Sarasota Community

Health Guide

Disability Income

Physicians

MetLife

MetLife Offers High Quality Disability Income Insurance

- Noncancelable/Guaranteed Renewable Policies Available
- "Your Occupation" Definition of Disability Available[1,3]
- Benefits up to $17,000 per Month Available[2]
- Lifetime Benefit Rider Available[2,3]
- Business Overhead Expense (BOE) Insurance Available up to $50,000 per Month[4]
- eMultiLife Premium Discounts Available up to 10%[5]

For more information, contact your representative.

Lisa Cardwell, MBA
(239)896-1100 ext. 110
9530 Marketplace Road, Suite #108
Fort Myers, FL 33912
lcardwell@metlife.com

1 The "Your Occupation" definition of disability is not available for all occupational classes in some states.

2 Actual benefit amount issued depends on medical specialty, applicant's income and amount of other disability income insurance in force and applied for. The maximum benefit amount with Lifetime Benefit Rider is $10,000 per month.

3 Not available with some policies. Some limitations apply.

4 Actual benefit amount issued depends on amount of covered business overhead expenses and the amount of other BOE insurance in force and applied for. The amount of BOE coverage issued may also be limited based on the benefit period selected.

5 A minimum of three lives is required. Not available to all occupational classes. Some limitations apply. Level of discount will depend on the specific circumstances of the case. Not available with all products, including BOE insurance.

Like most disability insurance policies, MetLife's policies contain certain exclusions, waiting periods, reductions, limitations and terms for keeping them in force. Ask your representative about costs and complete details.

FOR POLICIES ISSUED IN NEW YORK: These policies provide disability insurance only. They do NOT provide basic hospital, basic medical or major medical insurance as defined by the New York State Insurance Department. The expected benefit ratio for these policies is at least 50%. This ratio is the portion of future premiums that MetLife expects to return as benefits, when averaged over all people with the applicable policy.

1008-2626 L0810125057(exp0311)(xCA)

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Why This Community Resource Guide?

This Community Resource Guide for Sarasota is a free resource to inform the Sarasota community of healthy habits and community programs and organizations that improve health and prevent disease in our community. The guide is a reminder that there are effective interventions right here in our community geared toward improving and sustaining a healthy Sarasota.In the following pages you will learn more about the Community Guide, the collaborators involved in its development and dissemination and the many resources at our disposal. Note that this Guide is in English and Spanish versions.

Lisa Merritt, MD

Lisa Merritt, M.D. is a practicing physiatrist who is also Executive Director, Multicultural Health Institute. She serves as adjunct clinical assistant professor at the Morehouse School of Medicine and has been deeply involved in a variety of local health initiatives.

About the Multicultural Health Institute

The Multicultural Health Institute, a not for profit organization founded in 1995 in California and now headquartered in Sarasota, has been committed to research, education and dissemination of information regarding multicultural health issues. The essence of our work embodies principles of service, empowerment, unifying collective efforts and enlightenment of target populations. Our most recent efforts target reduction of health disparities amongst racial and ethnic groups. Over the last 4 years, we have developed a model of interfaith health education and prevention activities using community health workers called Gatekeepers of Community Health. Through ongoing specialized training, planning and collaboration with churches and other Community Based Organizations, we have increased the capacity of the community to respond to various health dilemmas. Based upon an initial community based participatory research study, we identified areas of need and fostered development of effective solutions to address those needs. Through health education and screening programs targeting diverse health issues including the Diabetes-Nutrition-Metabolic syndrome, HIV/AIDS, Cardiovascular diseases, and Cancer, we have touched over 25,000 lives in the last 4 years.

The work of the MHI has been recognized by the COBB Institute, the WEDU Foundation, Healthy Start, The Links, and various local media. It is the recipient of the Genesis Health Services Community Service Award.

Multicultural Health Institute
3277 Fruitville Road Ste C-1
Sarasota, Florida 34237
(941) 906-9484
www.Multiculturalhealthinstitute.com

TWO THOUSAND AND ELEVEN

TOWNHALL MEETING
HEALTH SUMMIT

JANUARY 7-9, 2011, HYATT REGENCY, SARASOTA, FL

FRIDAY, JANUARY 7

Grand Rounds, Sarasota Memorial Hospital
Leonard Weather Jr., R.Ph., MD, President, National Medical Association
8:00 AM

Sarasota County Health Department Mobile Clinic Health Screenings, Hyatt Regency, Sarasota
6:00–9:00 PM

Welcome Reception by Multicultural Health Institute, Hyatt Regency, Sarasota
7:00 PM

SATURDAY JANUARY 8

Annual Scientific Symposium: The Challenge of Obesity from the Cradle to the Grave, Sarasota Memorial Hospital Auditorium
8:00 AM–1:00 PM

Topic Areas:
A National Picture of Obesity in the U.S
Maternal Obesity and its Impact on Life Cycle
Current Diagnosis and Management of HTN
"Sister Talk," Community Based Obesity Intervention:
Obesity as a Root Cause of Musculoskeletal Health Disparities
Cardiovascular Risk Assessment beyond Framingham

CME and CEUs offered by Sarasota Memorial Hospital. No registration required.

Fundraiser and Dinner Dance, Hyatt Regency, Sarasota
7:00 PM
Ticketed event. $50.00 per person, $500.00 per table.
Sponsorship opportunities available.

FOR MORE INFORMATION, PLEASE CONTACT:

Faith A. Cooper - 202-347-1895
fcooper@nmanet.org

Dr. Lisa Merritt - 941-906-9484
cxdisparities@yahoo.com

Terri Levanti - 941-917-5959
Terri-levanti@smh.com

PRESENTED BY

The Gulf Coast Medical Society of South Florida (NMA Affiliate), Florida State Medical Association The W. Montague Cobb/NMA Health Institute, and Multicultural Health Institute

SUPPORT for the scientific portion of this program is made possibly by funding from Sarasota Memorial Hospital and Sarasota Memorial Healthcare Foundation, Inc

Your Health IQ – A Quick Quiz

1. What is ideal #calories/day for average adult?

2. What is maximum recommended amount of Salt (sodium)?

3. How many minutes of exercise a day should we try to do to maintain fitness?

4. Does it "count" if we break up the exercise throughout the day in smaller time frames (poor wording, but basically, 3 ten minute exercise breaks are just as good as 30 continuous minutes)?

5. Will exercise and a healthy diet will decrease your chance of having a heart attack, cancer, diabetes or being depressed?

(Answers on Page 30)

2010 CHIP Community Health Survey: Focus on Obesity

Introduction

The 2010 Community Health Survey represents the third community health survey conducted by CHIP. Residents from all parts of Sarasota County were included in the most recent survey. In 2006, the survey included residents representing all parts of Sarasota County. The 2010 expanded even further to include not only Sarasota County, but also Charlotte and DeSoto Counties.

In 2010, nearly 2,000 completed mail surveys were collected from randomly selected Sarasota County household, representing a response rate of 54%.

BMI Trends: Sarasota County 2006 and 2010
Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the "body mass index" (BMI). BMI is used because, for most people, it correlates with their amount of body fat.
• An adult who has a BMI between 25 and 29.9 is considered overweight.
• An adult who has a BMI of 30 or higher is considered obese

	% Healthy Weight	% Overweight	% Obese	% Underweight	# *Responding*
2006	44.7	32.3	20.3	2.2	*1890*
2010	41.8	34.3	21.2	2.6	*1380*

More than 50% of adults in Sarasota County were either overweight or obese in 2006 and 2010.

A Closer Look at Sarasota County BMI Trends: 2010

		% Normal	% Overweight	% Obese	# *Responding*
Overall	Sarasota County	38.2	32.2	19.7	1380
Gender of Respondent	Male	44.5	26.2	19.7	952
	Female	29.7	45.4	21.5	507
Age Category	18-34	40.1	25.1	26.3	97
	35-49	40.0	32.3	21.4	115
	50-64	40.1	29.9	24.9	269
	65+	36.7	35.3	22.2	354
Ethnicity	White	40.0	33.4	19.9	1652
	African American	12.6	26.9	51.3	119
	Other	56.1	26.3	15.8	57
Education	11th grade or less	31.0	31.9	27.7	61
	High School Grad	43.5	33.7	14.9	505
	College Graduate	37.5	32.5	22.9	871
Household Income	<$30K	43.8	30.8	21.3	451
	$30K - $75K	41.1	34.9	18.1	359
	>$75K	37.0	37.3	20.6	211
Insurance Status	Insured	39.3	30.3	22.1	609
	Uninsured	30.9	32.7	25.9	180
Municipality	Sarasota	35.5	30.2	22.5	1044
	Venice	42.8	33.6	14.7	292
	North Port	31.8	35.5	25.9	220
	Englewood	36.4	34.3	22.5	280

Good Practices for a Healthy Lifestyle

1. Eat a healthy diet.

• Choosing healthful meal and snack options can help you avoid heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables. Healthy diets rich in fruits and vegetables may reduce the risk of cancer and other chronic diseases. Fruits and vegetables also provide essential vitamins and minerals, fiber, and other substances that are important for good health. Most fruits and vegetables are naturally low in fat and calories and are filling. Make a goal of 6-9 servings a day, 3 per meal.

• Eating foods low in saturated fat and cholesterol and high in fiber can help prevent high blood cholesterol. Limiting salt or sodium in your diet can also lower your blood pressure. **Try to eat less than 2,000 mg sodium a day. read labels to know what you are eating.**

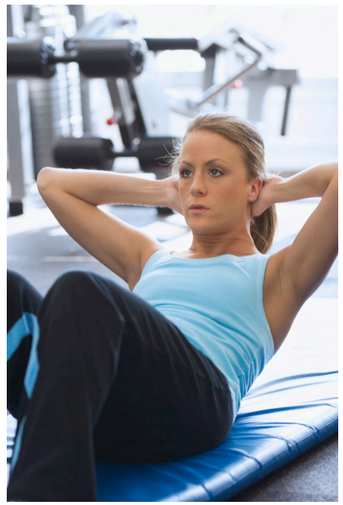
2. Maintain a healthy weight.

• Being overweight or obese can increase your risk for heart disease. To determine whether your weight is in a healthy range, doctors often calculate a number called the body mass index (BMI). Doctors sometimes also use waist and hip measurements to measure a person's excess body fat.

• When it comes to weight loss, there's no lack of fad diets promising fast results. But such diets limit your nutritional intake, can be unhealthy, and tend to fail in the long run.

• The key to achieving and maintaining a healthy weight isn't about short-term dietary changes. It's about a lifestyle that includes healthy eating, regular physical activity, and balancing the number of calories you consume with the number of calories your body uses. The average adult target is 2,000 calories per day.

• Staying in control of your weight contributes to good health now and as you age. Being overweight or obese increases the risk of arthritis, heart disease, diabetes and cancer.



3. Exercise regularly.

• Physical activity can help you maintain a healthy weight and lower cholesterol and blood pressure. The Surgeon General recommends that adults should engage in moderate-intensity exercise for at least 30 minutes on most days of the week.

• If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.

• Start slowly. Cardiac events, such as a heart attack, are rare during physical activity. But the risk does go up when you suddenly become much more active than usual. For example, you can put yourself at risk if you don't usually get much physical activity and then all of a sudden do vigorous-intensity aerobic activity, like carrying heavy objects up several flights of stairs. That's why it's important to start slowly and gradually increase your level of activity. Doing three 10 minute periods of exercise per day can have a significant and positive impact on your health.

• If you have a chronic health condition such as arthritis, diabetes, or heart disease, talk with your doctor to find out if your condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities. If your condition stops you from meeting the minimum guidelines, try to do as much as you can. What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you. If you can climb a flight of stairs without getting short of breath or having chest pain, you can probably tolerate low intensity exercise such as a walking program.
The bottom line is - the health benefits of physical activity far outweigh the risks of getting hurt.

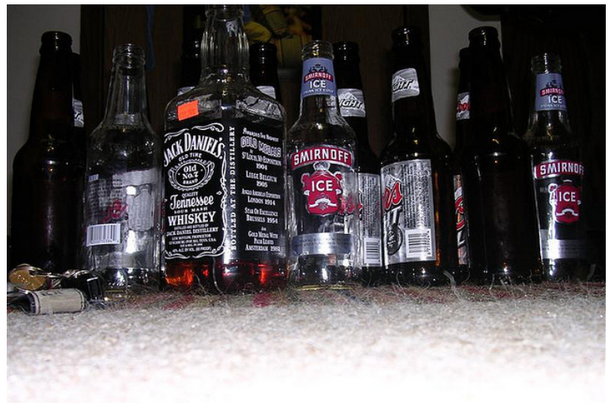
4. Don't smoke.

Cigarette smoking greatly increases your risk for heart disease. So, if you don't smoke, don't start. Compared with nonsmokers, smoking is estimated to increase the risk of—

• coronary heart disease by 2 to 4 times
• stroke by 2 to 4 times
• men developing lung cancer by 23 times
• women developing lung cancer by 13 times, and
• dying from chronic obstructive lung diseases (such as chronic bronchitis and emphysema) by 12 to 13 times.

If you do smoke, quitting will lower your risk for heart disease. Your doctor can suggest ways to help you quit.

5. Limit alcohol use.



• Avoid drinking too much alcohol. Alcohol use is very common in our society. Drinking alcohol has immediate effects that can increase the risk of many harmful health conditions. It adds "empty calories" that can quickly add up to weight gain, defeating your weight loss program.

• Excessive alcohol use, either in the form of heavy drinking (drinking more than two drinks per day on average for men or more than one drink per day on average for women), or binge drinking (drinking 5 or more drinks during a single occasion for men or 4 or more drinks during a single occasion for women), can lead to increased risk of health problems such as liver disease or unintentional injuries.

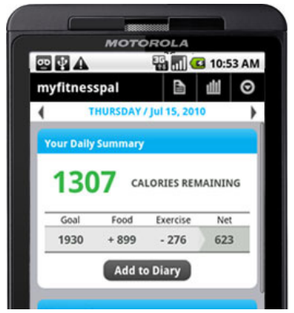
• According to the Alcohol-Related Disease Impact (ARDI) tool, from 2001–2005, there were approximately 79,000 deaths annually attributable to excessive alcohol use. In fact, excessive alcohol use is the 3rd leading lifestyle-related cause of death for people in the United States each year.

• Alcohol use poses additional problems for underage drinkers, including being high in calories, making it harder to lose weight if you drink excessively.

Fast Food Tips

- Order garden or grilled chicken salads with low-fat dressings.
- Limit fried foods (french fries, onion rings, or fried chicken and fish).
- Choose grilled chicken.
- Order a plain burger without cheese and bacon.
- Buy the smallest sandwich on the menu.
- Use mustard or ketchup, which have less fat than mayonnaise.
- Order water or low-fat or fat-free milk.
- Pick vegetable toppings for your pizza, such as peppers, mushrooms, onions, and tomatoes. Or, try pizza without cheese.
- On average, teens eat at fast-food restaurants twice each week. As a result, they are probably taking in a lot of extra calories and fat. Just one super-sized fast-food meal of a sandwich, fries, and soda can have more calories, fat, and added sugar than people need in an entire day.
- The best approach is to limit the amount of fast food you eat. And when you do eat at fast-food restaurants, choose the healthier options.

MyFitnessPal Mobile Apps

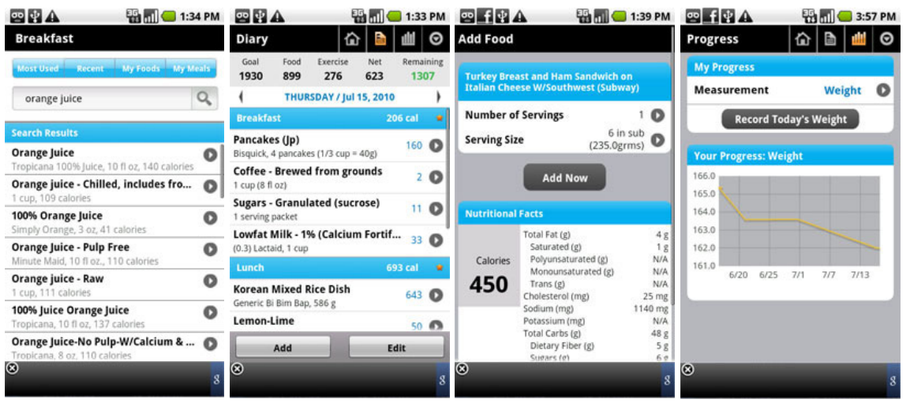


Now you can log your food and exercise wherever and whenever you'd like – even if you can't get to a computer!

Simply use this link:
http://www.myfitnesspal.com/mobile

Or
Use one of the available barcode scanner apps on your phone to scan the QR code to the right

With mobile apps for iPhone and Android. All the apps work with the MyFitnessPal website and give access to the same comprehensive database of over 615,000 foods and restaurant items. Any changes you make on your phone will be synchronized to the web and vice versa — so you always have complete and up-to-date access to your account.



- **Food Search**
- **Diary**
- **Add Foods**
- **Progress Report**

Our Community Has Answers

Genesis Health Services, Inc.
2223 N. Washington Blvd.
Sarasota, FL 34234
Tel: (941) 957-1970
Fax: (941) 957-1960
A community-based health clinic providing primary medical, dental, mental health and residential substance abuse services. Their mission is to ensure that all families have access to affordable quality health care, with a focus on preventative protocols, in order to prevent the onset or progression of serious illness and to collaborate with other providers to maintain a continuum of health care services.

Healthy Start Coalition of Sarasota
1750 17th Street
Sarasota, FL 34236
(941) 373-7070
It starts with a simple survey that each pregnant woman in Florida receives at her first prenatal care visit. The survey will find out if there are any risks that could affect the mother's or baby's health. Answers on the survey are confidential. The prenatal care provider will go over the results. The provider will suggest a referral to Healthy Start if there are problems. Our goal is to make sure the baby has a healthy start in life. Healthy Start's caring and professional staff helps women and babies get the help they need. If problems arise at anytime during the pregnancy, a referral to Healthy Start can be made by the prenatal care provider, another agency, or the pregnant woman herself.

Healthy Start's free services include home visits and phone follow-up by Healthy Start Care Coordinators to make sure needs are taken care of. The Care Coordinator may also offer classes or counseling when extra help is needed.
Free classes include:
· Childbirth education
· How to breastfeed
· Stopping smoking
· Learning how to be a good parent
· Staying healthy between pregnancies

Free counseling includes help for:
· Getting to a healthy weight during and after pregnancy
· Coping with stress, solving difficult problems, and dealing with depression during or after pregnancy

When the baby is born, another survey if offered to find out if the mother or baby needs extra help. It is important to make sure the baby stays healthy during its first year of life. If certain risks are found, free Healthy Start services can help keep the baby healthy. The services may include help in breastfeeding, stopping smoking, or learning to care for the baby and keep it safe. Counseling services for the mother are offered if stress or depression is causing problems.

Newtown Wellness Program
1941 31st Street
Sarasota, FL
941-355-4417
Housed out of Truevine Missionary Baptist Church, the overall mission of the program is to close the health disparity gap by providing health awareness to the Newtown Community. A wide-ranging community health initiative designed to stop the accelerated rate at which African Americans in Sarasota County are dying from diabetes and heart disease, the Newtown Wellness Program provides targeted health promotion programs to approximately 3,400 African American residents in Newtown – roughly 25 percent of the county's African American population. Services include health screenings, educational programs and classes in specific subjects, such as managing diabetes, identified by needs assessments and neighborhood surveys. The target audience is all age groups. The program is primarily faith-based, and has involved the training of more than 40 lay persons known as Community Health Workers to provide health education and awareness to the community.

The Newtown Wellness program started in 2001 as a Closing of the Gap Grant Funded Program – sponsored for 5 years by Sarasota Memorial Health Care System. The funding for the program ended in 2006. However, the program has been sustained through funding and partnerships from Gulf Coast South Area Health Center an affiliate of the University of South Florida, American Cancer Society, Cooperative Extensions, Susan G. Komen Foundation, the Multicultural Health Institute, The American Heart Association and the Alzheimer's Association

Fruitville Elementary "Fitville"
601 Honore Avenue
Sarasota, FL 34232
(941) 361-6200
Fruitville Elementary School transforms itself into Fitville Elementary in November culminating in a Fitville Festival to celebrate and promote family fitness. The public is welcome at this free festival and annual fundraiser for the Fruitville Parent Teacher Organization. The event was held after school from 3:30-7 p.m. this past November 5. The Fitville Festival featured sports clinics and activities presented by Acrofit Gymnastics, Extra Innings, i9 Sports, I Train Your Kids fitness, First Tee, the Florida Jammers, Ming Wu Martial Arts, the Red Cross Youth Corps and the Sarasota Swim Academy. The event also featured traditional family carnival games and activities, including an obstacle course, spoon races, a ring toss and face painting. The Festival is part of a year-long initiative at Fruitville to help improve the health of its students and families, and everyone in the Sarasota community. You might also want to take part in the morning walking program where participants log there steps in an imaginary walk around the planet. Fruitville Elementary School is located at 601 Honore Ave.

Bayhaven Earthboxes
2901 West Tamiami Circle
Sarasota, FL 34234-5709
(941) 359-5800
Students from Bay Haven School of Basics Plus enjoyed bountiful harvests throughout the year from their thirty EarthBoxes – container gardens of organic vegetables. Their project, "EarthBoxes to SpaceBoxes: Growing Food in School Today, In Space Tomorrow" won first prize in the National EarthBox Contest. It was made possible through funding from the William G. Selby and Marie Selby Foundation, the Bank of America Client Foundation, sponsors of an Education Foundation of Sarasota County, Inc. grant, and prize money from EarthBox Inc.
Students at all grade levels learned important scientific principles by working with the EarthBoxes while learning about nutrition and health practices from Dr, Lisa Merritt and the school nurse. What better way to impress upon students the advantages of eating locally grown food as part of a "go green" lifestyle?
By selling their EarthBox produce at the 2009 Bay Haven Spring Festival, students raised more than $300, which they used to sponsor a ShelterBox. The nonprofit ShelterBox Trust provides assistance to victims of natural disasters. A ShelterBox contains a ten-person tent, cooking stove, blankets, cookware, water purification equipment, and other survival essentials. Bay Haven students' ShelterBox went to Sumatra, Indonesia, to aid survivors of a 2009 earthquake that claimed the lives of more than 1,300 people. Students continued to learn from this experience in discussions in science and social studies classes. With the enthusiastic support and dedicated teamwork of the many Bay Haven parent volunteers, teachers. , administration, and generous grant sponsors, students realized they can make a difference as responsible stewards of this planet and as caring members of a global community.

Orange Blossom Community Garden
18th St. and N Orange Ave.
Sarasota, FL, 34234
(941) 861-5000
"We help run the oldest and largest community garden in Sarasota," says Gail Harvey, master gardener with University of Florida's IFAS extension. "Coming in, we just looked at the neighborhood to see how we could assimilate. The best way to win over the already-welcoming neighbors? Pineapple. "We're famous for growing it," Harvey says.

At Orange Blossom, you can adopt an individual garden plot or work in the communal one, a great option for part-timers. "There's also an herb bed right up by the fence, so you can drive up and snip something fresh for dinner," Harvey says. In the future, Harvey envisions a pizza garden offering everything you need to make a healthy pizza—tomatoes, pepper, basil, eggplant, broccoli and zucchini, with recipe cards, invitations to a pizza party and a chef who will demonstrate. Call to join the garden or find out about free monthly classes on organic gardening.

COMMUNITY RESOURCES

AARP Florida State Office
400 Carillon Parkway
Suite 100
St. Petersburg, FL 33716
866-595-7678
flaarp@aarp.org
AARP Florida has trained volunteer speakers who can provide information about Medicare, Medicaid, consumer protection and other issues important to seniors. To schedule a speaker, or find out if there is a public session near you, call the AARP Florida State Office at 1-866-595-7678, or email us at flaarp@aarp.org, or see a list of upcoming presentations on our Web page www.aarp.org/fl.

All Children's Hospital
501 6th Ave South St.
Petersburg, FL 33701
(727) 898-7451
Toll-free: (800) 456-4543
All Children's Hospital is the only specialty licensed children's hospital on Florida 's west coast. Founded in 1926, All Children's has grown into a leading pediatric referral center that is dedicated to advancing treatment, education, research and advocacy in child health.

American Heart Association-Aupport Group
2975 Bee Ridge Rd. Suite B
Sarasota, FL 34239
(941) 927-4997
Public and community education on cardiovascular disease, stroke, heart attacks. Also provides information on smoking, dieting, and nutrition.

Bethesda House
1670 4th Street
Sarasota, FL 34236-5008
(941) 366-1886
Ministry providing supportive services to people with HIV/AIDS, their families, friends, and caregivers. Provides food pantry, support groups, programs for women, laundry facilities, pastoral counseling, case management, information and referral assistance with obtaining housing and public benefits, home and hospital visitation, transportation.

Cardiac and Stroke Support Groups
2975 Bee Ridge Rd. Suite B
Sarasota, FL 34239
(941)927-4997
Support groups for people who have suffered a stroke.

Caritas
1651 2nd Street
Sarasota, FL 34236
(941) 366-5620
Caritas is conceived as a cooperative effort of several churches in downtown Sarasota in providing emergency assistance. Currently the churches involved in Caritas are: Church of the Redeemer, First Baptist Church, First Presbyterian Church USA, First United Methodist Church, and St. Martha Catholic Church. Provides limited financial assistance for clients needing prescriptions, utility bills and gas vouchers.

Children's Health Center
1750 17th Street
Sarasota, FL 34234
(941) 861-1400 (Sarasota)
(941) 861-3300 (Venice)
Health care services for children, birth through age 18, for income eligible families. Services provided on a sliding scale fee. Medicaid accepted.

Children's Medical Services
6055 Rand Boulevard
Sarasota, FL 34238
(941) 361-6250
Toll-free: (800) 235-9717
Primary Care:
Westcoast Access to Children's Health, Inc.
(941) 361-6250
The Children's Medical Services (CMS) program provides children with special health care needs with a family centered, managed system of care. Children with special health care needs are those children under age 21 whose serious or chronic physical, developmental, behavioral or emotional conditions require extensive preventive and maintenance care beyond that required by typically healthy children.

City of North Port – Division of Social Services
2070 Ringling Blvd
Sarasota, FL 34237
(941) 548-0130
Provides financial assistance to families and individuals due to an unavoidable crisis once within 12 months. Assistance is available for rent/mortgage, utility bills, gas vouchers, and limited prescription. Applicants must meet income eligibility guidelines and residency requirements.

Community Pharmacy of Sarasota County, Inc.
225 S Tamiami Trail
Nokomsi, FL 34275
(941) 445-5687
The Community Pharmacy of Sarasota County, Inc. is dedicated to providing completely free medication and professional pharmaceutical care to the uninsured and working poor. Those helped by the Community Pharmacy include those who have lost their jobs, homeless persons and the working poor who cannot afford prescription insurance or pharmacy co-pays. Others need temporary assistance as they try to secure coverage, qualify for other assistance programs or reach a gap in Medicare coverage. Reaching a wide cross-section of those who are uninsured or under insured, most referrals come from local clinics, private physicians, transitional housing, homeless shelters and hospital emergency rooms. Call for information about the North Sarasota County/Newtown and North Port Outreach offices.

Department of Children and Families
Administrative offices located throughout Florida
(866) 762-2237
Department of the State Government charged with overseeing and administering social service delivery programs. Programs include: Food Stamps, Cash Assistance, Adult Medicaid, Payments, Medically needy program Medicaid, Optional State Supplementation.

Dollar Dynasty, Inc-A Humanitarian Aid and Community Outreach Organization
1922 MLK Jr. Way, Suite C
Sarasota, FL 34234
(941) 955-8091
Providing temporary assistance for low-income families. Provide canned/packaged goods and fresh fruits/vegetables when available. Clothing, personal hygiene baskets' basic needs for babies to adolescents. Filling the gap of every necessity. Appointments needed for clothing, distributed on:
Monday-Friday 10:00 am – 6:00 pm
Food is distributed on
Monday-Friday 10:00 am – 12:00 noon.

East Manatee Family Healthcare Center
1312 Manatee Ave.
Bradenton, Florida 34208
Tel: (941) 708-8710
May offer reduced fees or provide additional referral resources.

Family Literacy Program, Girls Inc.
201 South Tuttle Avenue
Sarasota, FL 34237
(941) 366-6646 EXT.205
English classes and literacy instruction for girls in grades K-8 and their families including siblings and parents. Free childcare provided. Classes held on Tuesdays and Thursdays from 6:00-8:30pm. Classes cover:
• Adult instruction
• Literacy-based child education 3.
• Parent instruction focusing on life skills, peer support and resources for effective parenting.
• Parent –child together time where parents and children participate in literacy activities together.

Forty Carrots Family Center
1500 South Tuttle Avenue
Sarasota, FL 34239
(941)365-7716
Forty Carrots Family Center offers free play and parenting education classes for families with children up to age five at its Center on Tuttle Avenue and at 7 Sarasota County Public Libraries from North Post to North Sarasota County. Mothers, fathers, grandparents, foster parents, single parents, first time parents... are all welcome to attend with their children. Learn what to expect from children during the early years, how to handle everyday parenting challenges, and was so discipline that work. Call for class schedules and community locations.

Genesis Dental Center
247 Tamiami Trl S
Venice, FL 34285
(941) 486-8500
Provides primary medical services. Comprehensive dental care, i.e. fillings, extractions, crowns, bridges, oral surgery. Counseling and substance abuse treatment-individual, family and group. May offer reduced fees or provide additional referral sources.

Goodwill Academy
3105 N Tamiami Trl.
Sarasota, FL, 34234
(941) 487-3990
Goodwill Academy's a charter school for students with development disabilities, ages 17-21 and in grades 9-12 who are seeking a Special Diploma Option 1 or 2 and for post-graduates who have a Special Diploma.

Gulf Coast Medical Group/Urgent Care
1700 East Venice Avenue
Venice, FL 34292
(941) 488-1906

3884 Central Sarasota Parkway Suite #429
Sarasota, FL 34238
Tel: (941) 244-9430

250 West Dearborn Street
Englewood, FL 34223
Tel: (941) 473-5100

Gulf Coast Medical Group has three state-of-the-art Urgent Care facilities, located in Sarasota, Venice and Englewood . The wait time and cost is significantly less than that of an ER. Our Urgent Care facilities are open extended hours, and our Oaks Plaza and Venice Avenue locations are open seven days a week, including holidays. No appointments are necessary! Our team is committed to providing compassionate, high-quality, health care services.Walk in care for minor injuries and illness, call for hours.

Gulf Central Early Steps
Sarasota Memorial Health Care System
1700 South Tamiami Trail
Sarasota, FL 34239
Tel: (941) 487-5400
Fax: (941) 487-5430
Early Steps is administered by Children's Medical Services (CMS). Early Steps offers early intervention services for families with infants and toddlers (birth to thirty-six months) who have developmental delays or an established condition likely to result in a developmental delay.

Harvest Tabernacle
209 N Lime Avenue
Sarasota, FL 34237
(941) 953-3559
The Harvest is a Sarasota church that for 26 years has ministered to the poor, the hurting, and the destitute in the Sarasota community through numerous outreaches of compassion, offering hope and life to the forgotten.

Healthfair
1890 Semoran Blvd., Suite 319
Winter Park, FL 32792
888-822-3247
Since 1998, HealthFair has been offering life-saving worksite wellness health screenings for heart disease, stroke, and aneurysm prevention at locations nationwide for individuals, corporations and non-corporate organizations. www.healthfair.com

Healthy Start Coalition of Sarasota County, Inc.
1750 17th Street, Bldg A
Sarasota, FL 34234
(941) 373-7070
Services that promote and protect prenatal and infant health. Care coordination, counseling, promote women's groups, parenting education concerning prenatal health, breastfeeding, post partum depression, and smoking cessation. Volunteer opportunities for local citizens committed to helping babies be born healthy.
Monday-Friday 8:30 AM-5:00 PM

Hedges Health Mart Pharmacy
24 N Lime Avenue
Sarasota, FL, 34237
(941) 366-2424
Hedges Pharmacy is a locally-owned independent Pharmacy conveniently located in the downtown business enterprise zone and has been serving the Sarasota community since 1963. Hedges Pharmacy can fill all prescriptions and offers a wide array of over-the-counter products. One call to Hedges and we will do all the rest.Monday-Friday 9:00 AM-6:00 PM and Saturday 9:00 AM-3:00 PM.

Jewish Family & Children's Services
2688 Fruitville Rd
Sarasota, FL 34237
(941) 366-2224
Provides counseling for individuals, couple and families of all ages as well as support groups. Various support groups facilitated by professionals on subjects such as Anger Management, Bereavement, Men's Group, Women's Group, and others.

Lawton Chiles Children & Family Healthcare
1515 26th Avenue East
Bradenton, Florida 34208
Tel: (941) 708-7607
May offer reduced fees or provide additional referral sources.

Manatee County Rural Health Services
919 53rd Avenue East
Bradenton, FL 34203
(941) 751-8100
Manatee County Rural Health Services is a private, not-for-profit medical group featuring more than 40 board-certified and board-eligible physicians practicing in 20 locations in Manatee and adjacent Florida counties. MCRHS is one of the few independent medical groups in the region that has earned and maintained the prestigious accreditation of the Joint Commission, the national accrediting organization for healthcare providers.

Mental Health Community Centers-Beacon House
1680 Tamiami Trl S, Unit C
Venice, FL 34293
(941)496-4934
Non-clinical support services for adults with mental illness and/or disabling emotional problems. Support groups, peer counseling, assistance, in Spanish only at Prospect House.

Needy Meds Inc.
(215) 965-8291
NeedyMeds.com is a free, user-friendly internet resource (www.needymeds.org) for people who are uninsured, ineligible for public benefits and cannot afford their medicines. Offering free or low cast prescriptions and programs, assistance for specific diseases and health conditions.
Telephone support is available (except for holidays).
Mon. – Fri. 9am-5pm

North Port Dental Center
6950 Pan American Drive
North Port, Florida 34287
Tel: (941) 548-0116
May offer reduced fees or provide additional referral sources

Overeaters Anonymous, Manasota Intergroup
2402 Hermitage Boulevard
Venice, Florida 34292
(941) 957-1488
Overeaters Anonymous offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet. Call the number above for the schedule of meetings.

Pharmacy Services, Sarasota County Health Department
2200 Ringling Blvd.
Sarasota, Florida 34237
(941) 861-2900 (Sarasota)
(941) 861-3001 (Venice)
Maternity care, adult services, dental services, chronic disease care and pharmacy services for income eligible clients. Services provided on a sliding scale fee.

Ringling Dental Center
2200 Ringling Blvd.
Sarasota, Florida 34237
Tel: (941) 861-2935
May offer reduced fees or provide additional referral sources.

Sarasota County Coast2Coast Rx Card
www.coast2coastrx.com/sarasotafl/pharmacy_locator.html
(800) 797-3020
The Coast2Coast Rx Card and Sarasota County are offering a free discount prescription card for all residents and their families. This card can lower the cost of purchasing prescription drugs. While the card is generally for people without health insurance, in some cases it may offer better pricing than certain health insurance plans. So it's important for residents to compare pricing even if they have insurance. Plus some medication might not be covered in health plans that are covered by the Coast2Coast Rx Card.

Sarasota Memorial Hospital – Community Medical Clinic
1700 S. Tamiami Trail
Sarasota, FL 24239
Main : (941) 917-9000
Call for assistance: (941) 917-7731
Clinic: (941) 917-2577
The mission of the Community Medical Clinic is to provide specialty care referral services to those residents of Sarasota County who truly demonstrate a financial need. Providing access to care for those individuals who are uninsured or underinsured, or those who do not have the financial resources to receive specialty care elsewhere is the primary goal. Proof of Sarasota County Residency (current picture identification and/or utility bill in your name with your complete address) is required. Low income and little or no insurance are also eligibility criteria. Those seeking care must be referred by Senior Friendship Centers, Sarasota County Health Department, Genesis Health Services, or North County Health Center or physicians on staff at Sarasota Memorial Health Care System. If clients are eligible for other services they should use those services first (Health Dept, Senior Friendship Center, etc.)

Second Chance – Last Opportunity
1933 Martin Luther King Blvd
Sarasota Florida 34234
(941) 360-8660
A community-based grassroots organization that has been offering life management skills classes to at-risk teens and their low income and/or homeless families since 1995. Along with the strategies and skills for success gained from our classes, they offer counseling, health education, youth programs, food distributions, shelter referrals, all with a dose of tough love. if appropriate. Most importantly, their goal is to give back the responsibility for turning their lives around to the individuals they serve. Life skills training classes include time, money, and household management. Additionally, provide food baskets and clothing once a week on Fridays. Food baskets given out during every holiday (Easter, Thanksgiving, and Christmas).

South County-Food Pantry
800 Tamiami Trail South
Venice, Fl 34285
(941) 484-4609
Emergency food supplies to bridge gap until person obtains government assistance, returns to work or otherwise relieves emergency situation,
9 – 12 Monday – Friday.
Only Venice and Nokomis

Suncoast Worship Center-Fig Tree Food Pantry
881 S. River Road
Englewood, FL
(941) 474-5045
Provides food assistance through food pantry. Can help with clothing. First and third Tuesday of the month.
6:00 pm – 8:00 pm

Truevine Baptist Church
1947 31st Street
Sarasota, FL 34234
(941) 355-4417
Provides a food basket for families or individuals to meet their emergency needs.

United Way 2-1-1 Social Services Referral Program
1445 2nd St.
Sarasota, Fl. 34236
Sarasota (941) 308-4357
Venice (941) 308-4357
A referral system utilizing the food pantries of local community churches.

USDA Commodity Distributaion
(941) 483-3338
1st Friday of every month from 10:00am. – 12:00 pm. And 1:00pm to 4:00 pm.
Venice 1st Monday of every month from 10:00 am. To 1:00 pm
Laurel
4th Wednesday of every month from 3:00 pm. To 5:00 pm.
Sarasota
1st Tuesday of every month from 9:00 am to 1:00 pm.
Newton Community Center
4th Tuesday of every month from 9:30 to 12:00 pm.

USDA's Emergency Food Program
USDA's emergency food program is available to all eligible recipients regardless or race, religion, color national origin, age sex, or handicaps. Eligibility is determined by household size and income. Households that receive food stamps are automatically eligible but the applicant should bring a current Food Stamp Card or letter/Notice of Decision to prove program participation. In all cases, all recipients of this program may sign a self-declaration of income and need.

Venice Dental Center
7820 South Tamiami Trail, Bldg. B-2
Venice, Florida 34293
Tel: (941) 861-3343
May offer reduced fees or provide additional referral sources.

Wic Program
(941)861-2929 (Sarasota)
(941) 861-3336 (Venice)
Provides vouchers for specific healthy food items for mother or children under 5. Also provides formula for children

Women's Resource Center of Sarasota County
340 S Tuttle Ave
Sarasota Florida 34237
(941) 366-1700
We provide peer counseling by appointment to clients dealing with many issues. The peer program refers to programs within WRCSC as well as other service agencies in our community depending on the need of the client. We are offering our Signature Challenge Program in Spanish. The program is called Retos and is a 12 hour program presented over a 2 week period. Preregistration is required.
Mon.-Fri. 8:30 AM-5:30PM.

Quick Tips and Links

There are a number of excellent regularly updated good resource websites, applications available now to help you reach your wellness goals. Here are a few of my favorites:

American Diabetes Association
The mission of the American Diabetes Association is to prevent and cure diabetes and to improve the lives of all people affected by diabetes.
www.diabetes.org

American Heart Association
The mission of the American Heart Association is to build healthier lives, free of cardiovascular diseases and stroke.
www.heart.org

Centers for Disease Control and Prevention (CDC)
The CDC' s mission is to collaborate to create the expertise, information, and tools that people and communities need to protect their health – through health promotion, prevention of disease, injury and disability, and preparedness for new health threats.
www.cdc.gov

Girls Health.Gov
The mission of girlshealth.gov, developed by the Office on Women's Health in the Department of Health and Human Services, is to promote healthy, positive behaviors in girls between the ages of 10 and 16. The site gives girls reliable, useful information on the health issues they will face as they become young women, and tips on handling relationships with family and friends, at school and at home.
www.girlshealth.gov

Jamie Oliver's Food Revolution
Jamie Oliver, impassioned chef, TV personality and best-selling author is determined to take on the high statistics of obesity, heart disease and diabetes in the US, where the nation's children are the first generation not expected to live as long as their parents. Oliver is inviting viewers to take a stand and change the way America eats, in home kitchens, schools and workplaces, with the thought-provoking new ABC television network series, "Jamie Oliver's Food Revolution."
www.jamieoliver.com

Multicultural Health Institute (MHI)
MHI is devoted to the research and dissemination of information regarding multicultural health issues, with a goal of improving preventative health education, early disease diagnosis and better healthcare delivery.
www.multiculturalhealthinstitute.com

Active Living for Life
Active Living For Life is a movement aimed at helping people be healthy in all stages of life through physical activity and sound nutrition. The Active Living For Life initiative is a national movement sponsored by the Centers for Disease Control and Prevention and the YMCA of the USA in conjunction with partners including the National Association of City and County Health Organizations, National Parks and Recreation Association, and the National Association of Chronic Disease Directors.
http://activelivingforlife.org

National Medical Association (NMA)
The NMA promotes the collective interests of physicians and patients of African descent. Provides physician and consumer information.
www.nmanet.org

Cobb Institute
The National Medical Association (NMA) launched the W. Montague Cobb/NMA Health Institute in December 2004 to develop, evaluate, and implement strategies to promote wellness and eliminate health disparities and racism in medicine.
http://cobb.nmanet.org

Let's Move
The Let's Move! campaign, started by First Lady Michelle Obama, has an ambitious national goal of solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.
www.letsmove.gov

Solutions for Wellness
This free online 24-week program provides patients the motivation and information they need to make healthy lifestyle choices. Patients benefit from nutrition counseling, a 24 hour hotline, informative newsletters, progress reports, and incentives for participation.
www.solutionsforwellness.info

William Anderson, MA, LMHC
William Anderson, MA, LMHC is a licensed psychotherapist, specializing in helping people lose excess weight. He is also the author of the best-selling new book, The Anderson Method (Two Harbors Press), which shows how to use psychotherapeutic techniques to achieve permanent weight loss. It's based on the method he developed that helped him lose 140 pounds 25 years ago, and keep the weight off. William Anderson writes CELEBRITY DIETS: A WEIGHT LOSS NOW SERIES exclusively for Basil & Spice.
www.TheAndersonMethod.com, www.basilandspice.com

Dr. Toni Yancey's Instant Recess
In her lively, inspiring, and informative book Dr. Toni Yancey zeroes in on the state of American fitness—persistently sedentary and plagued by obesity. Yancey finds that despite our best intentions and repeated resolutions to exercise, physical activity in all levels of society continues to plummet. Drawing on solid scientific research, personal experience and her own poetry, Yancey calls for a radically different approach that respects diversity and is grounded in the cultures of those most at risk. Rather than encouraging unhealthful habits like cigarette breaks or high fat snacks, Instant Recess proposes regular 10 minute exercise breaks that are easily incorporated into school, work, and community life.
www.toniyancey.com

Best Bones Forever
The Best Bones Forever!™ Campaign encourages girls to get active and eat more foods with calcium and vitamin D. The website includes a calcium calculator and suggestions on reading food labels.
www.bestbonesforever.gov

Acknowledgements

We would like to thank our Guide sponsors for their advertisements and in-kind contributions.

We would also like to thank the planning committee and sponsors for the Town Hall; the Gulf Coast Medical Society of South Florida (NMA affiliate), Florida State Medical Association the W. Montague Cobb/ NMA Health Institute, and the Multicultural Health Institute.

Our additional thanks go out to Orange Blossum Garden, Genesis Health Services, Joyce White, the Latin Chamber of Commerce, Eleanor Ball, Ansley Mora, Jennifer Highland, Joyce Mitzer and Gatekeepers Community Health.

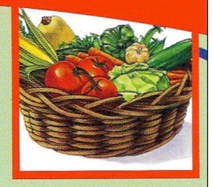
Finally, we would like to thank the Sarasota Health Resource Guide Committee; Gwen Atkins, Kristen Beury, Beth Braun, John Guess, Renae Medlock, Eleanor Merritt, Dr. Joyce Metzner, Chris Ortiz, Sherri Suggs, Rene D'Oyen Torres, Gayle Williams, the Hispanic Coalition Bilingual Directory of Residents of Sarasota and Jackie Woods. Graphics design and layout by Paul Gonzalez.

All available services may not be listed in this guide. For further information contact United Way 2-1-1 at 941.308.HELP (4357) or www.uw211manasota.net. We apologize for any errors or omissions in current listings and welcome your feedback. MHI 941.906.9484.

ORANGE BLOSSOM COMMUNITY GARDEN
Orange Avenue Park, 1822 N.Orange Av. at 18th St. & Carver
(parking off of Carver)

Gail Goolsby Harvey
Site Coordinator
(941) 724-6967
MissiGail@aol.com
P.O. Box 3906 Sarasota, FL 34230

Shipping Address: 1965 17th St.
Sarasota, FL 34234



ORANGE BLOSSOM COMMUNITY GARDEN
Orange Avenue Park, 1822 N.Orange Av. at 18th St. & Carver
(parking off of Carver)

Barbara Powell Harris
Garden Coordinator
(941) 356-1532
.Powellharris@aol.com
P.O. Box 3906 Sarasota, FL 34230

Shipping Address: 1965 17th St.
Sarasota, FL 34234

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www.mrasrq.com

Post Office Box 2859
Sarasota, FL 34230-2859

michele.d.redwine@verizon.net

Michéle Des Verney Redwine
Diversity Education Consultant

Home:
6439 Wingspan Way
Bradenton, Florida 34203
941 752-9141

Mailing Address:
P.O. Box 20145
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B

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Health IQ Answers

1. What is ideal #calories/day for average adult?
2,000
2. What is maximum recommended amount of Salt (sodium)?
2g or 2000mg
3. How many minutes of exercise a day should we try to do to maintain fitness?
30
4. Does it "count" if we break up the exercise throughout the day in smaller time frames (poor wording, but basically, 3 ten minute exercise breaks are just as good as 30 continuous minutes)?
Yes
5. Will exercise and a healthy diet will decrease your chance of having a heart attack, cancer, diabetes or being depressed?
Yes

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Sarasota, FL 34243
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The Links, Incorporated™

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The Bradenton/Sarasota Chapter of The Links, Incorporated
Embracing the Southern Area of The Links, Incorporated Childhood Obesity Prevention Initiative launched February 14, 2008 with the creation of the Commission On Childhood Obesity Prevention (CCOP)

In partnership with Morehouse School of Medicine and the CCOP, the Bradenton/Sarasota Chapter rolls out their 2011 Partners for Change Childhood Obesity Prevention Program with Emma E Booker Elementary After School Program providing educational awareness for children and their families, advocacy and documented data for measured and improved outcomes.

FOR MORE INFORMATION PLEASE CONTACT
Sharon-Elizabeth James
President
Bradenton/Sarasota Chapter of The Links, Incorporated
P.O. Box 50941
Sarasota, FL 34232
http://www.bradentonsarasotalinksinc.org
http://salinksinc.org

MINUTES TO FITNESS

Fighting Sarcopenia

The Issues:
• We lose muscle as we age
• Loss of muscle leads to health-related issues
• Resistance training builds back muscle
• Strong muscles fight age-related health issues

The Barriers ("Excuses"):
1. TIME: "No time to work out"
2. SAFETY: "Fear of getting hurt"
3. KNOWLEDGE: "Don't know what to do"
4. ENVIRONMENT: "Don't like the crowded gym atmosphere"

The Solution: 20 Minutes to Fitness
1. TIME: Full body strength training with just one, 20 minute session a week
2. SAFETY: Slow, safe movements
3. KNOWLEDGE: Always with a Certified Personal Fitness Coach
4. ENVIRONMENT: Quiet studio environment, limited clients

What our Clients are saying:

"Training at 20 Minutes to Fitness helps protect the body against injury. For me, it has improved my overall tone and strength and it works with my schedule."
Larry Weinstock, MD 52, St Louis, MO

"20 Minutes to Fitness has literally changed my life and the way I will look at exercise forever. With only one short workout a week, I was able to lose over three dress sizes and find the lean body I use to see in the mirror."
Jan Hatfield, 49, Lakewood Ranch, FL

"For the past year I have been struggling for a way to bring down my high blood pressure. Short of medication (my high blood pressure is hereditary) I read that 20 Minutes to Fitness could help. After just 4 sessions, my blood pressure has been normal. And I attribute that to my weekly workout at 20 Minutes to Fitness!"
David Stein, 47, Advertising Executive, Sarasota, FL

"My flexibility and energy have increased and my blood sugar is now under control - with no medications! I see the strength increase in many unexpected ways: getting up off the floor, climbing stairs, playing with my daughters and even just bending over. And, my wife tells me it is like hugging a different man. She's right; I am a different man thanks to 20 Minutes to Fitness."
Chris Jones, 44, Trust Consultant, Sarasota, FL

"People ask me what's the difference about this program. I tell them it's in the outcomes. After taking 800-1600mg of Motrin for more than 10 years for arthritic symptoms in my knees, hands, and shoulders, I stopped. I had 8 months of 20 Minutes to Fitness and the aching pain was gone. I'm eighteen pounds lighter, much stronger, and feel better all the way around. Even my golf game is stronger. It's the best health investment I've ever made in myself."
Linda Lemon-Steiner, FACHE, RN, MPH, Chief Operating Officer Doctor's Hospital, Sarasota, FL

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