



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

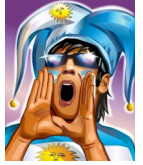
- ♥ \$500 HRA
- ♥ Screenings
- ♥ Happenings
- ♥ Fishy
- ♥ Yoga
- ♥ Dangerous Mix
- ♥ Mood
- ♥ Influenced?
- ♥ Happy Heart

Calories can easily creep into your body... if you invite them in! Know your sugar! [More...](#)



LAST CALL FOR THE HEALTH FAIR!!!

GO GREEN with the Wellness Team this Saturday at the **9th Annual PCSB Health Fair**, between 7 am and noon at the Highland Park Church of the Nazarene (4777 Lakeland Highland Blvd.) in Lakeland. **In keeping with the GREEN theme, remember that 'one person's junk is another's treasure!'** Recycling boxes will be provided by the **Lions Club** to collect eye glasses, by **FitNiche** for unwanted footwear and by the **Polk Education Foundation** for any and all electronics. **Please bring any of these old discards with you Saturday.** Don't miss the physician question and answer panel provided by the Lakeland Regional Cancer Center from 9:30-10:30 in the front lobby and the Zumba demonstration immediately following. Email your questions for the doctors in advance to Jamie.baker@polk-fl.net. [Find answers to "Frequently Asked Questions" about the Health Fair here...](#) [Register here...](#) for the health fair! [Email here](#) to volunteer!



Free Screenings Valued at \$1200+ at the Health Fair

Don't miss this FREE opportunity to know what's up in your blood! Lab work at the health fair includes total cholesterol, LDL, HDL, triglycerides, VLDL, TC/HDL ratio, glucose, insulin, insulin resistance index and PSA for men. Be sure to **fast for 8 hours prior to your lab work** and take blood pressure medications with water only. Diabetes medications should be taken **following** your lab work. Get a **free "recycled" T-shirt** from health fairs past and refreshments following your blood screening! PCSB employees who are enrolled in the new **3160/3161 HRA Insurance Plan** AND HAVE NOT received the \$500 HRA contribution for the 2009/10 plan year (October 2009-December 2010) will get credit with this lab work. If you have already received your \$500 HRA contribution for 2009/10, complete this lab work and a PHA and receive credit for your 2011 \$500 HRA contribution. This \$500 contribution will not otherwise be available until January 1, 2011. **Cancer screenings** are provided by Lakeland Regional Cancer Center for those with PCSB BC/BS insurance. You must have your insurance card at the time of the screening to verify your coverage. **Other screenings** include blood pressure, height, weight, Peripheral Artery Disease (PAD), memory, depression, vision, hearing, lung function, balance, body composition and more! Get a massage, a manicure and plenty of free food, prizes, and incentives. The Wellness Team will be setting up for the fair all day Friday, March 5th and therefore, unavailable to answer phone calls. See you Saturday!



Wellness Professional Development

Horizon Health—Are you wondering how to handle stress at work and home? Are you in need of financial advice? Are you experiencing job burnout? Let the PCSB Employee Assistance Program (Horizon Health) and the Wellness Program assist you with informative one-hour workshops. [More...](#)

Healthier at Home—Get reliable facts and in-service points with the **"Healthier at Home"** 416-page text provided by the PCSB Wellness Team. Call 648-3057 to get a **FREE** copy for every employee who attends a 20-minute session at your worksite! [More...](#)

Interactive Wellness Professional Development Opportunities—Stress Management, Nutrition, Resistance Training (get your own resistance band!)—Get in-service points and incentives. Email Jan or call 648-3057 to schedule a 20 minute session at your worksite during your next staff meeting.

Fishy Business

Doctors and other health experts once warned folks away from clams, shrimp, crab and other shellfish because they were too high in cholesterol. Well, it turns out that shellfish can still be a tasty part of a heart-healthy diet. Shellfish contain a combination of dietary cholesterol and similar compounds called sterols, which won't negatively affect your heart. Since it's okay to get some cholesterol from food, enjoying sensible portions of lobster, shrimp or other shellfish is fine even if you're watching your cholesterol. [More...](#)



Yoga For Hypertension

Have you checked your blood pressure lately? Remember, elevated blood pressure, clinically known as [hypertension](#), is a primary risk leading to heart disease and stroke. Several strategies can help prevent or reduce hypertension, including dietary adjustments like reducing sodium and increasing the consumption of whole grains, fruit and veggies (see the [D.A.S. H. eating plan](#)), getting 30 minutes of exercise daily, avoiding tobacco, and practicing stress relieving activities like yoga and meditation. The regular practice of Yoga exercises improve blood pressure by reducing stress while calming the mind and body. As an added bonus, you will quickly notice improvements in strength and flexibility. [Yoga poses to reduce hypertension...](#) [Email Wellness](#) to schedule a 30-minute Yoga/Stress Management in-service at your worksite. Learn techniques suitable to be performed at your desk to reduce everyday stress.



A Dangerous Mix

College-age drinkers who swill alcoholic energy-drink cocktails are three times more likely than alcohol-only drinkers to leave a bar drunk. To make matters worse, individuals drinking energy cocktails are four times more likely to attempt drunken driving, find University of Florida researchers Dennis Thombs, PhD, and colleagues. "Combining energy drinks and alcohol can trick the brain, making people think they're sober—or sober enough—when they're not," Thombs told WebMD. [More...](#)



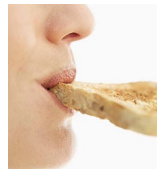
What Color is Your Mood?

Does mood really affect color preference? To find out, Peter Whorwell, MD, PhD, of University Hospital South Manchester and colleagues created what they call the "Manchester Color Wheel." "Colors are frequently used to describe emotions, such as being 'green with envy' or 'in the blues,'" Whorwell says in a news release. The color wheel included a variety of colors and shades of black, white, gray, red, orange, yellow, green, blue, purple, brown and pink. What did they find? [Read more...](#)



Who's Your Influencer?

As if being mindful of your own eating habits isn't hard enough, now research suggests you might want to watch other people's, too. Humans are social mimics, meaning we mirror the behavior of those around us, says Gavan Fitzsimons, PhD, professor of marketing and psychology at Duke University. Who may be influencing you?? [More...](#)



Be Happy for Heart Health

Do you find joy, excitement, and contentment in your daily life? If so, you may be more protected from cardiovascular disease over those who are regularly less joyous and more discontent. According to researchers, higher levels of positive affect, a measure of happiness, were associated with a significantly lower risk of having a cardiovascular event over a 10-year period. The association remained significant even after accounting for negative emotions, including depression, anxiety, and hostility, they reported online in the *European Heart Journal*. [More...](#)



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