



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Cancer
- ♥ Save the Date
- ♥ Geo-caching
- ♥ Inactivity
- ♥ Phone Smart

[More Matters Month...](#)



[30 days to more fruits and veggies!](#)



Cancer Thriving & Surviving

Are you or someone you know a cancer survivor who meets the following criteria?

- ⇒ Adults (19 and over) who have been diagnosed with a second or reoccurring cancer within the last 5 years
- ⇒ Are not currently receiving intensive cancer treatment (surgery, radiation and/or chemotherapy)
- ⇒ People on hormonal therapy or long-term maintenance medication can participate
- ⇒ Have access to the internet (high-speed recommended) and an email account
- ⇒ Living in the United States

If the answer is yes, researchers at the [Stanford University School of Medicine](#) are looking for survivors to participate in an internet based study which was designed to help people get the most out of life while living with cancer. [Details...](#)

Save the Date!

♥ **Group Fitness Classes** begin September 20th. Classes are offered at 14 locations throughout the district. One low prices buys you admission into any and all classes! [View the UPDATED schedule...](#) In order to accommodate Ben Hill Griffin employees, the class at Frostproof El. will now begin at 3:45. [Register here...](#) Checks will not be deposited until 10/1.

♥ **Space is still available ONLY at the North Lakeland Gold's location for the NEW LOSE**—Get a **FREE 12-membership** to Gold's Gym! [Details...](#) Call 648-3057.

♥ **Free Stress Management, Nutrition and Fitness Professional Development opportunities at your worksite.** [Get details and register today...](#)

♥ **Making Strides Against Breast Cancer—Join today.** [Details...](#)

♥ The Wellness Team is unveiling a new, e-mail based heart disease program. This free program is titled **Healthier at Heart** and consists of seven newsletters as well as additional information which will be sent once a month from September through June. Please email Allison.sullins@polk-fl.net or Darcee.mora@polk-fl.net to register.

♥ **WalkingWorks!**—“Anywhere” is within walking distance when you MAKE the time! Join your co-workers in **WalkingWorks!**, a six-week non-competitive walking challenge from Sept. 27th through Nov. 4th. Register today; [click here for details...](#)

♥ **Health insurance screenings** will be offered to employees who are enrolled in the 3160/3161 HRA Insurance Plan. Receive a \$500 contribution into your **2011 Health Reimbursement Arrangement (HRA)** by completing a Personal Health Assessment (PHA) & screening provided by Blue Cross and Blue Shield of Florida and the PCSB Wellness Program. Limit one screening per year. [Schedule your screening...](#)

- Sept. 20th—Dennison Middle—2pm—6pm
- Sept. 23rd—Lake Marion Creek Elementary—2pm—6pm
- Sept. 25th; Oct. 2nd; & Oct. 16th—District Office—8am—2pm
- Oct. 9th—Florida Southern—Food Service Staff—6:00am—8:30am
- Oct. 9th—Florida Southern—All Employees—8:45am—noon

♥ **Free Smoking Cessation Classes**—Begin a new, healthier smoke-free life today by getting the tools you need to quit smoking, using a curriculum that was developed by ex-smokers. **Classes begin at Winston Elementary September 28th and Frostproof Elementary September 29th.** [Information and Registration...](#)

♥ **Register for ABCs of Diabetes Refresher Classes...**

♥ **Prescription Drug Seminar September 20th.** [Details...](#) **Earn in-service points...**

♥ **Free resources for teachers...** from [Spark.....](#)

♥ **Babies and You**—*Did you know that 20% of women are obese when they become pregnant?* Unfortunately, obesity increases makes pregnancy, delivery and recovery much more difficult. [More...](#) The PCSB Wellness Program provides an educational March of Dimes preconception program designed to promote healthy pregnancies and prevent birth defects. [Class schedule and details...](#)

Show Me The Cache... Save The Date

How does this sound for multi-tasking fun? Combine exercise, fresh air, stress relief, appreciation of our natural resources, simple technology and a scavenger hunt all in one activity! Do it in your neighborhood, on marked park trails, in the woods... any place in the world. [Let's go Geo-caching!](#) Learn the ins and outs of this active adventure from a true expert. Attend one or both **FREE classes offered by the PCSB Wellness Team at Circle B Reserve in Winter Haven: October 13th, 4:30—6:30pm and October 20th, 5:00—7:00pm.** Classes will include a group 'find' at Circle B with your leader at the helm. Once you learn the simple basics, participate in the one and only 2011 Polk County [Trek 10 Trails](#) program sponsored by [Friends of the Parks](#). Participants who log a minimum of 10 treks by the end of this school year will receive a prize from the Wellness Team. Don't miss this great opportunity. Email [Jan](#) to register for classes.



Inactivity—A Disease?

Where do you stand, sit or fall on the activity scale? Suggestions have been made that physical **INACTIVITY** be classified as a **disease** due to its strong link with poor health. The World Health Organization (WHO) has already identified obesity as a disease because of its undeniable association with diabetes, heart disease, some cancers, hypertension and other chronic health conditions. Since a sedentary lifestyle (inactivity) is part of the root cause of obesity, experts recommend reinforcing the point definitively. Let's talk solutions! Any amount of activity beats nothing! Try these exercises to offset the muscle weakness and tightening that results from excessive sitting at your desk, behind your wheel and at the dinner table. [Ready, set, go...](#)



Phone Smart

Who would have ever believed that your phone could be your pocket pal, be used without wiring, or much less your weight management buddy! New applications for iPhone®, BlackBerry® and other smart phones are helping users track the number of calories and nutrients they consume, as well as the number of calories they burn. With this technology, you can learn to balance caloric intake and activity in real time... eat lunch and immediately log in your meal. The apps rely on databases to record the calorie counts of thousands of foods, whether it's a single item like an apple or a prepared meal like a sub sandwich. No more guesswork. What's more, the new apps are simple, fun and often free. [More...](#)



Wellness Wednesday Archives • Wellness Matters Archives

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