

Wellness Matters

Polk County Schools
March 2010

Don't Forget



ABCs of Health Polk County Schools Employee & Retiree Health Fair

Saturday, March 6th
7:00 AM to Noon
Highland Park Church
Family Ministries Bldg.
4777 Lakeland High-
lands Road, Lakeland

Thank You SPONSORS

Blue Cross/Blue Shield of Florida Sam's Club FreeStyle Lite Cognoscenti Health

Institute

Juicy Juice
Accu-Chek
OneTouch

Green Mountain Coffee

Tradewinds Resort

Publix Charities

MIDFLORIDA Bank

Gold's Gym

State Farm

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Sweetbay Supermarket

Natalie's Sports Grill

Bliss Produce

Land O'Lakes

Cabot Creamery

M&B Produce

Peak Performance: Go for the GOLD!

The Winter Olympics, like most other high-performance activities, captivate our attention. The dedication, determination and perseverance of these elite athletes are desirable qualities for any profession; however, the overall success can be enviable. Have you ever wondered what it takes to be a champion?

The majority of Olympians or professional athletes will admit their skills were not acquired over night; most have been practicing extensively since childhood. Although genetic capabilities are important, who would discount the preparation and training required for these events? Some competitors describe daily workouts before and after school lasting two to four hours. Highly skilled agility, flexibility, strength and endurance trainings are rotated to reduce injuries and master winning techniques. All of these take time, practice, and patience. Is that all it takes to be a champion? If so, why aren't more experiencing the gold?

Most people, including some Olympians, do not realize the critical value of proper nutrition. You know what to eat, but you just don't do it. Instead of having a plan, you skip breakfast, work through lunch, and by late afternoon you are starving, so you buy a candy bar from the vending machine. You are so tired after work that you buzz through the nearest drive thru. The body is a \$45 million instrument; often it is fueled with greasy-fried, artery-clogging fast food that can stop a heart in an instant. Muscles require nutritious foods that will refuel energy stores and repair tissue damage caused by hours of training. If we want to experience peak performance in life, we need to eat like a champion!

Many years ago, a popular cereal would display an athlete with the tag line, *Breakfast of Champions!* Yes, starting your day with breakfast is the key to high-performance living. In her book, *Sports Nutrition Guidebook*, Nancy Clark, MS, RD, writes, "Of all the nutritional mistakes that you might make, skipping breakfast is the biggest." The body has been sleeping for several hours and the metabolism is sluggish. A nutritious meal is the way to jump-start the body's engine and accelerate the ability to burn calories for fuel.

We have all grown-up hearing the importance of three square meals a day. Did you know that eating frequent yet smaller meals can maximize your metabolism and increase the likelihood of maintaining a healthy weight? By consuming five or six smaller meals (300-400 calories each), one is less likely to experience overwhelming hunger and possible bingeing on high-fat, high calorie meals.

The United States Department of Agriculture (USDA) offers the Food Guide Pyramid as an interactive guide for personalizing a well-balanced nutritional plan (www.mypyramid.gov). Find quick access to food groups, calories, and comparisons; plan a menu to reach your personal goals; involve your children in a special section for preschoolers; and, develop a personal tracker for your food and physical activity.

March is National Nutrition Month. This campaign through the American Dietetic Association focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This edition of Wellness Matters is filled with nutritional ideas and can be used as a great starting point!

Do you need help reaching your peak performance? Contact your health experts on the Wellness Team at 648-3057; our registered dietitians, exercise physiologist and public health specialists are eager to assist you in making a plan to reach your GOLD!



Nutrition: From the Ground Up

It's common knowledge that a healthful diet is an important part of a healthy lifestyle, but most people have trouble figuring out what to do when planning a complete diet overhaul. During National Nutrition Month®, the American Dietetic Association reminds everyone that an easy way to focus on eating better is to start with the basics: build your nutritional health from the ground up.

Start by making small changes and soon you will have a strong nutritional foundation to fuel your body, improving your performance in all of life's activities.



Focus on fruits and veggies: Most Americans fall short of the recommended daily intake of fruits and vegetables. Try to add a serving each day to one meal and increase it every few weeks. Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from

whole fruits and vegetables to help you get enough fiber.

Look locally: From farmer's markets to community-supported agriculture, you have many options to find new, fresh foods in your area. Not only will you be eating foods at the peak of their nutrition and taste, you will also be supporting your local community at the same time.

Make calories count: Eating a healthy diet is about choosing foods that give you enough of the nutrients you need for good health and limiting those that may contribute to health problems. When you are making food choices, focus on the one with more of the vitamins and nutrients that you need. Remember that sometimes foods with fewer calories aren't always the healthiest options. To figure out how many calories you need to achieve a healthy weight, visit www.mypyramid.gov.

Test your taste buds: A healthy eating plan emphasizes fruits, vegetables, whole grains, low-fat or fat-free dairy and includes lean meats, poultry, fish, beans and nuts. Cutting down on sugar, salt or fat is also recommended. To prepare healthy foods without sacrificing flavor, try new foods, new methods of cooking, new recipes, and new tastes. Learn to use herbs and spices to boost flavor without adding calories. Experiment and be creative. Enjoy the food you eat, but just remember to keep track of how much of it you're eating.

Trick yourself with treats: A healthful diet is all about moderation. Save your treats for special occasions and indulge in the appropriate portion size. Savor each bite, eating it slowly.

Seafood: Watch Mercury

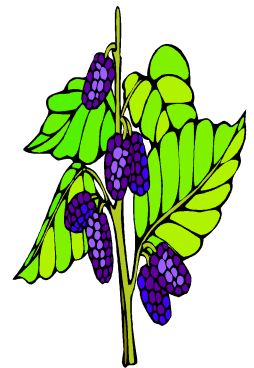
While there are many nutritional benefits to eating seafood, there are also risks. One is the level of mercury found in many fish and shellfish. Mercury accumulates in the body and can pose numerous health challenges, especially to people with vulnerable immune systems. Higher levels of mercury can impede the development of the nervous system in fetuses and small children.

The Food and Drug Administration and the Environmental Protection Agency have issued an advisory that women of childbearing age who may become pregnant, small children, and mothers who are breastfeeding should avoid eating shark, swordfish, king mackerel, and tilefish. Women who are pregnant or plan to become pregnant may safely eat up to 12 ounces per week of seafood with a lower level of mercury, such as shrimp, canned light tuna, salmon, pollock, and catfish. The advisory recommends that vulnerable populations limit their intake of albacore "white" tuna to 6 ounces per week. The advisory can be found online at <http://www.fda.gov/Food/default.htm>. To further help you determine what seafood is safest and how much of it you can eat, check out the mercury calculator at www.gotmercury.org.

The Color Purple

Anthocyanins are naturally occurring pigments in blackberries, cranberries, and chokeberries and are known to offer protection against certain cancers, cardiovascular diseases, and age-related degenerative diseases. Yet most people don't eat large quantities of these fruits. So, scientists have been researching ways to elevate the levels of similar health-promoting compounds in the fruits and vegetables eaten more often by people.

Recently, snapdragon genes were successfully activated in tomato plants, hence creating purple tomatoes high in anthocyanins. When these purple tomatoes were used to supplement the diets of cancer-susceptible mice, the life spans of the mice were significantly extended as compared to a supplementation of ordinary red tomatoes. Scientists hope to broaden this research so that common foods eaten by the general population can provide as many positive health effects as possible.



Healthier at Home

- ☛ Do you seek medical advice from relatives, friends or an unreliable Internet site?
- ☛ If a question arises in the middle of the night, who do you call?
- ☛ How often have you rushed to the emergency room to calm your fears?

There is a lot to know about health care, and the Wellness Team wants to provide you with a quick and easy reference book to help you in the decision making process. *Healthier at Home, the Guide to Self-Care & Wise Health Consumerism* outlines the signs and symptoms of over 450 different conditions and diseases. It provides medical self care advice and reliable Internet references to learn more.

Employees will receive a copy of *Healthier at Home, the Guide to Self-Care & Wise Health Consumerism* and receive Professional Development Inservice Points by attending a 15-minute inservice at your school or worksite. **The \$20 book is FREE** through the *Healthier at Home, the Guide to Self-Care & Wise Health Consumerism* training.

Call the Wellness Team at 648-3057 to schedule this training for your school or worksite.

Diagnosis: Cancer

This year approximately 3,000 individuals in Polk County will be diagnosed with cancer; chances are that one of them will be a close relative or friend. There are so many choices and decisions to make regarding surgery, treatment and survival that it becomes mind-boggling and frightening. Please know there is help!

The American Cancer Society (ACS) is a great resource to turn to. ACS can direct you to information regarding the cancer diagnosis, and it can also provide assistance during and after cancer treatment.

The local ACS (www.cancer.org) offices offer a free **Gift Closet** for cancer patients who do not have insurance that cover gift items or supplies. Items in the Gift Closet include: wigs, hats, turbans, breast prosthesis, mastectomy bras, and ostomy supplies.



Another service is **Road to Recovery** where cancer patients are provided ground transportation to cancer-related appointments like chemotherapy and radiation.

To learn more about other FREE services through ACS, contact **1-800-ACS-2345** or **(863) 688-2326**.

Dealing with Stress, Finances & Burnout

- ☛ Can you manage stress at work and home?
- ☛ Do you feel you are in a financial crisis?
- ☛ Are you experiencing job burnout?



You are not alone. Horizon Health, our employee assistance program (EAP), is offering classes to help PCSB employees deal with some of these issues. Classes are offered at no cost and are open to all PCSB employees and their family members. Please call the Wellness Team at (863) 648-3057 to register.

Balancing Work & Home	Ridge Career Center	March 9 & 16
Dealing with Job Burnout	Sleepy Hill Elem	March 11
Money Basics	Fort Meade Senior	March 11
Balancing Work & Home	Bartow Senior	March 18 & 25
Preparing for Retirement	Ben Hill Griffin Elem	March 16
Negativity at Work	Highlands Grove Elem	March 16
Money Basics	Jim Miles	March 23
Dealing with Job Burnout	Jim Miles	April 8
Getting/Keeping Good Credit	Pinewood Elem	April 6
Negativity at Work	Lake Marion Creek Elem	April 13

To reach Horizon Health, please call **800-272-7252** or visit the website at www.horizoncarelink.com.



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

Save \$400 per year!

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

Education/Mark Wilcox Center:

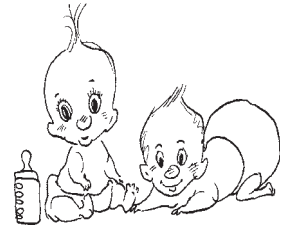
- Medical Issues in Diabetes—04/08/2010
- Nutrition & Exercise—04/15/2010
- Advanced Diet Planning—04/22/2010
- Hypertension & Heart Disease—04/29/2010

Classes will be held in the Mark Wilcox Center, 611 Post Avenue SW, Winter Haven, 33880

All classes start at 4:30 PM, and registration is required. Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information.

Healthy Babies

Are you thinking about having a baby, or are you in your first trimester of pregnancy? If so, you need *Babies & You!** This March of Dimes program is offered to all School Board employees at no cost, **plus you will receive \$100 after the birth of your baby!** *Babies & You* is a 9-hour educational program designed to promote healthy pregnancy and prevent birth defects.



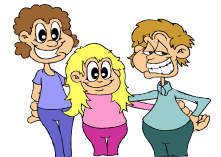
April 8 & 15, 2010
Jim Miles Center
4:30—7:30 pm

*Babies & You**, *Healthy Additions®* and free prenatal vitamins are offered at no cost to expectant (or soon-to-be expectant) Polk County School Board employees covered under the Blue Cross/Blue Shield health insurance plan. A \$100 co-pay reimbursement is given after delivery to those completing the requirements for each program (a maximum of \$200 for completing both programs). Free prenatal vitamins require a prescription from your physician.

Contact Allison at 648-3057 to register for the upcoming spring classes.

Happiness is Contagious

If you want to be happy, try getting close to other happy people. Happiness isn't just an experience or choice, reports a study in the *British Medical Journal*. It depends on how happy those directly and indirectly connected to you are, and requires close proximity in order to spread. For instance, if you have a happy friend who lives within a mile of you, you're 25 percent more likely to be happy yourself, the researchers say. Proximity is key: A person is 42 percent more likely to be happy if a friend who is happy lives less than half a mile away. The effect declines the farther away a happy friend is.



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.

3/1	FROSTPROOF EL	3/25	LK ALFRED-ADDAIR MID	4/14	COMBEE EL
3/2	CHAIN OF LAKES EL	3/26	PINEWOOD EL	4/19	BRIGHAM ACAD
3/3	LAKE GIBSON MID	4/5	UNION ACADEMY	4/20	RIDGE CAREER CTR
3/4	LINCOLN AVENUE ACAD	4/6	DORIS SANDERS CTR	4/21	GIBBONS STREET EL
3/5	RIDGE COMMUNITY SR	4/7	EAST AREA ADULT	4/26	EAGLE LAKE EL
3/8	SNIVELY EL	4/8	KATHLEEN EL	4/27	SCOTT LAKE EL
3/22	CHURCHWELL EL	4/9	SE ESE OFFICE	4/28	SCOTT LAKE EL
3/23	HIGHLAND CITY EL	4/12	CARLTON PALMORE EL	4/29	LAKE MARION CREEK EL
3/24	WAHNETA EL	4/13	PALMETTO EL	4/30	BOONE MID

Get On The Bus!