



Wellness Wednesday

Health E-News

Volume 3 • Issue 10 • March 9, 2011

Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Dietitian Day
- ♥ Challenge 2
- ♥ Happenings
- ♥ Kidney Month
- ♥ Sodium Cuts
- ♥ DASH
- ♥ Nature Deficit
- ♥ Crisis

Today is Registered Dietitian Day

Wednesday, March 9th, has been designated Registered Dietitian Day, when the American Dietetic Association reminds everyone that the best source of practical, affordable and accurate nutrition information is a registered dietitian. [Learn the top 10 reasons...](#) Did you know that the PCSB Wellness Program has three registered dietitians on staff? [Meet Jennifer, Allison and Janet...](#)

Eat Right With Color Challenge Week 2

[Click here](#) to enter the second challenge which ends March 22nd at midnight and stay tuned right here next week for color challenge number three!



Wellness Happenings

- ♥ **Financial Management Classes**—[Register here...](#) Additional [details...](#)
- ♥ **Get 15% off athletic shoes this month at FitNiche and visit the Brooks Run Happy Bus, March 10th**—Win prizes! [Details...](#)
- ♥ **Two ABCs of Diabetes refresher classes offered in March**—*Interactive Mapping*, March 10th at the Bartow Airbase Wright Brothers room; 4:30—6:00pm or *Interactive Chair Exercise Class*, suitable for all fitness levels—March 24th at the Jim Miles Citrus room; 4:30-6:00pm. Please [email](#) or call 648-3057 to register. [More...](#)
- ♥ The American Diabetes Association Alert DaySM is a one-day "wake-up" call asking the American public to take the Diabetes Risk Test to find out if they are at risk for developing type 2 diabetes. [More...](#)
- ♥ Check out the variety of Wellness activities provided by the PCSB Wellness Program. [Details...](#) Fitness opportunities. [Details...](#)
- ♥ **Wellness Communities**—Welcome to **Wellness Communities**. Are you looking for a Fitness Pal? Do you have a question or comment to share with other employees regarding diabetes, weight management, stress, tobacco cessation or financial matters? Or would you like to share a success story? [Login to Blackboard](#) using your first.last name and PCSB password. You will see in the upper right-hand corner. Click there and choose your forum. [Email questions or comments here...](#)

National Kidney Month



Kidney disease is a major risk factor for cardiovascular disease, affecting more than 26 million Americans. A majority of these people are unaware that the illness is sneaking up on them, as the presence of symptoms is rare. Anyone with high blood pressure, diabetes or a family history of kidney disease is at risk and should get his or her kidneys checked out. March is National Kidney Month and March 10 is World Kidney Day, the ideal time to learn more and take action. *Protect Your Kidneys and Save Your Heart...* [Click here](#) to find out about risk factors, prevention tips and free screenings in your area.. [More...](#)

Sodium Cuts Expected



The amount of salt added to processed foods by food manufacturers and restaurateurs has come under fire, due to ever increasing rates of hypertension... the silent killer. While the government's food agency, the Food and Drug Administration (FDA), does not regulate the amount of sodium in foods, a new initiative is pushing for a voluntary reduction of sodium by the food industry. Proposed by New York City and led by a partnership of cities, states, national health organizations, and food manufacturers, the [National Salt Reduction Initiative](#) (NSRI) is a voluntary program that aims to lower added salt by 25% over 5 years. [More...](#)

The DASH Eating Plan

D.A.S.H. stands for *Dietary Approaches to Stop Hypertension* and has been shown to help people reduce sodium intake by consuming lots of fruit, vegetables, whole grains, lean meats and low fat dairy. **D.A.S.H.** is an easy plan to follow, as one is only required to count the number of servings consumed from each food group AND provides examples of what a serving consists of to take away the guess work. [Check out D.A.S.H.](#) and begin reducing or preventing hypertension and kidney disease today!



What is Nature Deficit Disorder?



Are you overweight, overwhelmed, overworked, overly anxious or simply in need of a change of pace... literally? These symptoms could be the result of "nature-deficit disorder." In his book, *Last Child in the Woods*, Richard Louv describes nature-deficit disorder as a modern condition where people, particularly children, have become unplugged from trees, animals and all of nature in exchange for the electrical socket. Luckily, this is one condition that has a simple solution... get outdoors! [Friends of the Park and Trek Ten Trails](#) are hosting a guided hike at [Lake Parker Park](#), Saturday, March 12th at 9am. Begin spring break on your feet and join members of the Wellness Team for this therapeutic hike. The first 20 employees to arrive will receive a GREEN pedometer! We look forward to seeing you there. [Please RSVP](#) if you plan to attend.

A Brief History of a Current Crisis



Back in 1953, Dr. Hans Kraus, M.D., associate professor of physical medicine and rehabilitation at New York University, sounded an alarm. Kraus and his associate, Ms. Bonnie Prudden, published an article, "Muscular Fitness and Health," in the *Journal of the American Association for Health, Physical Education, and Recreation*, claiming that the nation was becoming soft. The affluent lifestyle of 20th century America had made life so easy and effortless that American adults and children were rapidly losing muscle tone. To compensate, the authors warned, Americans would have to engage in regular exercise to attain a state of physical fitness comparable to that of an earlier era, when Americans walked for transportation, worked on farms, and accomplished most activities of daily living and work through manual labor. From this observation the [President's Council on Youth Fitness](#) was born in 1956. Unfortunately, the message did not achieve the desired results.

In 1990, the Department of Health and Human Services released [Healthy People 2000](#)—a set of 319 national health promotion and disease prevention objectives aimed at improving the health of Americans by the end of the century. Healthy People 2000 was followed by Healthy People 2010 and now 2020. A majority of these goals are attainable with... you guessed it... daily activity, proper nutrition, stress management and tobacco cessation. Please visit the [PCSB Wellness Program](#) or call 648-3057 to learn how to become a "Healthy Person" with free prevention interventions!

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.

