



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?


Volume 2 • Issue 38 • September 29, 2010

HIGHLIGHTS

- ♥ Social Fitness
- ♥ Flu Shots
- ♥ What's Up
- ♥ Bike/Walk
- ♥ Whole Grains
- ♥ Faux Pas
- ♥ Expiration

The 100/0 Principle for Satisfying Relationships



[More Matters Month...](#)  [30 days to more fruits and veggies!](#)

Friendships and Fitness

Whether you're just getting started with a walking program or preparing for a triathlon, getting your friends and family into the game may be just what you need to stay committed or to take



your training to the next level, [10 Ways to Cultivate Social Support for Exercise..](#) and [geo-caching \(click and scroll down\)](#) can help you! [Register for free geo-caching classes](#) provided by the PCSB Wellness Team October 13th and 20th at Circle B Reserve in Winter Haven.

PCSB Seasonal Flu Shot Clinics



Nasal congestion, dry cough, fever, a compromised immune system, loss of those precious 'fitness gains' and an average of 2.8 work days lost... just a few of the unpleasant costs of seasonal influenza. With 10 to 20 percent of the U.S. population infected with this viral disease annually, studies suggest that vaccinating the younger, healthy population is worth the time and money. [More...](#) Save YOUR time, YOUR \$\$\$, and YOUR health! Get vaccinated for seasonal flu or pneumonia at a local PCSB school or worksite through Oct. 16th. [Schedule...](#)

Wellness Happenings

- ♥ **Earn Wellness In-service Points at YOUR worksite**—Get in-service points, incentives and valuable information during your staff meetings. Topics include Stress Management, Fitness, Nutrition and Self Care. Schedule today! [Details...](#)
- ♥ **ABCs of Diabetes**—Pre-diabetics and diabetics receive discounts on diabetes meds and supplies plus FREE screenings and education. [More...](#) [Refresher Classes...](#)
- ♥ **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...](#)
 - Oct. 2nd and 16th—District Office—8:00am—2:00pm
 - Oct. 9th—Florida Southern—Food Service Staff, 6:00am—8:30am
 - Oct. 9th—Florida Southern—All Employees, 8:45am—noon
- ♥ **Health Insurance Open Enrollment Meetings**—[Details...](#) Employee Benefits Staff will be available to provide individual assistance and answer questions.
- ♥ **PCSB Recycling Program Update**—[Details...](#)
- ♥ **Escape to the TradeWinds Resort in St. Pete, where Fall is fabulous**—[Details...](#)

Bike or Walk to School Day Next Wednesday



International Bike and Walk to School Day is October 6th. If you would like to get your community and your school involved, [click here](#) for details. For more information on how to teach your child or students to bike safely, refer to the League of American Bicyclists [kids education program](#). Get the details on how to form a [walking school bus](#).

Whole Grains Month

Health experts agree that people need to eat more whole grains for optimal health. But most people don't know what whole grains are or recognize their health-promoting benefits. *Did you know that:*

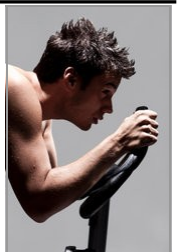
- Corn has almost twice the antioxidant activity of apples, while wheat and oats almost equal broccoli and spinach in health-protective antioxidant activity?
- 78% of Americans say they're trying to eat more whole grains?
- Eating an average of 2.5 servings of whole grain foods each day can lower your risk of cardiovascular disease by almost one-quarter?
- A 2006 study by Tufts University showed that people who consume the most whole grains are 42 percent less likely to develop diabetes?

Every grain starts as a whole grain when it grows from the earth. This whole grain has three parts: the bran, the germ and the endosperm. When grains are processed and refined the bran and germ are removed, leaving behind the white endosperm. During this process, grains lose 25% of their original protein content and 17 other essential nutrients not found in other foods. [More...](#)

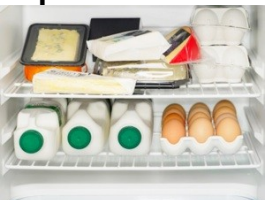


Fitness Faux Pas

Perhaps the biggest *fitness faux pas*, is neglect, as is unfortunately the case with over half of Americans. Once conquering the hurdle of commitment to fitness, other challenges arise. Do you stay hydrated, do you over-train, use improper form, forget to stretch? Discover what pitfalls you need to be aware of and [follow these suggestions](#) to avoid injury and maximize your workouts.



Expiration in Your Fridge



Do you pour the milk down the drain the day it expires? On average, in the U.S. we waste about 14% of the food we buy each year; the average American family of four discarding around \$600 worth of groceries every year. Expiration dates on food products can protect consumer health, but those dates are really more about quality than safety, and if not properly understood, they can also encourage consumers to toss food that is perfectly safe to eat. Which five foods are most often feared as being unsafe after the printed date? [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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