



# Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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## Weekly Highlights

- ♥ Words of Wisdom
- ♥ Live Like Lum
- ♥ LAST CALL
- ♥ Syndrome X
- ♥ Cancer Connection
- ♥ LOSE Plans

## Appreciated Words of Wisdom

I would like to thank the Wellness Program and the School Board for providing health services for PCSB employees. Diabetes, high cholesterol and high blood pressure can sneak up fast, especially for those who do not get annual physicals. I hope that health screenings will continue in upcoming years, in spite of the economic situation. It's bad to see teachers leave the system due to budget cutbacks; it's even worse to see them leave due to a stroke or heart attack. — *Jim Batten, Bartow Senior*

## Live Like Lum

My experience with the Health Fair goes back several years. Last year I found out that I was close to being a diabetic and had high cholesterol. I attended the *ABCs of Diabetes* for further evaluation and followed up with my doctor. I found out that the information I got from the Health Fair was correct. Being a big chicken, not liking shots, I decided to try to lose weight with exercise. The day after Thanksgiving weekend I started walking an average of 5 miles per day—everyday without fail. I managed to lose over 20 pounds and I feel a lot better. I also have had asthma for several years and since I've been exercising, I find that my breathing is much better. I went back to my doctor in January; my new lab work was excellent, and he was amazed at the progress that I had made in my health status. I told him that if the Polk County School Board didn't have the Wellness Program, I probably wouldn't have had the necessary check-ups. Had I known that I would live this long, I would have taken better care of myself. — *Lum Thornhill, Asst. Dir. of Operations; PCSB Support Services*



## LAST CALL for the 8th Annual PCSB Health Fair

Reap the benefits of increasing your personal health awareness like Mr. Thornhill, Mr. Batten and thousands of other employees! Participate in **FREE, CONFIDENTIAL** screenings at the PCSB Health Fair this Saturday, March 7th from 7 am—noon at the Highland Park Church of the Nazarene in Lakeland. If you are a PCSB employee who has NOT pre-registered, no worries! **Call Gloria at 648-3057 by noon Thursday or just come on down Saturday morning with your PCSB ID badge. You must complete blood work no later than 11 am the day of the fair.** For more health fair details, registration instructions and answers to frequently asked questions, please visit the PCSB Wellness website [here...](#) We look forward to seeing you Saturday! [Your PCSB Wellness Team](#)



## What is Metabolic Syndrome (Syndrome X) ?

Using the results from your health screenings to make gradual lifestyle changes is a wise way to reduce your risks for heart disease and related conditions. Research shows that 1 in 6 or 50 million Americans have three or more risk factors for heart disease and type 2 diabetes, a condition known as



### Metabolic Risk Factors

- Elevated waist circumference (men  $\geq 40$  inches; women  $\geq 35$  inches)
- Elevated triglycerides  $> 150$  mg/dl
- Reduced HDL—good cholesterol (men  $\leq 40$  mg/dl; women  $\leq 50$  mg/dl)
- Elevated blood pressure  $\geq 130/85$

ditions. Research shows that 1 in 6 of 50 million Americans have three or more risk factors for heart disease and type 2 diabetes, a condition known as metabolic syndrome. Excess body fat and physical inactivity are primary contributors to this epidemic. [Read more...](#)

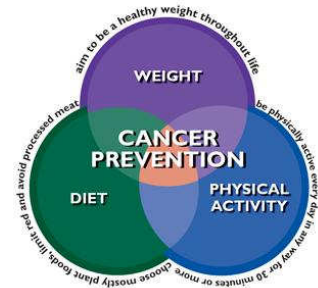


- Reduced HDL—good cholesterol (men  $\leq 40$  mg/dl; women  $\leq 50$  mg/dl)
- Elevated blood pressure  $\geq 130/85$  mm Hg



- Elevated fasting glucose  $\geq 100$  mg/dl
- Aim for: BMI <25, 30 minutes of daily exercise and healthy eating habits!*

## The Cancer Connection—FREE Cancer Screenings at the Health Fair



Thinking about cancer is something most of us would rather avoid. However, being mindful of your cancer risk can yield real dividends. For example, cancer related treatments cost the Polk County School district millions of dollars every year... that's money out of your pocket, not to mention the huge emotional burden. The good news is that improving eating and activity habits are a proven source of prevention. Research indicates that about *a third of all cancers in the U.S. could be prevented* with proper fitness and nutrition. [Read more...](#)

## Spring into Summer with Weight Loss

The Wellness Team is pleased to offer the **LOSE** comprehensive weight loss plans. For more info, please visit the PCSB Wellness website [here...](#) To get motivated, read a **LOSE** success story [here...](#) Use **SMART Start** for support. [Details...](#)



### 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)

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