



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

Take the FINAL Color Splash Challenge!

- ♥ Final Splash
- ♥ Happenings
- ♥ Health Fair
- ♥ Sleep Deprived
- ♥ Know Your #s
- ♥ Wellness Wise

Click [here](#) to enter the fourth and final nutrition challenge which ends April 5th at midnight. Although *Nutrition Month* will conclude tomorrow, there is no end to the importance of fueling our bodies with high octane fuel... fruit, veggies, whole grains, lean protein, low fat or non fat dairy, beans, seeds, nuts and unsaturated fats are wise choices.

Food-O-Meter Check your caloric intake



Food /Fitness Planner

Food *quality* is only half of the formula when considering a healthy eating plan. In a society where almost 75% of the population is overweight or obese at an annual cost of \$147 billion dollars; the *quantity* of food eaten really matters. How can a light bulb, a baseball, a pencil, a deck of cards or a pair of dice help you with portion sizes? [Click here to find out...](#) For personalized nutrition or fitness assistance, please call the PCSB Wellness Program at 648-3057.

Wellness Happenings

CONGRATULATIONS TO RICHARD TONEY FROM THE L-6 MAINTENANCE SHOP, THE WINNER OF THE LAKELAND HEALTH FAIR-TRADEWINDS RESORT VACATION PACKAGE IN ST. PETE BEACH! DON'T FORGET YOUR SUNSCREEN!

♥ **Financial Management**— Why is there always so much of the month left at the end of the money? Few will deny the stress associated with money woes. Learn how to improve your financial wellness by attending free classes taught by the PCSB Employee Assistance Program (EAP). [Click here](#) for details and to register.

♥ **Couponing Classes**—Cut your grocery bills in half and then some! The savings are amazing! April classes are already full. Register for May classes at the district office and stay tuned for additional offerings! [Details...](#)

♥ **Zumbathon**—Get fit, have fun, and support the American Cancer Society—April 9th in Lakeland. [Details...](#)

♥ **FREE Smoking Cessation Classes**—Jim Miles Center May 5th—June 9th, 5:00—6:00pm and April 15th—May 27th at Sandhill Elementary, 3:30—4:30pm. [Details and complete 2011 schedule...](#)

♥ **The Third Annual Tobacco Free Florida Week is March 28-April 2, 2011**—Hear one man's story of cancer survival on March 31st. [Details...](#)

♥ **New Zumba Class added to the employee group fitness schedule**—Mondays and Wednesdays from 5:15 – 6:15pm at the Summerlin Academy—Training Room. Those not already registered, may pay a reduced rate of \$15. [Registration form](#) and details.

♥ **Join the Guided Trek10 Hike**—Winter Haven, April 2nd. [Details...](#)

♥ **Are you interested in fitness and in earning a few extra dollars?? This summer, get certified with AFAA and possibly teach fitness to PCSB employees with the PCSB Group Fitness Program!** Study materials must be purchased in advance. [Details...](#)

♥ **EAP Webinars**—Balancing the needs of work, family and friends is one of the most pressing challenges that we face. [Take advantage of free webinars from the EAP...](#) User name: pcs; Password: pcs.

Haines City Health Fair—April 30th



Calling all PCSB Employees who did not attend the **10th Annual Employee Health Fair** Feb. 26th in Lakeland!—Plan to attend the **Haines City Health Fair on April 30th** from 7 AM to 12 noon at the beautiful [Lake Eva Banquet Hall](#) in Haines City. **Volunteers are still needed!** Receive a complimentary t-shirt, breakfast and lunch the day of the fair for your efforts! Please [email Jennifer](#) to sign-up or for information. More than 50 health-related vendors will showcase products and services to help improve personal wellbeing. From 7 AM to 12 noon PM BC/BS will provide individual wellness screenings and Personal Health Assessments. Appointments are required for BC/BS screenings which means no waiting! [Register here no later than April 27th](#) or call 648-3057. Employees enrolled in 3160/3161 BC/BS health plans will receive the \$500 HRA contribution for 2012. Please bring your employee ID badge. In addition, receive two in-service points following your screening! [Click here](#), complete the follow-up and courier to Woodlake Center, Route D, no later than May 27th. If you are getting cancer screenings, please bring your BC/ BS insurance card. *See you at the fair!*

Are You Hungry For Sleep?

A recent [study](#) from Columbia University revealed that adults who slept four hours per night consumed about 300 more calories a day than those who slept nine hours; a potential weight gain of approximately 2.5 pounds over the course of a month or 30 pounds in one year. And ice cream is one of the favorite sleepy time foods! Whether the increase in caloric intake is your attempt to get a shot of quick energy through caffeine and sugar, or the result of a sleep-deprived hormonal imbalance, the fact remains that excess fat weight causes chronic diseases of the heart, brain, musculoskeletal system, metabolism (diabetes) to name a few. One solution—Put the quest for adequate sleep on you're "A" list! Strive for a consistent daily bed time, to eliminate caffeine, sugar, heavy eating and exercise 2-3 hours before bed, avoid technology like TV, computers and phone calls prior to bedtime and make your sleep environment one that feels comfortable and inviting. Over time, these small changes will deliver large rewards. [50 sleep tips...](#)



Know Your Numbers!



PCSB employees have been participating in free health screenings for many years through the Wellness Program. These events provide the opportunity for individuals to check personal risk factors for heart disease, such as blood pressure, cholesterol (LDL and HDL), glucose, triglycerides and body mass index (BMI). Assessing yourself for physical activity is another critical factor! Do you know THESE numbers—how many minutes or steps you accumulate daily? The number of steps you take in a day is a value worth counting and will help to improve other numbers that may be out of range. [Email Jan](#) at the Wellness Program to schedule a 15 minute pedometer workshop at your worksite! Receive a personal pedometer, in-service points and instructions on how small steps can make big health improvements. [Click here for tools](#) to help improve your exercise success. Guess who is credited with the pedometer invention? [Find out...](#)

Wellness Wise

Question: Can attitude truly affect heart health and recovery?

Reply: We are glad you asked! According to a recent study, "Your attitude affects your latitude" may be more than a cliché. Hospitalized patients diagnosed with coronary artery disease who had a positive outlook about their recovery were less likely to die over the next 15 years and had better physical functioning after one year, according to a new study. Previous studies have found that heart patients' optimism and expectations have positively influenced their functional status and return to work. But researchers say this study takes it a step further by showing how patient beliefs affect their health over the long term and ultimate survival. [More...](#)



Wellness Wednesday Archives • Wellness Matters Archives

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