



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Employee Aid
- ♥ Partner
- ♥ Happenings
- ♥ Medications
- ♥ Mindful
- ♥ Shoes
- ♥ Wellness Wise

[30 Ways to Outsmart Temptation...](#)

[31 Days to Healthier Holidays](#)



Free Assistance For Employees

The PCSB Employee Assistance Program (EAP) is provided through Horizon Health. This valuable service is a School Board sponsored employee benefit that can assist you and your family when life's demands become overwhelming. *Free, professional, and confidential help is just a phone call away, 24 hours-a-day, for full and part-time employees and members of their immediate household.* If you are experiencing stress, anxiety or depression or faced with a difficult situation, take advantage of the six free counseling sessions per issue to which you are entitled. Perhaps you have financial concerns such as managing investments, eliminating debt or planning for retirement... 30 minutes of free coaching is available per circumstance, with additional provisions provided where needed. If you need legal advice... receive a 30-minute free consultation accompanied by a 25% discount if you retain that attorney. Insanity is repeating the same action with the expectation of a different result. Try something new to reduce your suffering and improve your health. **Call 1-800-272-7252** to be steered in a productive direction. Please share this information with fellow employees who are in need and are unaware of this aid. Call 800-272-7252 for your FREE, confidential referral.

New Community Partner

On the cover of each month's *Wellness Matters* newsletter, you have read about fellow co-workers who have made healthy lifestyle changes. We are proud to announce that **Flower Cart** will be recognizing these individuals with a complimentary flower arrangement! Maureen Shaw, co-owner of **Flower Cart** stated, "We are thrilled to be entering into this partnership with the PCSB Wellness Program, please consider calling us for any or all of your floral gift needs." The December issue of *Wellness Matters* told the story of Linda Purdy of Doris Sanders Learning Center. Linda was presented with her flowers at a staff meeting on Tuesday afternoon. **Flower Cart** is located at 1125 Lakeland Hills Blvd., in Lakeland, FL, across from Lakeland Regional Medical Center. Call 863.687.1783 for 24-hour phone service or visit their [website](#).



FREE Wellness Happenings—December 2010/January 2011

- ♥ **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 and fitness training provided by Wellness Staff and behavioral tips from the EAP. Classes begin January 10th. Registration is currently underway and space is limited, so register today! [Details...](#)
- ♥ **ABCs of Diabetes Classes**—Educational opportunities and financial savings on diabetes medications for Diabetics. Pre-diabetics are welcome to participate in classes. **Dec. 9th, 4:30—6:00 pm at the Jim Miles Center.** January 2011 classes offered at the Bartow Transportation worksite from 10:00—11:30 am and at the Mark Wilcox Center in Winter Haven from 4:30—6:00 pm. [Details...](#) Email [Allison](#) to register.
- ♥ **Grief Support Group—December 9th, 5:00-7:00 pm at the Woodlake Center:** 3425 New Jersey Road Lakeland. The holidays can be a very difficult time for those that have lost loved ones. Join a counselor from [Horizon Health, the PCSB EAP](#), (Employee Assistance Program) to receive FREE, professional, confidential support through this holiday season. Call 648-3057 or email [Allison](#) to register.
- ♥ **Smoking Cessation Classes**—Jan. 12th—Feb. 16th at Caldwell Elementary. [Details...](#) and Jan. 13th—Feb. 17th at Purcell Elementary. [Details...](#)
- ♥ **Health Screening for the 2011 \$500 HRA contribution**—Jan. 25th, 2:00—6:00 pm. Employees who are enrolled in the 3160/3161 insurance plan are entitled to ONE screening and ONE contribution annually. [Registration details...](#)
- ♥ **On-going Stress Management, Fitness, Nutrition and Self-Care Classes...** Get valuable information, in-service points and incentives conveniently at your staff meetings. [Details...](#)

Mediation Gone Bust


"I have one pill that blocks fat, one pill that blocks carbs and one pill that blocks the kitchen door." The 21st century is a time characterized by mediations for just about everything, and then some. The diet pill "Meridia" has just been taken off the market in the US and Canada after almost 10 years of use. The Food and Drug Administration said studies showed that the drug increased the risk of heart attack and stroke in patients that have a history of heart disease. Apparently, the very modest weight loss experienced by most people did not justify the risk of the drug. Experts suggest discarding unused Meridia from cabinets. [More...](#) When it comes to weight management, lifestyle change such as eating the correct foods in the proper amounts throughout the day—married with daily physical activity—is your best bet for lifelong results. Contact your Wellness Program at 648-3057 for assistance.

Mindful Eating—A Step in the Right Direction

Here we are—smack in the middle of holiday fun, high-calorie food and free time! Heed this food for thought as you enjoy all those luscious edible creations... slow down! According to researchers, vacuuming your plate as if it was your last meal is a primary cause of weight gain, second only to ingesting too many calories. Studies suggest that fast eaters were three times as likely to be overweight compared to their more leisurely consuming counterparts. [More...](#)



Shoe Smart

 High heels may be snazzy, pointed toes chic and ballet flats comfy for some; however, bad backs, bunions and hammertoes are not quite so sexy! Bad shoes not only damage your feet, but are responsible for poor posture, aching backs, sore knees and plantar fasciitis, to name a few. In fact, you might be surprised to learn who is the winner of the Worst Shoe Olympics. According to podiatrist Andrew Shapiro, DPM, spokesman for the American Podiatric Medical Association, it's not spike heels or pointy boots. Instead, the worst offender is... [More...](#)

Wellness Wise Q and A

Q: I heard that drinking water before meals will help reduce the amount of food I eat. Is this true? If so, this technique is good to know at holiday time!



A: A glass of water before meals does seem to help reduce caloric intake. In a recent study, scientists at Virginia Tech followed a group of overweight subjects aged 55 and up on low-calorie diets for about three months. Half the people were told to drink two cups of water before every meal. At the end of the study, the water group had lost an average of 15.5 pounds, compared with 11 pounds in the other group. [More...](#)

Wellness Wednesday Archives • Wellness Matters Archives

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