



# Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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## HIGHLIGHTS

- ♥ Go Red
- ♥ Happenings
- ♥ GERD
- ♥ Resistance
- ♥ Supplements
- ♥ Wellness Wise



## Ready, Set, to Go RED for Women!

Support the fight against heart disease in women by wearing RED on **National Wear Red Day®, February 4th**. [Details...](#) Did you know that *although* heart disease is often thought of as a men's issue, more women than men die of heart disease each year! Even more surprising is that women are six times as likely to die of heart disease than from breast cancer. Although pain or pressure in the chest is the most common symptom of heart attack, symptoms in women are often different. What are the risk factors? Is depression related to heart disease? What can you do for prevention? [Learn the answers to these and other questions here...](#)

## FREE Wellness Happenings—January 2011

♥ **LAST CALL! FREE PCSB ABCs of Diabetes Screening** for pre-diabetics (blood sugar above 100 when fasting) and diabetics **this Saturday, 1/22/11, at Phillips, Salomon & Parrish, 215 First Street North, Winter Haven (2 blocks south of hospital)** Avoid letting elevated blood sugar become Type 2 diabetes. Reverse your symptoms today with appropriate lifestyle adjustments. [See schedule of Diabetes classes and program details...](#) To register, [email Allison](#) or call 648-3057.

♥ **Register for group fitness classes today!** [Details...](#)

♥ **Smoking Cessation Classes—2011 Smoking Cessation schedule.**

♥ **Health Screenings for PCSB Employees—Jan. 24th, 1:00—6:00 PM at the Lakeland Senior Cafeteria and Jan. 25th, 2:00—6:00 pm at the Ridge Career Center Community Room.** All PCSB employees are entitled to ONE screening per calendar year and employees who are enrolled in the 3160/3161 insurance plan are entitled to ONE ANNUAL \$500 contribution into their Health Reimbursement Account (HRA) [Registration details...](#) **The January screenings are the last opportunities for the \$500 incentive for the 2011 calendar year.**

♥ **Babies & You and Healthy Addition® Prenatal Program** are offered at no cost to all employees enrolled with PCSB health insurance. Receive \$100 for the completion of *each* program...an extra \$200 for your new arrival! [Program details and class dates...](#)

♥ **Save a Date for one of the 2011 Health Fairs—**Choose between two locations this year... Lakeland or Lake Eva in Haines City. [Details and link to registration...](#)

♥ **Volunteers needed for both PCSB 10th Annual Health Fairs** on Saturday February 26<sup>th</sup> at the Highland Park Church of the Nazarene in S. Lakeland **OR** Saturday April 30<sup>th</sup> at the Lake Eva Banquet Hall in Haines City between 5:30 AM and 2:30 PM. Responsibilities may include registration, vendor relations, bag distribution, or other assignments as necessary. All volunteers receive a complimentary t-shirt, breakfast and lunch the day of the fair, and may get lab work before the health fair begins. Please [email Jennifer](#) to sign-up!

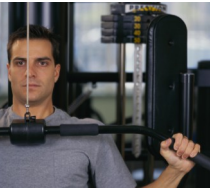
♥ **Learn how to de-stress, to improve your nutrition and to incorporate physical activity into your daily routine...** Get valuable information, in-service points and incentives with Wellness professional development sessions. [Details...](#)

## Let Go of Gastro-intestinal Di-STRESS

[Test your heartburn smarts...](#) **Gastroesophageal Reflux Disease (GERD)**, defined as chronic reflux of stomach acid into the esophagus, affects 5-7% of the population. Symptoms that indicate you could have **GERD** include persistent heartburn and difficulty swallowing due to an inflamed esophagus caused by irritation from stomach acid. The severity of **GERD** depends on the degree of dysfunction of the esophageal sphincter as well as the type and amount of fluid brought up from the stomach. While uncontrollable causes include hiatal hernia, pregnancy and other medical conditions, there are many lifestyle factors affecting gastric health that are within your control. These include limiting or avoiding **alcohol**, attaining a **healthy weight**, avoiding **tobacco**, avoiding **trigger foods**, getting daily **exercise**, avoiding food intake 2-3 hours prior to bedtime and elevating your head with extra pillows when **sleeping**. Finally, letting go of stress will help your gastro-intestinal system relax and function properly. Remember to breathe! [Relieve gastro-intestinal distress...](#)



## Resist Resistance Against Resistance!



You've heard the drill... Exercise prevents and cures many ailments, including but certainly not limited to heart disease, stroke, diabetes, obesity, arthritis, stress and depression. The trick to realizing these incredible, FREE benefits, is to develop a commitment to your "Physical Wellness"... until death do you part! Learning how to work around ailments; establishing a toolbox of different activities to prevent boredom and injuries; and, putting your health at the top of your priority list will assist you in achieving your Wellness goals. Also, familiarize yourself with the components of health related fitness: cardio, resistance (muscular maintenance) and flexibility. Research has shown that resistance training provides similar effects as aerobic exercise in lowering elevated blood pressure; in addition to perks such as increased metabolism (calorie burning), improved muscular strength (no, you will not look like the Hulk) and improved bone health. [More...](#) Check out community fitness discounts offered to PCSB employees and the PCSB group fitness schedule [here...](#)

## Supplement Savvy

Vitamin and mineral supplements are so popular that you can buy them just about anywhere—the drug store, grocery store, mall, the internet, and through home-based distributors. But do you really need them? Will they improve your health? Are they safe? How can you avoid being ripped off? Remember, a poor diet plus supplements remains a poor diet. Food comes first! [More...](#)



## Wellness Wise



*Question:* What is Qigong and can it help with my stress??

*Answer:* Qigong is a 5000 year old dynamic form of movement set to music. Regular practice will help improve circulation, digestion, elimination, dexterity, reflexes, sleep, strength, the immune system and reduce stress to boot! In addition, the meditative aspects of Qigong can enhance spiritual practices regardless of faith or belief. If you would be interested in attending a Qigong workshop after school hours, [please RSVP here.](#)

## Wellness Wednesday Archives • Wellness Matters Archives

Prepared for you weekly by the **PCSB Employee Wellness Program**  
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