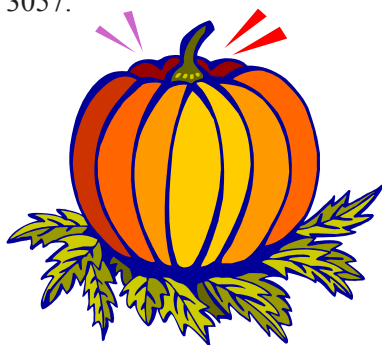


Choose to Quit

Have you thought about quitting smoking? Preparing to quit is a key component in the process of becoming a non-smoker. Utilize these three tips when deciding to quit. First, set a specific quit date, the day you will start living a tobacco-free lifestyle! Second, write down why you use tobacco products. Understanding why you use tobacco is important to your success in beating the habit! Third, start making small changes to your daily life as a tobacco user. Some changes could be cutting down on smoke breaks or not smoking in the car. Small changes now will make it easier for you on your quit day. When choosing to quit tobacco, it must be something you decide for yourself. If you are ready to quit or are interested in learning more about tobacco cessation, contact Jennifer Calhoun at jennifer.calhoun@polk-fl.net or the Wellness Program at 863-648-3057.



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Good Health-A Lifetime Choice

Do you remember the television show, *Truth or Consequences* (1940-1988)? In essence, the show host, Bob Barker, asked the contestant a tricky and somewhat silly question. Usually this individual could not answer correctly in the allotted amount of time, "Beulah the Buzzard" would sound, and the participant would be faced with the consequence, which was often merciless. Does your personal health mimic real life *Truth or Consequences*? If "Beulah" wailed today, what consequence(s) would you face? Remembering that time is of the essence, here are your challenging questions:

Do you feel a sense of immunity, with a "That could never happen to me" mentality? It is great to have a positive outlook on health. Scientists have shown an optimistic attitude is a motivator and can have an effect on our long-term physical health. However, having an optimism bias, which includes underestimating the likelihood of a negative event, can be detrimental. Like the eternal optimist who jumps off the 100 story building, when he passed the 30th floor, he said, "So far, so good!" The consequence, as you can guess, is not too favorable.

Do you have a strong reliance on prescription drugs and supplements? Do supplements and prescriptions provide an armored shield of defense against disease and disability? If you choose to take power-packed wonder drugs instead of changing a lifestyle, or pop daily vitamins in place of a balanced diet, beware...Beulah may blow you away. A healthy lifestyle and good nutrition are nature's best defense. Countless studies have shown a decrease in the rate of heart attack, stroke, diabetes and many cancers in those who live an active lifestyle and maintain a body mass index below 25. However, in the absence of good health, it is critical to follow your doctor's recommended advice on prescription medication and supplementation. Maintenance medications for many illnesses are designed to delay or prevent future occurrences and/or complications.

Does your family tree include a harvest of undesirable fruit? Beulah the Buzzard says, "Your time is up!" Genetics, once blamed for obesity, diabetes, heart disease, and cancer, as well as physical attributes such as "pear" or "apple" shapes, can be minimized through healthy lifestyle choices. In fact, up to 85% of all chronic diseases are directly related to everyday life choices. These modifiable health risks include lack of physical activity, poor nutrition, tobacco use and excessive alcohol consumption.

The first step in acquiring good health is acknowledging that you are solely responsible for the choices in your life, and it is up to you to seek products and services that will maintain or improve your personal health. Choices made today will influence your quality of life, energy and vitality tomorrow.

This issue of *Wellness Matters* makes healthy decision making easy! From auto safety, fast foods, and school lunches to Halloween treats and prevention, your options are boundless, and the end results are clear. Each small step you make takes you further on your journey to a higher level of wellness.

The truth is this—good health is a lifetime choice...choose wisely!

What's on Your Tray?

Usually when you think about school lunch, calorie dense, processed foods come to mind. The rising epidemic of childhood obesity in America has encouraged school districts including Polk County, to take another look at its offerings. The PCSB Foodservice is now providing healthier choices, including different kinds of fruit and salads and lighter versions of comfort food classics. Pizza is now made with whole grain crust, and French fries are baked-not



fried—and vitamin C enriched. The Polk County School District was recently recognized for its efforts as one of four districts honored with the School Nutrition Association's District of Excellence award. School districts were examined by the School Nutrition Association and judged on such criteria as nutrition education, menu, different programs, and the number of participants.

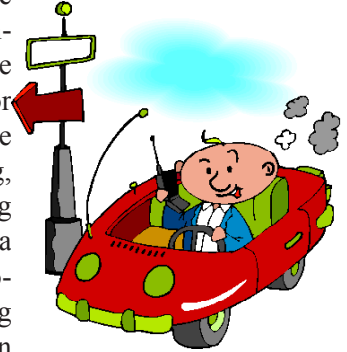
October 11-15 is National School Lunch Week and the theme is *What's on Your Tray?* Students and faculty are encouraged to take a personality quiz to discover what your favorite foods and activities reveal about you. Find out if you are balanced, chilled, creative, radiant or strong at www.whatsonyourtray.org. A special menu will be offered including American comfort food as well as popular ethnic dishes. In addition, about 18 schools are doing promotions including competitions for the students with prizes, etc. For more information visit the website, <http://www.polk-fl.net/parents/generalinformation/nutrition>.

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Auto Safety

You might be on your way to work, school, grocery store, out to dinner, or the post office, but odds are you are using a car to get there. Each time you sit in a vehicle, whether as the driver or the passenger, you have choices to make.

The first choice is whether to drive “under the influence” or not. Alcohol and many medications (including over-the-counter cold and sinus pills) can slow down your response time, making it more likely that you may be involved in an accident. Another choice is seatbelt usage. According to the National Highway Traffic Safety Administration only 82% of vehicle occupants wear seatbelts. The best choice would be to buckle up each and every time! Another choice that you face while driving a vehicle is whether or not to pay total attention to the road and surroundings. Texting, using a cell phone, applying make-up and eating are just a few of the activities that people are commonly seen doing while driving. Paying attention to anything other than the road increases the likelihood of an accident. Finally, as adults, we choose whether or not our children are traveling safely. Child safety seats and seat belts, when used properly, can prevent injuries and save lives. Safe Kids USA reports that young children restrained in child safety seats have an 80% lower risk of fatal injury than those who are unrestrained. Each and every time you travel in a vehicle, stop and think about your safety and make the best choice!



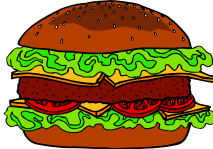
Fast Food Choices

We live in such a fast paced world these days that sometimes eating a home-cooked dinner is just not an option. However, eating on the run doesn't have to be unhealthy—you can make healthier choices. But be careful, even though something sounds healthy it may not be. Check the nutritional information to be sure.

Choose This:

Chick-Fil-A	Chargrilled Chicken Sandwich: 270 calories, 3.5 g fat
KFC	Roasted BLT salad with Fat Free Ranch: 245 calories, 7 g fat
McDonalds	Regular hamburger: 260 calories, 9 g fat
Taco Bell	Ranchero Chicken Soft Taco Fresco Style: 170 calories, 4 g fat
Dairy Queen	DQ Fudge Bar: 50 calories, 0 g fat

Not This!

Chicken Caesar Cool Wrap: 460 cal, 10 g fat	
Crispy Twister sandwich: 670 cal, 38 g fat	
Double Quarter Pounder with cheese: 730 calories, 40 g fat	
Zesty Chicken Border Bowl: 730 calories, 42 g fat	
Medium Chocolate Chip Cookie Dough Blizzard: 1300 calories, 40 g fat	

Choose to be FIT



Fitness is a healthy way of life based on daily physical activity with hundreds of options from which to choose. Nevertheless, over 60% of Americans do not get the 30 minutes of daily activity recommended by the American Heart Association and American College of Sports Medicine to reduce risks of heart disease, stroke, diabetes and other chronic conditions.

In order to stay active, consider your options: do you jump out of bed at the crack of dawn to energize your morning, or prefer a late afternoon or evening workout to release the anxiety from your day? Do you enjoy mind centered activities like yoga or is hammering out a walk or run your idea of fun? There are countless options like gardening, biking, or hiking outdoors. For those who appreciate an indoor atmosphere, there are gyms or even your living room with a fitness DVD. You may be self-motivated and willing to work on your own; others may prefer team sports such as basketball, volleyball or bowling. Many swim to protect their joints and others pound to relieve the stress.

Invigorating your lifestyle is limited by the mind only! Frequently, the distinction between the “fit” and “not so fit” is choice. Choose activities that coincide with your mood, the weather, current limitations and level of difficulty. Aim for enjoyment, relevance and proper scheduling. Choose a purpose and most of all, choose to be fit. Contact the Wellness Program at 648-3057 for assistance with developing your personal fitness plan.

Prevention Matters

If it were up to you, would you choose to have heart disease? Stroke? Cancer? Of course not! These chronic diseases account for 70% of deaths among Americans each year and no one wants to be part of that statistic. Unfortunately the poor lifestyle choices that we make on a daily basis steer us in that direction. By improving your choices in just four areas, you can dramatically reduce your risk of acquiring a chronic disease.

Choice 1—more exercise, preferably on most days of the week. The activity doesn’t have to be strenuous, just start by getting your body moving!

Choice 2—improve your nutrition. Increase the amounts of fruits, vegetables and whole grains in your diet. Drink low-fat or fat-free milk products and eat lean cuts of meat, fish, poultry, beans, eggs and nuts. Lastly, consciously make an effort to reduce the amount of saturated fats, trans fats, cholesterol, salt and added sugars that you eat.

Choice 3—say no to tobacco. If you smoke or use tobacco, quitting is the single best thing you can do to improve your health.

Choice 4—drink alcohol in moderation. This means an average of one to two drinks per day for men, and one drink per day for women according to the American Heart Association.

Choose to do what you can in order to avoid a chronic disease in your future.

Not So Scary Treats

Bags of bite-size treats line the shelves of the Halloween section at the store. The miniature portions look harmless, but will they haunt your waistline in the weeks ahead? Ignoring your candy cravings sounds like a good idea, but it may make you want it more. Have a few of your favorite treats in moderation. You will be less likely to overdo it when tempted by that big bowl of goodies on Halloween night.

Keep in mind that some choices are better than others. Satisfy your sweet tooth with these lower calorie choices.



Halloween Treats 100 calories or less:

- Y 3 mini Reese’s Peanut Butter Cups
- Y 1 fun size candy bar (Snickers or Milky Way)
- Y 5 Werther’s original candies
- Y 4 mini Tootsie Rolls
- Y 4 Hershey Kisses
- Y 3 Laffy Taffy miniatures
- Y 4 Smarties candy rolls
- Y 25 plain M&Ms or a fun size packet
- Y 10 peanut M&Ms or a fun size packet
- Y 22 pieces Jelly Belly’s, Skittles or Raisinets
- Y 20 pieces of candy corn
- Y 15 regular jelly beans
- Y 10 gummy bears or Whoppers



ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides educations, screenings, and discounts for diabetes supplies and prescriptions. Here are a few of the benefits ABCs of Diabetes participants enjoy:

Benefits:

- Free eye and foot exams
- Free lipid, HbA1c, kidney function, and blood pressure screenings—two times each year
- Free Accu-Check glucose monitor

Reduced Rx Copayments:

- Generic tier copay \$4* retail or mail order
 - Preferred tier copay \$37.50* mail order
 - Non-preferred tier copay \$62.50* mail order
- *90-day supply

**Save \$400
per year!**

Education/Jim Miles:

- Nutrition & Exercise 10/07/10
- Medical Issues in Diabetes 10/14/10
- Advanced Diet Planning 10/21/10
- Hypertension & Heart Disease 10/28/10

Classes will be held in the Palmetto Room, Jim Miles Center, 5204 US Highway 98 S, Lakeland 33813. All classes start at 4:30 PM, and registration is required.

Diabetes Screening:

The next diabetes screening will be held 11/13/10 at Phillips, Salomon & Parrish, 4337 South Florida Avenue, Lakeland. Appointments are required.

Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information or to schedule a diabetes screening appointment.

Your Choice—A Will

If you have experienced a major life change such as marriage, divorce or the birth of a child, or if you have never made a will before, now is the perfect time to make this valuable update to your personal records.

Do you want someone else to make the important decisions regarding your assets and property or your children? Do you want to leave your family to make decisions during their time of grief?



Your Employee Assistance Program (EAP), through Horizon Health, provides an interactive on-line will program. You can also receive free and reduced cost legal assistance on this and other subjects by taking advantage of the EAP, provided to you by the School Board of Polk County. Find links to this and other professional, confidential services offered through your EAP on the School Board of Polk County website at: <http://www.polk-fl.net/staff/employeeinfo/eap/default.htm>

**Call
Horizon Health
800-272-7252**

Cancer Screenings Can SAVE Your Life!

On-site cancer and osteoporosis screenings are provided to you by the Polk County School Board (PCSB) Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC). This **FREE** benefit is available to all employees who have PCSB Blue Cross/Blue Shield health insurance. For an appointment, please contact the Cancer Screening Coordinator at each location at least two weeks prior to the screening date. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus.

October 2010	10/19 LAKELAND SR	11/4 LENA VISTA EL
10/1 ROCHELL SOTA	10/20 BARTOW SR	11/8 AUBURNDALE CENTRAL
10/4 LAKE SHIPP EL	10/21 BARTOW SR	11/9 PHILIP O'BRIEN EL
10/5 SPOOK HILL EL	10/25 STAMBAUGH MID	11/10 INWOOD EL
10/6 SANDHILL EL	10/26 LAWTON CHILES MID	11/11 BLAKE ACADEMY
10/7 GARDEN GROVE EL	10/27 BOSWELL EL	11/15 PURCELL EL
10/11 DUNDEE RIDGE MID	10/28 LAKE ALFRED EL	11/16 CRYSTAL LAKE MID
10/12 DUNDEE RIDGE MID	November 2010	11/17 NORTH LAKELAND EL
10/13 FLORAL AVENUE EL	11/1 DR. N.E.ROBERTS EL	11/18 MULBERRY MID
10/14 SLEEPY HILL MID	11/2 KATHLEEN SR.	11/19 WENDELL WATSON EL
10/18 LAKELAND SR	11/3 LAKELAND HIGHLANDS	11/30 LAKE GIBSON SR

Get On The Bus!