

# Wellness Wednesday

Health E-News

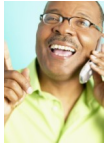
Have You Checked Your Blood Pressure Today?

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## This Week's HIGHLIGHTS

- ♥ Those Beloved Cells
- ♥ Great Weight Debate
- ♥ 100 Ways
- ♥ August Exercises
- ♥ Food of the Month
- ♥ Get Fit and Earn \$\$

## The Jury's Out on Those Beloved Cells...



...Cell phones that is. Does using mobile phones increase the risk for brain tumors? According to a summary that reviewed sixteen research studies from seven countries including USA, Finland, Sweden, Denmark, United Kingdom, Germany, and Japan, using mobile phones for more than 10 years gives a consistent pattern of increased risk for at least two different types of brain tumors... [Read more...](http://www.cancermonthly.com/blog/2007/12/braincancer-cellphones.html)

## The Great Weight Debate



Have you lost those extra pounds time and again... only to find them? What is the true "skinny" on diets? Low-fat, high-fat, high-fiber, high-protein, low-carbohydrate, high-carbohydrate... Do they really work? According to a [recent study](#) comparing four different weight loss regimens, after two years the number of pounds lost by the participants was consistent regardless of the diet. On average, 13 pounds were shed in the first six months, with about six pounds gained back after two years. However, *any* weight loss showed a reduction in the risks for heart disease and diabetes. Other take home messages include: the importance of regular attendance at a support group; setting goals to establish healthy habits with weight loss perceived as the outcome; and, the realization that the eating plan that works...is the one that works for you! [Research article...](#) ([www.polk-fl.net/staff/employeeinfo/wellness/documents/greatweightdebate.pdf](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/greatweightdebate.pdf)) Find out how you can [L.O.S.E...](#) ([www.polk-fl.net/staff/employeeinfo/wellness/documents/wwlose.pdf](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/wwlose.pdf)) with the PCSB Wellness Team, beginning this fall.

## 100 Ways To Make Small Changes

Big things often come in small packages, including extreme benefits from tiny lifestyle adjustments in physical activity and caloric intake. Research shows that 90% of adults can prevent weight gain by increasing physical activity by just 2,000 steps (1 mile) and eating 100 fewer calories each day. Losing as little as 5% to 10% of total weight can significantly improve health. [100 ways to add 2000 steps...](#) ([www.polk-fl.net/staff/employeeinfo/wellness/documents/2000Steps.pdf](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/2000Steps.pdf)) [100 ways to cut 100 calories...](#) ([www.polk-fl.net/staff/employeeinfo/wellness/documents/100WaysCalories.pdf](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/100WaysCalories.pdf)) Find helpful tools with [America on the Move...](#) (<http://aom2.americaonthemove.org/Join/Individuals.aspx>)



## Exercises of the Month—August '09

Fitting in exercise during your workday will make a happier, healthier you! Try these...



1. Chair Stand



2. Wall Push-Up



3. Hamstring Stretch



4. Chest Stretch

1. Sit at the edge of your chair (without wheels please!), feet flat on the floor, chest high, stomach muscles squeezed tightly and arms across your chest. Inhale; exhale as you stand. Using your leg muscles, slowly descend to a seated position.
2. Push-ups using the wall. Keep your legs straight and heels flat on the floor as you bend and straighten the elbows.
3. With straight legs and 'toes to nose' (feet flexed), reach forward. Hold 15 seconds.
4. Clasp fingers, pull arms back and up. Maintain erect posture \*\*Repeat each exercise 8-12 times, 2-3 sessions each day in August! Count (softly!) to avoid holding your breath!

## Food of the Month—August '09



Blueberries may be small but they pack a healthy punch! Sweet, tangy and intensely blue, blueberries are rich in antioxidants such as vitamins C and E. These natural substances, found in fruits and vegetables, fight aging, cancer and heart disease. Blueberries also contain compounds that may help ward off urinary tract infections. Recently, researchers at Tufts University analyzed 60 fruits and vegetables for their antioxidant content. Blueberries came out on top, rating highest in their capacity to destroy [free radicals](#). [Read more...](#) ([www.blueberrycouncil.org/nutrition.php](http://www.blueberrycouncil.org/nutrition.php)) [Make healthy blueberry muffins...](#) ([www.polk-fl.net/staff/employeeinfo/wellness/documents/wwblueberries.pdf](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/wwblueberries.pdf))

## Get Fit, Have Fun, Earn \$\$\$

Have you considered leading your peers through a simple exercise routine? The Wellness Team is seeking group fitness instructors for the PCSB Worksite Fitness Program, which will resume this September throughout the district. Get fit, have fun and earn extra spending money all at once... a great way to multi-task! [Check out these certifying agencies...](#) (<http://www.polk-fl.net/staff/employeeinfo/wellness/documents/fitnesscertifications.pdf>)



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**Questions or comments?** Contact one of your [Wellness Team members](#). (Once redirected to the website, please scroll to the bottom of the page)

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