



# Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

## Weekly Highlights

- ♥ Fit Students
- ♥ Health Fair Success
- ♥ Comments
- ♥ Take Ten
- ♥ LOSE Plans

## Physically Fit Students Score Well

A first-of-its kind study of more than 2.4 million Texas students found that physically fit students are more likely to do well on the state's standardized tests and have good attendance. Fit students are also less likely to have disciplinary referrals. [Read more...](#) With FCAT just around the corner, besides sharpening their No. 2 pencils, what else can your students do to score their very best? It's easy as ABC. [Read more...](#)



## Health Fair Success

The 2009 PCSB Health Fair was a huge success last Saturday with over 2,000 attendees, over 100 volunteers and 70 vendors handing out goodies and helpful health information. Screenings for cancer, memory, peripheral artery disease, lung function, hearing and vision were packed and approximately 1,500 people completed lab work. Results will be mailed within the next couple of weeks. When you receive this information, look at the numbers checking for anything that is out of the normal range and contact your Wellness Team at 648-3057 if you have questions. A big thank you from the Wellness Team to all who volunteered their time! Without your help, the show would not go on! See what some participants had to say below...

## Health Fair Comments

I just wanted to thank you for all your hard work to make the Health Fair such a success. There was a lot of interesting information available as well as testing that we could take part in. I hope that this continues every year!! Thanks again!

*Patti Bell, Accounting Clerk Senior*

## CONGRATULATIONS ON A JOB WELL DONE!

This was my first Health Fair, and I was very impressed. Many of the participants that I spoke with were also very happy with the resources and services provided. It's a great way to get people started in the right direction toward healthy living. Please sign me up to volunteer at the next one! Thanks!

*Bill Gainer, Senior Technician – IT Help Desk/Trainer*

## Door Prize Winners

Marjorie Patterson, winner of the Wii said, "Yes, I am so tickled. GOD answers prayers.... I was going to have to buy one this weekend for my husband for therapy purposes...Isn't GOD wonderful!"

Alvin Jones Jr. is the winner of the grand prize vacation package... 3 days and 2 nights at the **Tradewinds Resort in St. Pete Beach**. Congratulations Mr. Jones! Enjoy your trip and remember to pack your sunscreen.

Rachel McCarty won the **PCSB Wellness duffle** with a guess of 15,500 calories in the jar of m&ms. There were actually 4,694 m&ms, at 3.4 calories each for a total of 15,960 calories. A 150-lb person would have to walk 200 miles at 3.0 mph to burn this off! Way to go Rachel!

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### Zumba at the Health Fair

A big thank you to Joan Miller from Chain of Lakes Elementary, Janet Gomez-Melo from Bethune Academy and Kim Coffin from Kathleen Senior, three PCSB group fitness instructors who brought Zumba live to the Health Fair this year!

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### Take Ten...

...steps to a healthier life with the Mayo Clinic Plan to be presented by your Wellness Team. Learn all about Self-Care, Fitness, Stress and Nutrition in a series of 4 different sessions. Attend all four and receive a **FREE** copy of the Mayo Clinic Plan book valued at \$25. [See dates, locations and times...](#)



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### 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](#).

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