



Wellness Wednesday

Health E-News

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Weekly Highlights

- ♥ **Save the Date! The PCSB Health Fair**
- ♥ **Weight Loss**
- ♥ **Portion Distortion**
- ♥ **Health Risk Assessment**

Save the Date!

The PCSB 8th Annual Health Fair is scheduled for Saturday, March 7, 2009 from 7 am—noon at the Highland Park Church of the Nazarene in Lakeland. Take this opportunity to “*Know Your Numbers*” by participating in FREE health screenings valued at \$1,200. You may even win one of many door prizes or the vacation getaway at TradeWinds resort in St. Pete Beach valued at \$600! See you at the fair!

[Details and Registration Information](#)

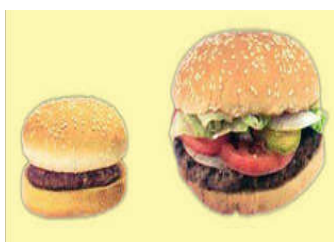
PCSB SMART Start 2009 Supports Weight Management

Join the hundreds of PCSB employees who have begun 2009 with a **SMART Start**, a PCSB initiative that promotes physical activity and healthy eating; two key links to achieving a healthy body weight and reducing chronic conditions. According to a recent Consumer Report survey, 50% of those surveyed had lost weight *on their own* without diet aids, joining weight loss groups, books, or medicines... [Read more...](#)



[Details... Join SMART Start today!](#)

PORTION DISTORTION



It's no secret that portion sizes have increased over the past 20 years, but have you ever stopped to compare the differences? Take the [Portion Distortion quizzes](#) from the National Heart, Lung, and Blood Institute to get the skinny on where your extra calories are coming from. You may be amazed to learn how much activity is required to burn off those extra pounds!

Is Bigger Always Better? [How the choice is in your hands...](#)

PCSB Online HRA: What's Your Wellness Score?

Now's your chance take part in *Polk County School Board's* first comprehensive **Health Risk Assessment** survey for employees. This *confidential* survey—yes, it's HIPAA compliant—will give you:

- An overall wellness score with tips on how to live a healthier lifestyle
- Your own Personal Wellness web page with health resources and links
- Access to health assessment tools that will provide you with information such as how many calories you are burning when doing various activities and much more!

[Try it out...](#)



ABCs of Health

Prepared for you weekly by the Polk County School Board Wellness Team, 3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057.

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