



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

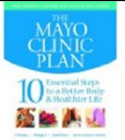
- ♥ Professional Development
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Begin 2010 With Wellness at Your Worksite

- **"Healthier at Home"**—A 15 minute in-service designed to help you save on medical costs and improve well-being. Receive in-service points and a 416 page self care text. Call 648-3057 to schedule.
- **Fitness, Nutrition, Stress Management and Goal Setting Classes**—Receive in-service points, incentives and valuable information. Call 648-3057 to schedule a 15 minute professional development opportunity for your next staff meeting.
- **L.O.S.E. and ABCs of Diabetes Screening** will be held January 23, 2010 at Eye Express in Winter Haven. If your health is weighing you down please email [Jennifer](#) to register. [Details...](#)

Take Ten...

...**Steps to a Healthier Life with the Mayo Clinic Plan** presented by your Wellness Team. Learn Self-Care, Fitness, Stress and Nutrition in a series of four different sessions. Attend all four and receive a **FREE** copy of the Mayo Clinic Plan book valued at \$25. [Dates, locations, times, how to register ...](#)



VOLUNTEERS ARE NEEDED for the 9th Annual PCSB Employee Health Fair scheduled for March 6, 2010 from 7:00 am to noon at the Highland Church of the Nazarene, 4777 Lakeland Highland Blvd. in Lakeland. All volunteers receive a complimentary tee shirt, breakfast and lunch the day of the fair, and may get lab work before the health fair begins. Email [Jennifer](#) to volunteer!



Wellness Events

- **1st Annual Healthy Living Expo** • Sat. Jan. 9, 2010 • 10:00 am—3:00 pm. [Details...](#)
- **SAFE KIDS** • Did you know that four out of five car seats are not installed properly? Could yours be one of them? Get checked January 9th. [Details...](#)
- **Nutrition and Fitness Challenge** • Take small steps toward a healthier lifestyle with a free four week motivator beginning January 12th. [Details...](#)

Are you D-prived?



Many Americans are missing out on vitamin D, so much that the deficiency in this country is being called a silent epidemic. Why are experts so concerned? The health benefits of vitamin D go beyond working with calcium to build strong bones. Emerging science suggests that vitamin D may help protect against heart disease, high blood pressure, diabetes and certain cancers. Some studies even indicate that vitamin D may help strengthen our defenses—warding off the flu and other illnesses. There are even preliminary studies that suggest vitamin D is linked to longevity. [Learn more...](#)

Internal Jogging Improves Health

How do you reduce the levels of chronic stress in your body, enhance your lifespan, boost immune system function, protect your nervous system and give your endocrine system a much-needed rest? Fortunately there are several easy ways to do this. Let's start with the easiest one: LAUGHTER! You may be familiar with Norman Cousins who literally laughed himself back to health. After being diagnosed with a life-threatening illness, Cousins checked himself out of the hospital, into a hotel and immersed himself in only funny movies and television shows including Charlie Chaplin and "Candid Camera." His illness disappeared. From this experience, he wrote an enlightening book, "Anatomy of an Illness." [More on the benefits of laughter...](#)



Motivation Matters

Motivation is the activation of goal-oriented behavior, such as getting a grip on stress, improving nutrition or beginning and sticking with a fitness program. Change is not easy and is accomplished best by first setting goals followed by taking baby steps. [Read tips](#) from a [former Olympian](#) about getting and maintaining the motivation to begin walking, jogging or running. Of course these techniques can be used to stay motivated for any goal! Learn how to set attainable goals in a brief professional development session presented by your Wellness Team at your next staff meeting. [Details...](#)

We've Got the Whole World in Our Hands...

... and what are we doing with her? [Environmental wellness](#) is a social responsibility for each and every one of us. Preservation of our precious natural resources has neither beginning nor end, but is circular like the globe. Small steps equal large changes. [100 ways to make a difference...](#) See the [January 2010](#) edition of [Wellness Matters](#) for more on Wellness dimensions.



Medical Advances of the Decade



The first decade of the 21st Century brought a number of discoveries, mistakes, and medical advances that have influenced medicine from the patient's bedside to the medicine cabinet. In some cases these advances changed deep-seated beliefs in medicine; in others, they opened up possibilities beyond what doctors thought was possible years ago. ABC News, in collaboration with *MedPage Today* reached out to more than 800 specialists as well as a distinguished panel of medical historians to put together a top 10 list of medical advances one decade into this century. [And the winners are...](#)

U.S. Health of the Decade

Healthy People objectives were first created in the late 1970s to set an agenda for getting Americans to live longer, healthier lives. It was also an attempt to involve the public and emphasize that many health problems are preventable. Every 10 years, the U.S. Department of Health and Human Services reassesses the goals, and reports on progress made in the previous decade. How did we do this decade? By many measures, not so hot. There are more obese Americans than a decade ago, not fewer. We eat more salt and fat, not less. More of us have high blood pressure. More of our children have untreated tooth decay. But the nation has made at least some progress on many other goals. Vaccination rates improved. Most workplace injuries are down. And deaths rates from stroke, cancer and heart disease are all dropping. [Read more...](#)



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

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