

Stayin' A.L.I.V.E.

Who is not familiar with the Bee Gees' high-pitched, disco nostalgic song, *Stayin' Alive*? As one of the best-selling songs of the 70s, the music moves you; it pulls you out of your seat, jiving to the beat! What better way to introduce Challenge #2 in the 12 Healthy Changes for 2012—Get Heart Healthy? Yes, *A.L.I.V.E.* spells out five very important steps to strengthen and protect the most important muscle in your body—your heart!

Active lifestyle: Want to improve your quality of life? Step-up your day! Finding ways to increase physical movement is important even if it is exercising at your desk. We have all heard that exercising 30 minutes most days of the week is very important, but let's look at movement in general. Challenge yourself to find extra steps in your day. Take the stairs instead of the elevator; choose the farthest parking space from the store; and, instead of sending an email to your co-worker—take a walk to his/her office. Don't stop; walk your dog, wash your car, and clean your house with vigor. Add gusto to your lifestyle, and put some pep in your step!

Lipids matter: If you want a healthy heart, you've got to know your numbers, like total cholesterol, high density lipoprotein (HDL—the good stuff), low density lipoprotein (LDL—the bad), and triglycerides (the ugly)! These numbers are the difference between living life and existing, and should not be overlooked or neglected! Keeping these numbers in line will protect your heart so that you can live life to the fullest!

"I" take charge. As youth, our parents told us what to eat and drink, when to sleep and play. As adults, we are held accountable for our own actions or lack thereof. Although genetic predispositions are unavoidable, our personal decisions and actions determine more than 90% of our health status. Think wisely! "I" determine my destiny by the choices that "I" make; "I" resolve to be healthier by the steps that "I" take. "I" am the captain of my ship. To keep the wind in my sails, "I" must stay focused in the right direction.

Vascular vitality. As mentioned above, the heart is the most important muscle in the body. It beats about 100,000 times per day, delivers oxygenated blood to all muscles, and, cycles about 2,000 gallons of blood a day through its chambers. Its transport mechanism is the vascular system—veins and arteries. However, many factors can cause hardening of the arteries such as smoking, high blood pressure, high cholesterol levels, presence of diabetes and inactivity.

Eat clean. Reduce your dependence on fast or processed foods. When planning your meals, include fruits, vegetables, whole grains, eggs, lean meats and omega 3 rich fish such as salmon and tuna. Also don't forget to include plant sources of protein such as beans, legumes, and nuts. Prepackaged foods are highly processed, which often reduces nutritional value and fiber content. Sodium, fats, and other fillers are added to preserve taste and prolong shelf life. Make half your plate fruits and vegetables, modify your portion at meal time, and eat of variety of foods to ensure you are getting a full range of vitamins and minerals to support your heart-healthy formula.

To initiate Challenge #2 in the 12 Healthy Changes for 2012—Get Heart Healthy, sign-up today for the **2012 Polk County School Board—BlueCross/BlueShield Annual Health Fair** scheduled for March 24th at Highlands Park Church of the Nazarene in Lakeland or April 28th at the Lake Eva Center in Haines City. Visit the Wellness webpage (www.polk-fl.net keyword: wellness) and register online. With many new screenings being offered (see page 2), you will not want to miss this year's exciting events. Join us at the 2012 Health Fair as we all focus on... **Stayin' A.L.I.V.E.!**

Health
Fair
Edition

*From the
bitterness of
disease,
man learns the
sweetness of
health.*

~Catalan Proverb

A.L.I.V.E. & Well Know Your Numbers!

Health screenings are designed to provide you with critical information in a brief, convenient manner. Join the PCSB Wellness Team, fabulous volunteers and generous vendors/health care providers at the 11th Annual Employee & Retiree Health Fairs. Participate in the following free screenings:

- ➔ **Blood work**—Blue Cross Blue Shield, the 2012 Health Fair title sponsor, will conduct a quick finger stick screening to reveal your glucose, total cholesterol, HDL, LDL, triglycerides and TC/HDL ratio. Combine these with your weight, height and blood pressure and you have the foundation for your personalized health report card. Health coaches will be available on-site to review your results. All lab work participants get a free commemorative tote bag and will be entered into a drawing for a vacation package! Appointments are required; visit www.polk-fl.net (keyword: wellness) to register or call (863) 648-3057 if you are without computer access.
- ➔ **Cancer screenings**—Breast, prostate, colorectal, or skin cancer screenings are provided at no cost to participants with PCSB BC/BS insurance through Lakeland Regional Cancer Center. Osteoporosis screening is also available. Mammography screenings require an appointment; please call Theresa at 603-6579.
- ➔ **Memory loss**—Alzheimer's disease affects an estimated 5.4 million people. The Florida Gulf Coast Chapter of the Alzheimer's Association will be offering free educational screenings at the Health Fairs. Each screening takes 15 minutes. Email thompsons@alzflgulf.org or call (863) 292-9210 to schedule an appointment.
- ➔ **Peripheral Artery Disease (PAD)** occurs when arteries in the legs become narrowed or clogged with plaque (cholesterol). Restricted blood flow to the lower extremities causes leg pain, and may result in disability and even amputation. Review the list of risk factors and register for a PAD screening by visiting www.polk-fl.net.
- ➔ **Hearing loss** happens gradually over time and affects over 34 million Americans, many of whom unknowingly use strategies to compensate for that loss. Visit Winter Haven Audiology at the Health Fair to get your ears checked! No appointment necessary.
- ➔ **Lung function**—Take advantage of a free screening that measures air flow using a small, non-invasive device called a spirometer. All you have to do is blow to "know these numbers." No appointment necessary.
- ➔ **Body composition** indicates the percentage of your body that is fat versus non-fat or lean tissue. Inactivity and the aging process contribute to lean muscle loss, a slowed metabolism and an increase in body fat. Knowing your body composition will help you plan a prevention intervention. For assistance with setting your health goals, contact your Wellness Team at 648-3057.
- ➔ **Vision**—Visit Eye Express to check your eyesight and get screened for glaucoma. No appointment necessary.

Thank You—2012 Health Fair Sponsors!

BlueCross BlueShield of FL



Boar's  Head



WATSON CLINIC LLP
Quality Healthcare for Every Generation

Call Now for Your Appointment

Memory Screening

Call Stephanie at (863) 292-9210

Mammography Screening

Call Theresa at (863) 603-6579

**Don't
Forget...
Call
NOW!**



Win a Beach Vacation

All Health Fair participants will have the opportunity to win one of hundreds of door prizes. One lucky person who completes the BCBS health screening will win the grand prize:

**3-days and 2 nights
at
TradeWinds Island Resort
on beautiful
St. Pete Beach**



TradeWinds
ISLAND RESORTS ON ST. PETE BEACH

Do You Know Your Numbers?

Good health depends on many important numbers, like cholesterol, HDL, LDL, triglycerides, glucose, blood pressure, PSA, and others. Get all these done and more at the 2012 Health Fairs!

Determine your risk factors for coronary artery disease and diabetes with a simple blood test. Eight-hour fasting is recommended for the most accurate results, but only a two-hour fast is required.

An appointment is required for blood work.

To schedule your time, please go online at www.polk-fl.net (keyword: wellness). For those without computer access, call (863) 648-3057 to make an appointment.

**No wait! No Lines!
Results in minutes!**

Health Fair Checklist

- ✓ Decide which Health Fair to attend, Lakeland or Haines City.
- ✓ All employees are eligible to attend the Health Fair even if they are not covered under PCSB insurance.
- ✓ Make an appointment for blood work at www.polk-fl.net (keyword: wellness); check-in for lab work at your appointment time—not before.
- ✓ A spouse covered under the PCSB insurance can attend the Health Fair at no cost. A spouse not covered under PCSB insurance must pay \$40 cash—no bills larger than \$20.
- ✓ Make an appointment for spouse's blood work at www.polk-fl.net (keyword: wellness) using spouse's contact info.
- ✓ Contact Wellness Program at (863) 648-3057 if you do not have access to a computer and need to make an appointment.
- ✓ Contact Lakeland Regional Cancer Center at (863) 603-6579 for mammography appointment.
- ✓ Contact Stephanie at the Alzheimer's Association for memory screening at 292-9210.
- ✓ Allow about 30 minutes (total) to complete blood work and personal health assessment.
- ✓ Allow 1-2 hours to visit more than 60 health-related vendors.
- ✓ Attend the Health Fair of your choice, meet your friends, win prizes, and learn the best ways to improve your health.
- ✓ Wear your School Board name badge.

WANTED:

Friendly, Smiling Faces



Volunteers Needed at Health Fairs:

March 24 & April 28

Volunteers are needed to meet and greet participants at the ABCs of Health, Polk County Schools Annual Health Fair! Responsibilities may include registration, vendor relations, set-up, break down, or other assignments as necessary. Volunteers are needed on Friday, March 23 and April 27 between 1:00 and 6:00 pm; and Saturdays March 24 and April 28 from 5:30 am to 1:00 pm. Volunteers will receive a special “Heart and Sole of Wellness” T-shirt that will be the envy of all! Volunteers register at: www.surveymonkey.com/s/HFairVolunteer or contact Jennifer.patzkowsky@polk-fl.net or by phone at (863) 648-3057.

Gotta get away? Just let go!



Trader Winds
ISLAND RESORTS ON ST. PETE BEACH

Very Special Polk County School Board Employee Discount Program

St. Pete Beach is where you gotta be! Whether it's for an active, family-friendly beachfront stay at the AAA four-diamond Island Grand, featuring boatloads of fun-in-the-sun and kids activities galore; or a more relaxed escape at Sandpiper Suites with its tranquil beachfront setting... Polk County School Board employees now qualify for the best rates around!

Please make note of your promo code: VSE (Very Special Employee). You will always need it when making a reservation. Reservations are only accepted on-line and may be made up to 90 days in advance. Please remember that room types and dates are subject to availability and promotional allotment, are for leisure travel only, and cannot be used for meetings and conference accommodations. For resort information, call 800-251-0613 or visit www.JustLetGo.com/VSEPolk.

The Value of a Screening

Does the lack of time, money and/or a physician prohibit you from receiving preventive screenings? Then we have a solution for you—Lakeland Regional Cancer Center's mobile screening unit at your worksite! Employees and spouses covered by any of the PCSB Blue Cross Blue Shield insurance plans are eligible to participate.

Women may receive a mammogram and a clinical breast exam while men can have a comprehensive prostate exam. Skin cancer and colorectal screenings are also available. Unlike traditional insurance, there are no age restrictions for these screenings. With no out-of-pocket expenses and no travel required, you will surely save money!

This is a “Win-Win” for all—the school and the District will also see savings since it won't be necessary to hire a substitute that day!

As we are conscious of your time, all paperwork is provided in advance. Once screenings are completed, you are back on the job within 20 minutes without ever having to leave campus. Save that sick time for when it's really needed.

The mobile unit visits most PCSB locations (see web site for schedule). Appointments are required. Screenings will also be available at each of the upcoming Health Fairs. For an appointment at the Health Fairs or for an appointment at the LRCC Parkview office, please call Theresa at 603-6579. For any other information, please call Jan at 863-648-3057.