



# Wellness Wednesday

Health E-News

Volume2 • Issue 42 • October 27, 2010

Have You Checked Your Blood Pressure Today?

## HIGHLIGHTS

- ♥ Cancer
- ♥ Screenings
- ♥ Education
- ♥ Holiday Meals
- ♥ Resistance
- ♥ Minerals
- ♥ Guess Who?
- ♥ Kidney Walk

Check out [The Cancer Connection...](#)



## Breast Cancer Awareness Month

Can healthy eating and regular exercise really contribute to breast cancer prevention? So far, the evidence says yes. Although the risks you can't control such as age and genetics may loom large, there are risk-reducing habits that you can voluntarily incorporate into your life. Although these measures provide no guarantee that you won't develop breast cancer, they are steps in the right direction towards good health. [Mayo Clinic's tips...](#)

If you or a member of your immediate family have been recently diagnosed with breast cancer and would like a copy of the book *Cancer for Two*, please email [Darcee Mora](#) at the Wellness Program.

♥♥♥♥♥♥♥ [PCSB Cancer Screening Schedule...](#) ♥♥♥♥♥♥♥♥

## Wellness Screenings

♥ **LAST HEALTH INSURANCE SCREENING OF 2010**—Nov. 16th at the Jim Miles Palm Room: 2:00pm—6:00 pm—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...](#)  
**Transportation Screenings**—Nov.3rd—Bartow; Nov.4th—Tennoroc; Nov.10th—Lake Wales: 9am—1pm

## Wellness Professional Development

**Stress Management, Fitness, Nutrition and Self-Care...** the fabulous four topics that when addressed, help reduce risks for the chronic conditions that sap your energy, quality of life and wallet! These conditions include high blood pressure, obesity, diabetes, heart disease, stroke, cancer and arthritis. Get valuable information, in-service points and incentives... conveniently at your staff meetings. [Details...](#) Schedule your classes today [here!](#)

**Interactive ABCs of Diabetes Refresher Class—Chair Exercise and Relaxation—All PCSB employees are welcome**—Get incentives and in-service points; Nov. 4th at the Jim Miles Center in Highland City, Live Oak Room, 4:30-6:00. [Register...](#)

**FREE ABCs of Diabetes Classes—November/December 2010**—Classes will be in the Palmetto Room at the Jim Miles Professional Building, 5204 US Highway 98 S, Lakeland from 4:30pm until 6pm. [Register...](#)

- Medical Issues in Diabetes 11/04/2010
- Nutrition & Exercise 11/11/2010
- Advanced Diet Planning 12/02/2010
- Hypertension & Heart Disease 12/09/2010

Next screening November 13th at the Eye Express in Lakeland.

[Register...](#)



## Healthy Holiday Meal Tips

In the Fall, nothing seems more comforting than sitting down to a delicious, warm meal with your loved ones. But wait, you are trying to eat healthfully! Not to worry—you still can enjoy the enticing richness of autumn's harvest, while meeting your health goals. [These recipe tips will help...](#) [Email](#) your PCSB Registered Dietitians to schedule a "Mindless Eating" or other nutrition professional development session at your worksite. Learn how healthy eating can be delicious, fun and budget friendly! Get in-service points, incentives and great information.

## Avoid Resistance Against Resistance Training!



You hear about them. You use them for physical therapy and see people using them in the gym. They're in stores, on TV, and have entire fitness classes designed around them. You think about these stretchy bands and what good they do, if any at all! [Get the facts about resistance bands here...](#) [Email](#) your PCSB Exercise Physiologist to schedule a resistance band professional development session at your worksite. Learn how to tone your muscles, strengthen your bones and boost your metabolism. Get in-service points and a resistance band! [Exercise Demo...](#)

## Sodium and Potassium—The Dynamic Duo

Essential minerals each play their own role in proper human function; but some, such as *potassium and sodium*, work together as a team! Most people consume too much sodium much to their surprise, as it is often disguised in foods. [For example which do you think has more sodium, one Kaiser roll or 50 salted peanuts?](#) A high level of sodium in the body often results in water retention and **high blood pressure**, which are linked to liver and kidney disease. On the other hand, few people get enough potassium in their diet, which makes the consumption of [potassium-rich food sources](#) critical to good health. Although potassium is found in most foods in their natural form, many people are deficient because their daily salt intake is so high, which drives up the need for more potassium! [Read more about this dynamic duo...](#)

SODIUM SOURCES	
5%	added while cooking
6%	added while eating
12%	natural sources
77%	from processed and prepared foods

## Guess Who??



Can you guess who I am? I inflict myself upon one in three U.S. adults without warning, signs or symptoms; I am a primary risk for heart disease and stroke; I go after your kidneys and I am nicknamed the "silent killer." Impressive eh?? I am high blood pressure and I thrive on inactivity, excess body weight and I love sodium! The PCSB Wellness Program has put blood pressure monitors at all worksites to help stamp me out, since I steal your health and your money!! By checking your blood pressure frequently, like today since it's Wellness Wednesday; getting daily activity; plenty of rest; managing stress and taking your daily dose of fruit, veggies, whole grains, lean meats and low-fat dairy you are liable to get rid of me! For more information contact your [Wellness Team](#).

## Help Defeat Kidney Disease

Given the prevalence of high blood pressure, diabetes and the aging population, it is not surprising that 26 million Americans have kidney disease with another 20 million at high risk. Join the Kidney Walk at Lake Hollingsworth November 6th. [Flyer...](#)

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

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

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Supported by a grant from the Florida Department of Health

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

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