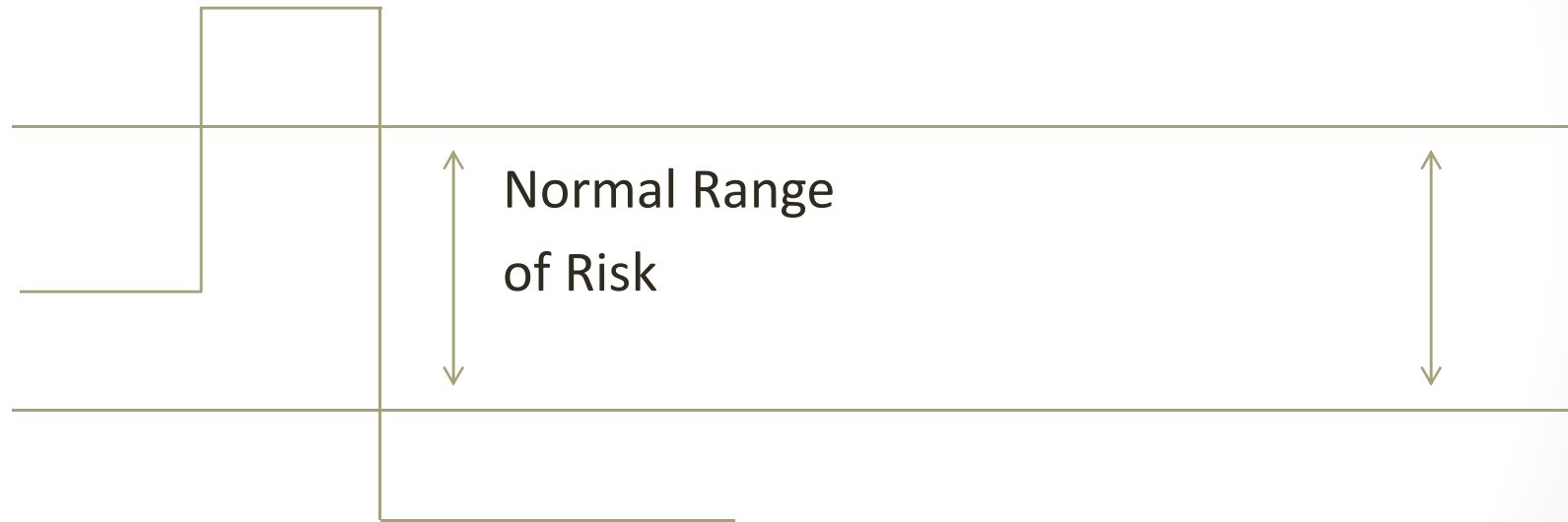
"If you want to make it through to retirement, wear your vest, wait for your backup, and read Gilmartin's book."

Sergeant Weaver J. Barkman
Twenty-five-year law enforcement veteran
Tucson, Arizona

Emotional Survival for Law Enforcement

On Duty

Alive, Alert, Energetic, Involved, Humorous



Tired, Detached, Isolated, Apathetic

Off Duty

Some symptoms of the Hypervigilance Rollercoaster

- Social isolation at home
- Reduced interaction with non-police friends.
- Infidelity
- Noninvolvement in children's needs and activities.
- The "I usta" syndrome

How to be a become an Emotional Survivor

- Survivors practice aggressive personal time management and goal setting
- Survivors practice physical fitness
- Survivors control their financial well being
- Survivors have multiple roles in their lives

Sleep Deprivation

- Decreases vigilance & daytime mental performance
- Reduces the effectiveness of the immune system & increases susceptibility to infection
- Produces higher levels of cortisol, the stress hormone
- Decreases accuracy
- Chronic sleep deprivation has been linked to early dementia



We need sleep

- Helps our brain process new information
- Gives our cardiovascular system a break
- Repair muscles and tissues, decreases inflammation
- Decreases irritability

- How to get better sleep:
- Stick to a pattern – even on days off!
- Use ear plugs or noise canceling head phones
- Use eye covers
- Light eliminating curtains
- White noise



Hydration

Dehydration can cause:

- Sleepiness or fatigue
 - Extreme thirst
 - Headache
 - Confusion
 - Feeling dizzy or lightheaded
-
- A 2% decrease in body water leads to performance detriments.
-
- Your body uses water to maintain its temperature, helps maintain nerve and muscle function and lubricates joints!



Typically need several glasses a day.

Don't wait until you feel thirsty....

In case you aren't a fan of plain water

- Add lemons, cucumbers, grapefruit, mint, oranges etc.

BUT

- Try to avoid sugary drinks like soda, fruit juices, and sports drinks. Substituting liquid calories for food calories doesn't suppress your appetite to the same degree.



- Two or more sodas/day doubled the risk for kidney cancer, increases your risk for diabetes, erodes tooth enamel and increases your blood pressure and heart rate.
- One study showed that reducing your liquid calorie intake by 100 calories a day led to significant weight loss over an 18 month period.

Plan your meals



- Take time at the beginning of the week to plan and prep your meals, and save money!

Breakfast – Try to have it daily

- Soy milk, 1% or skim milk
- Peanut butter or Almond butter
- Smoked/canned salmon
- Low fat or non fat Greek yogurt
- Cottage cheese
- Eggs
- Low fat cheeses
- High protein cereals
- Protein powder (in smoothies)
- Nuts and seeds
- Oatmeal
- Fresh or frozen fruits
- Vegetables (think of an omelet)
- Leftovers



Snacks – eat when you are truly hungry

- Nuts, seeds
- Hummus and veggies
- Peanut butter (w/apples or bananas)
- Fruit
- Canned tuna or chicken
- Deli meat w/a slice of cheese
- Sliced veggies
- Hard boiled eggs
- Popcorn



Lunch



*Avocado & Greek Yogurt
Chicken Salad*



Quick and easy protein packed lunch

Easy chicken gyro and Tzatziki

Easy dinner options



Dinner - Be aware of your portions



Spicy fish taco bowl



Creamy Chicken and herb skillet



Red pepper and lime quinoa



Substitutes

- Mustard instead of mayo
- Hot sauces for flavor
- Olive oil instead of shortening
- Applesauce in baking
- Quinoa instead of rice
- Greek yogurt instead of sour cream
- Guacamole, salsa, and Hummus for sandwiches
- Turkey sausage instead of pork sausage
- Oregano instead salt for Sub (Publix)

Eating out

- Subs and pizza – can they be healthy options?
- Salads – not always the healthiest option
 - Ask for salad dressing to be served on the side. Then use only as much as you want.
- Try to include vegetables in a variety of ways: stir fries, kebobs, whole grain pasta with a tomato sauce, side salads

Build a meal

- [Chick-fil-a](#)
- [Chipotle](#)
- [Tijuana Flats](#)
- [Perkins](#)



Resources available to you

- For the sectors – we will work directly with you!
 - 6 week boot camp at different sectors before first day back briefings
 - Cycling class just for your squad
- RD consultations
- Cigna 12-Week weight management
- Designing an exercise plan
- WellWorks
- Magic Recreation Centers

Upcoming OCSO events

- Class Schedule - monthly changes
- Dodge Ball
- Osceola SO vs. Orange SO step challenge for Heart Health month (gift cards for winners)
- Climb for Air- American Lung Association
- Corporate 5K
- MADD Walk at Lake Baldwin

- Wellness Survey in late January! Feel free to give us your input at any time.

Wellness Core Beliefs

- Physical Activity (exercise)
- Nutritional Support (what we eat)
- Emotional Fitness (stress management)
- Financial Fitness
- Healthy Relationships (family and community)

OCSO Wellness Unit

Our
focus
is on
YOU!

Phone numbers

- Erlene Cavallere: 407-254-7166
- Sierra Scofield: 407-254-7193
- Lisa Sanes: 407-254-7160

- Utilize your resources:
 - Cigna Representative
 - FRS
 - Wellness Unit