



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

Volume 2 • Issue 45 • November 17, 2010

HIGHLIGHTS

- ♥ Turkey Day
- ♥ Happenings
- ♥ Cockroaches
- ♥ Tobacco Issues
- ♥ Diabetes
- ♥ Be Happy!
- ♥ Wellness Wise

Turkey, Tryptophan and Other Thanksgiving Tips

- Eating turkey makes us sleepy and white meat is a healthier choice than dark meat. [Find out](#) if these bits of wisdom stand up to scientific scrutiny.
- From pumpkin pie to dressing and slimmed down sides...check out these [healthy Thanksgiving recipes...](#)
- Are you ready? Enjoy your time off by avoiding “running around like a turkey without its head” at the last minute. [Checklist...](#)
- Top 10 ways to use [turkey leftovers...](#)



The Wellness Team wishes all employees a happy, healthy Turkey Day! Eat well and remember to take your walk after the feast!

Wellness Happenings

- ♥ **The NEW LOSE (Lessons On Sensible Eating and Exercise)** Kick start 2011 by learning how to gain control of your appetite and stay motivated for physical activity. Get a **FREE 12-week membership to Gold's Gyms** in South Lakeland, North Lakeland and Winter Haven; supported by nutrition education, fitness training and behavioral tips provided by the PCSB Wellness Staff. Classes begin January 10th. Registration is currently underway and space is limited, so register today! [Details...](#)
- ♥ **Get a FREE one-month membership to Lifestyle Family Fitness.** [Click here to download and print your coupon...](#)
- ♥ **24-Hour Cease Fire**—Avoid tobacco for 24 hours and WIN!—Nov. 18th—[Details...](#)
- ♥ **Stress Management, Fitness, Nutrition and Self-Care...** Get valuable information, in-service points and incentives conveniently at your staff meetings. [Details...](#)
- ♥ **“Healthier at Home”**—Benefit from this 15 minute in-service designed for faculty/staff meetings to help you save on medical costs and improve your health. Receive in-service points and a 416 page self care book. Call 648-3057 to schedule your session.
- ♥ **Watson Clinic's Bella Vista Spa** is the perfect place to enjoy the very highest levels of personalized attention. Offering world-class treatments provided by expert therapists, Bella Vista Spa pampers the body, mind and spirit. [Get 10% off any spa service with this coupon...](#)

Cockroach Brains Coming to Your Pharmacy!

Cockroaches may be nasty bugs, but they could help fight even nastier ones. New research finds that the rudimentary brains of cockroaches and locusts teem with antimicrobial compounds that slay harmful *E. coli* and MRSA, the antibiotic-resistant staph bacterium. The work could lead to new compounds for fighting infectious diseases in humans. [Learn more...](#)



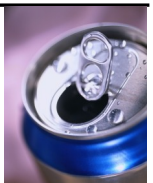
Weight Management Tips For Tobacco Quitters

If you're worried about gaining weight when you quit smoking, you're in good company! Fear of weight gain is one of the biggest reasons smokers are reluctant to quit. The good news is that kicking the habit does not have to result in extra pounds around your mid-section. And, even if you do acquire a few extra pounds, you can use proper nutrition, your clean lungs and your healthy heart to exercise away the excess. [More...](#) For free assistance giving up tobacco, visit the [PCSB Smoking Cessation Web Page](#) and [email](#) your Wellness Team.



Sugar Sweetened Drinks Clearly Linked to Diabetes

Regular consumption of soda and other sugar-sweetened beverages is associated with a clear and consistently greater risk of metabolic syndrome and Type 2 diabetes, according to a meta-analysis of 11 published studies. Sugar-sweetened beverages are made up of energy-containing sweeteners such as sucrose, high-fructose corn syrup, or fruit juice concentrates, all of which have similar metabolic effects. The consumption of such beverages, which includes soft drinks, fruit drinks, iced tea, and energy and vitamin water drinks, has risen globally. According to recent research published in the journal *Physiology & Behavior*, in the U.S. between the late 1970s and 2006 the per capita consumption of sugar-sweetened beverages more than doubled, from 64.4 to 141.7 kcal per day. [More...](#) If your sugar is elevated (pre-diabetic) or if you have diabetes, consider enrolling in the PCSB [ABCs of Diabetes](#). Get discounts on diabetes medication, two free comprehensive annual screenings, lots of education and support. [More information.](#)



30 Days to Greater Happiness

Don't let the turkeys get you down this year! With the fall comes football, bonfires, cooler weather and time off to set healthy goals and rejuvenate. So, flash those pearly whites as often as you can [with these 30 helpful tips](#). Did you know that happy people are generally healthier as well? According to a study from Johns Hopkins, people who were more fit, were also less depressed, had more energy, were less angry and less tense. As we can all use some guidance, follow these [seven habits of fit folks](#) to boost your feeling good factor.



Wellness Wise

You may be suffering from [cyberchondria](#) if your morning tummy ache lead you to a Web search, which convinced you that you must have stomach cancer! Thanks to the Internet, becoming a hypochondriac is much easier than it once was. Although the availability of online health information has helped people make educated decisions, it can be disastrous for those who worry excessively or put too much trust in unworthy sources. [More...](#) Become Wellness Wise with valid facts provided by the PCSB Wellness Team of registered dietitians, exercise physiologists and health educators. Ask us a question and we'll tell you no lies! [Email](#) us your questions and the answers will be posted here each week! To up the bar even further, receive your personal Self Care **“Healthier at Home”** textbook by simply scheduling a professional development session at your worksite! [Details...](#)



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Prepared for you weekly by the **PCSB Employee Wellness Program**
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Supported by a grant from the Florida Department of Health



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