



Wellness Wednesday

Health E-News

Volume 2 • Issue 17 • May 5, 2010

Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Stroke
- ♥ Pets
- ♥ Happenings
- ♥ Osteoporosis
- ♥ Personality
- ♥ Go Green
- ♥ Water
- ♥ Fiber

May is National Stroke Month

Stroke is the third leading cause of death and a leading cause of disability in America. To reduce the incidence of stroke through education and awareness, throughout the month of May find helpful information right here!



Know Stroke Symptoms

Stroke strikes **F.A.S.T.** and you should, too! Many people don't know that if you can recognize the symptoms of a stroke you can save not only your life, but maybe the life of someone else. Being able to recognize symptoms and to understand that they signal an emergency, you are able to seek medical attention quickly. Treatment exists to minimize the effects of stroke; however it must be given within 3 hours of the first symptom. It is easy for people to recognize stroke symptoms by learning to act **F.A.S.T.** and calling 9-1-1.

F=Face—Ask the person to smile. Does one side of the face droop?

A=Arms—Ask the person to raise both arms. Does one arm drift downward?

S=Speech—Ask the person to repeat a simple sentence. Are the words slurred?

T=Time—If you observe any of these signs, CALL 9-1-1!

Pets Improve Health and Fitness

You come home from a long day at work, ready to put your feet up and relax for a while. When you open the door to find your furry friend waiting, hoping that it's time for a walk or a game of fetch, what do you do? Do you ignore the wagging tail, those big eyes, and that look of excitement? Of course not! You decide that relaxing can wait, and you head out with Fido for a little activity. Studies have shown a link between pet ownership and health. [More...](#)



Healthy Happenings

Health Screenings—If you are a PCSB employee who participates in the 3160/3161 HRA insurance plan, and **HAVE NOT YET** completed the PHA and health screening required to receive the \$500 HRA contribution for the **2009/2010 period, this is your last chance:**

◇ May 25, 2010—Lakeland Senior, Cafeteria; 1:30pm – 6:30pm.

◇ [Register here](#) or call or call 1-800-545-6565, ext. 37832 if you do not have internet access. [Click here for more information...](#) (scroll down once at the web page)

2010 PCSB Summer Boot Camp—Try this 7-week program that offers fitness instruction, nutritional counseling and motivational training—packed with fun and energizing activities designed to help you reach your Wellness goals. [Details...](#)

How Do You Spell STRESS? At times, “life” gets in the way. Help is just a phone call away with the Horizon Health PCSB Employee Assistance Program. [Details...](#)

Wellness Professional Development Opportunities—Learn how to stress less, exercise more and eat better! Get in-service points and incentives. [Email](#) or call 648-3057 to schedule any Wellness Professional Development at your worksite today!

Quit Smoking Now—Free classes in Lakeland beginning May 18th—[Details...](#)

Mother's Day is May 9th—[Healthy gift ideas...](#)

Teacher Appreciation Week is May 3rd—May 7th—[A gift for you...](#)

May is National Osteoporosis Awareness & Prevention Month



Just think about these statistics...Half of all women and one-quarter of men over 50 will break a bone due to [osteoporosis](#), according to the National Institutes of Health. However, you can prevent osteoporosis with healthy lifestyle choices. [Begin strengthening your bones with these 31 daily tips...](#) Check out these [dairy-free sources of calcium...](#)

Personality and Lifestyle

When Robert works, he's glued to his computer screen, consumed for hours with phone calls and deadlines, oblivious to hunger pangs. He often skips meals or grabs whatever might be in his desk drawer—potato chips, Girl Scout cookies, leftover Christmas candy. Over the last couple of years, he has started gaining weight, despite intensifying his exercise regimen, and he can't figure out why. Meanwhile, Angela, a mother of three, has started losing weight since she opened a new business. Where she once ate because she was bored, she's now so busy that she only eats when she's truly hungry. Although she fits exercise into her schedule only occasionally, the pounds just seem to be melting off. Both people are busy with work, but it affects their weights differently—[what's going on?](#)



Go Green While Getting Lean



With all the buzz about reducing our carbon footprints, it stands to reason that we can shed pounds while lightening our load on the earth. From "up-cycled" fitness gear to cork yoga blocks and self-powered workouts, these eco-friendly fitness tips will help trim your waist *and* your waste. [More...](#)

Water... A Key to Life!

Water accounts for approximately 60% of a person's body weight and is probably the most overlooked nutrient in the American diet! Typically, we don't think about drinking water until we're thirsty, by which time we are already in a dehydrated state. Water is involved in most chemical reactions our body performs in order to sustain life—making water a vital nutrient! Yet many people are still not getting the recommended six to eight 8-ounce glasses of fluids each day. The importance of keeping the body properly hydrated cannot be emphasized enough for these [reasons...](#)



Full of Fiber



Fiber is one of the easiest nutrients to incorporate into your diet, and one of the most important. However, many Americans don't get the much needed 25 to 30 grams recommended daily for a healthy diet. Insufficient fiber intake can increase your risk for many health problems, including constipation, high cholesterol, weight gain, irritable bowel syndrome, heart disease and colon cancer. [Simple ways to boost your fiber intake...](#)

[Wellness Wednesday Archives](#) • [Wellness Matters Archives](#)

Prepared for you weekly by the **PCSB Employee Wellness Program**

3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057

Supported by a grant from the Florida Department of Health

Questions or comments? Contact your [Wellness Team](#) here (scroll down)

[Links may be inactive when viewed through web mail or forwarded](#)

[Loss of formatting may be present when viewed in version 2003](#)

