



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Health Fair
- ♥ Happenings
- ♥ Tobacco
- ♥ Child Abuse
- ♥ Fishy
- ♥ Wellness Wise



How well do you know your caffeine? [Take the quiz...](#)

NOT ONE, BUT TWO 2011 PCSB HEALTH FAIRS!

PCSB Employees, did you miss 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, and free breakfast and lunch the day of the fair! Please [email Jennifer](#) to sign-up or for additional information. More than 50 health-related vendors will showcase products and services to help improve personal wellbeing. From 7 AM to 12 noon, 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 qualify for the 2012 \$500 HRA contribution. 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!*



Wellness Happenings

♥ **Employee Assistance Program (EAP)**—Confidential consultation services and resources. Call 800-272-7252. [Benefits at a glance...](#)

♥ **ABCs of Diabetes Classes**—*Top five reasons* to attend April classes at Mark Wilcox Center, 611 Post Ave. SW, Winter Haven from 4:30—6:00 pm: **(1)** You are a PCSB employee with diabetes and are NOT in the program, **(2)** You have recently been diagnosed with diabetes, **(3)** Your fasting blood sugars are over 100, **(3)** You would like a discount on diabetes medications, **(4)** You would like assistance managing diabetes, **(5)** You have a family member with diabetes. [Register today...](#)

- Medical Issues in Diabetes 04/07/2011
- Nutrition and Exercise 04/14/2011
- Advanced Diet Planning 04/21/2011
- Hypertension & Heart Disease 04/28/2011

♥ **Couponing Classes**—How would you like to slice your grocery bills?! The savings can be phenomenal! May classes are being offered at Lake Gibson Middle and at the District Office! [Details...](#) Also, hone up your skills on **Money Matters** and **Savings for Seniors** in April with FREE classes taught by the PCSB Employee Assistance Program. [Details...](#)

♥ **Zumbathon—Three Great Reasons to Participate April 9th in Lakeland**—(1) Support the American Cancer Society, (2) Improve your health, (3) For fun!—[Details...](#)

♥ **March of Dimes March for Babies**—Lake Hollingsworth, April 30th. [Details...](#)

♥ **Lifestyles Family Fitness**—FREE teen summer memberships available. [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...](#)

♥ **Today is National Start Walking Day!**—Did you know that physical inactivity doubles your risk for heart disease? Let's all get up and go! [More...](#)

Tobacco Tid-bits!

The ill effects of tobacco use on your heart and lungs are well known. You may be surprised to see the toxic effects of tobacco use on your skin, hair, eyes, teeth and gums. [Check this out...](#) You may have tried to 'kick the nicotine habit,' only to be sabotaged by well-meaning family members, friends or other environmental factors. Don't despair! Free, professional assistance to help you quit is provided by skilled Tobacco Treatment Specialists through the PCSB Wellness Program not only for employees, but for anyone... So bring a friend! The next classes on the agenda will be held April 15th—May 27th at Sandhill Elementary, 3:30—4:30pm, and at the Jim Miles Center May 5th—June 9th, 5:00—6:00pm. [See details and the 2011 schedule...](#) Let us help you with your battle against tobacco!



Child Abuse Month

April is nationally recognized as *Child Abuse Prevention Month*. The Pinwheels for Prevention® campaign uses a simple child's toy to remind us that we all play an important role in children's lives. During April, local agencies and child advocates will be raising awareness about the importance of taking an active role in promoting healthy child development, positive parenting practices and community action so that child abuse and neglect never occur. Hardee, Highlands and Polk Counties will be proudly displaying pinwheels to serve as a reminder that we all have a responsibility to ensure children grow up healthy and safe in our communities. To find out more about how you can get involved, please visit www.heartlandforchildren.org or www.ounce.org.



Something's Fishy

Proper nutrition, along with being physically active can help people attain and maintain a healthy weight, reduce their risk of chronic disease, and promote overall health. Every 5 years the *Dietary Guidelines for Americans* is published to help Americans make healthy and informed food choices. Unlike the 2005 version, the newly updated edition of the federal government's official guide to healthful eating lists increasing seafood intake among its key recommendations. For example, 8 ounces of seafood is recommended for most people each week. That's two four-ounce servings, more than twice what most people typically consume (3.5 ounces). [Read more](#) to discover the benefits of seafood, consumer concerns, how to easily incorporate more seafood into your meal plan especially if it's not your favorite food and other helpful tips.

Wellness Wise

Question: Time and again employees ask, when do I change my workout? Here are some questions to ask yourself...

- ✓ Am I feeling bored or still challenged?
- ✓ Am I continuing to see results?
- ✓ Am I feeling tired or rundown? Are my muscles more sore than usual?
- ✓ Am I ready for a something new? [Read more](#) to get some insight on whether it's time to change up your exercise routine.



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

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