



# Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

## HIGHLIGHTS

- ♥ Health Fair
- ♥ Testimonial
- ♥ Happenings
- ♥ Group Fitness
- ♥ Memory
- ♥ Get Pet Fit
- ♥ Wellness Wise

## Last Day to Register for the PCSB Haines City Health Fair!

Today is your final opportunity to register for the **PCSB Haines City Health Fair** at the beautiful Lake Eva Banquet Hall. The fair will be held from 7:00am until noon this Saturday, April 30th. Visit over 50 vendors who will be giving out free incentives and valuable information. Employees enrolled in 3160/3161 BC/BS health plans will qualify for a \$500 HRA contribution for 2012 by completing a BC/BS screening. Please bring your employee ID badge. If you are getting cancer screenings, please bring your BC/ BS insurance card. See you at Lake Eva! [Driving Directions...](#)



## FREE Cancer Screenings Saves Lives!

Over the past several years, hundreds of PCSB employees and dependents lives' have been saved by free cancer screenings provided by the Wellness Program and the Lakeland Regional Cancer Center. The following story is just ONE great reason not to miss the Health Fair!

"I attended the PCSB Health Fair at the Highlands Church of the Nazarene in Lakeland this past February so that I could get my screening completed for next year's insurance program. Since I was going to be there anyway, I decided to sign up for all of the other screenings as well. I'm 42 years old, watch my weight and diet, and exercise on a semi-regular basis, so I wasn't expecting any issues. However, when I went to the skin cancer area, the screener noticed an eraser sized red spot on my chest. I assured her that only two weeks earlier when I went through my annual physical, I'd pointed the spot out to my primary care physician and he'd explained that I could expect my skin to change as I got older...something no woman my age wants to hear!

Despite this, she was still concerned about it and noted that I should follow up with a dermatologist. As it turned out, the spot was a basal cell carcinoma, the most common form of skin cancer. My dermatologist was impressed that it was detected so early, and within a week of his initial diagnosis the cancer was removed. While I will now have to continue bi-annual follow-up visits to check for other potential skin cancers, I should have no other concerns from this one because of the good eye of the LRCC screener and the PCSB Health Fair. Thank you!"

—Patricia McLarty, Kathleen Senior • [Annual cancer screening schedule...](#)

## Wellness Happenings

♥ Last opportunity to help Polk County graduating seniors in need— [Details...](#)

♥ ABCs of Diabetes Classes—Cypress Room at the Jim Miles Professional Building, 5204 US Highway 98 S, Lakeland from 4:30—6:00 pm. [Register today...](#)

- Medical Issues in Diabetes 05/05/2011
- Nutrition and Exercise 05/12/2011
- Advanced Diet Planning 05/19/2011
- Hypertension & Heart Disease 05/26/2011

♥ ABCs of Diabetes screening—May 21st in Lakeland. [Register...](#)

♥ ABCs of Diabetes Refresher Class May 19th—*Fitness Made Simple*—Jim Miles Palmetto Room 4:30—6pm. Use a chair, work at your own pace, have fun and get fit! [Register...](#)

♥ Couponing and Financial Management Classes—Drastically cut your grocery bills and get your Financial Wellness moving in the right direction. May classes. [Details...](#)

♥ Chair Yoga Class—Reduce stress, improve strength, flexibility and overall well-being. Suitable for all fitness levels... you will NOT be tied into a pretzel! May 17th at the Jim Miles Center Palmetto Room from 4:30—6pm. [Register...](#)

♥ Employee Assistance Program (EAP)—Do you need help with day-to-day budgeting, money management, retirement planning or other financial issues? [Use these](#) easy-to-use tools provided by Horizon Health. Visit [www.HorizonCareLink.com](http://www.HorizonCareLink.com) for more information. **Login**—PCS; **Password**—PCS

♥ Get certified as a fitness instructor with [AFAA](#) this summer. [Details...](#)

♥ Health Screenings—May 2011—Employees enrolled in 3160/3161 BC/BS health plans will qualify for a \$500 HRA contribution for 2012 by completing a BC/BS screening. [Details...](#)

♥ Lifestyles Family Fitness—PCSB Employees pay only \$19.99 monthly—[Details...](#) FREE teen summer memberships available. [Details...](#)

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

## PCSB Summer Group Fitness Classes

The PCSB Wellness Team has answered your call for the summer! Begin a new fitness regimen or maintain your current fitness level with *Zumba* or a *Total Body* group fitness class. Pay one small fee and attend any or all classes between May 16th and August 4th. Begin the fun with a free open house at each location. Class times will be adjusted at the end of the school year to accommodate summer schedules. As a minimum of 16 participants are required for each class, don't delay—register today! [Details...](#) While you're on the fitness page, check out the great discount offered by Lifestyles for PCSB employees or contact Gold's Gyms to inquire about their special rates.

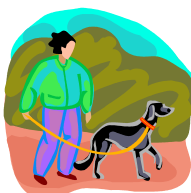
## Lifestyle Habits Affect Memory

Take heed—research continues to reinforce the link between overall health and brain health. Two new, unrelated studies recently released showed that making changes related to high blood pressure, cholesterol and weight—all considered risk factors for Alzheimer's disease—can help improve cognitive functioning. In the first study, researchers found that participants with mild cognitive impairment (MCI) who had high blood pressure, diabetes, cerebrovascular disease and high cholesterol were two times more likely to develop Alzheimer's disease than those without the risk factors. [Learn how lifestyle changes can reduce risk factors...](#) New Alzheimer's Guidelines stress [early detection...](#)



## Let Your Pet Walk YOU!

Did you know that if you own a dog, you are likely to walk twice as much as one who is without a canine pet! The importance of getting daily physical activity cannot be overstated, as lack of movement, otherwise known as 'hypokineses' or sedentary lifestyle, is a primary risk for obesity, diabetes, heart disease, stroke and some cancers. One study showed that dog owners accumulate 300 minutes, or five hours of walking per week... twice the amount of activity as non-dog owners. [More...](#) It may be time to visit your local SPCA. Not only will you save the life of a pet, but you may save your own!



## Wellness Wise

**Question:** Does "An Apple a Day Keep the Doctor Away?"

**Answer:** YES indeed; this is one adage that apparently holds true, according to research. Studies show that an apple a day helps to lower LDL (bad) cholesterol, as well as two other markers associated with plaques and inflammation in the artery walls. In addition, eating an apple a day was associated with blood sugar regulation, appetite control, and protection against cancer. There are lots of varieties of these juicy convenient snacks... so crunch to your 'hearts' content. Enjoy the skin as well, since the sum seems to be more beneficial than its parts. [More...](#)



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

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**Questions or comments?** Contact your [Wellness Team](#) here (scroll down)

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