



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

Volume 3 • Issue 22 • June 8, 2011

HIGHLIGHTS

- ♥ Needs & Interest
- ♥ Happenings
- ♥ Dynamic Duo
- ♥ Wellness Wise

TOP 10 AREAS OF RISK FOR HEART DISEASE—

- ✓ Blood Pressure
- ✓ Cholesterol
- ✓ Diabetes
- ✓ Tobacco Use
- ✓ Family history
- ✓ Weight
- ✓ Exercise
- ✓ C-reactive protein levels
- ✓ Homocysteine levels
- ✓ Vitamin D levels

The first symptom of heart disease is death 50% of the time.

REDUCE YOUR RISKS! [More...](#)

Win a Vacation Package to TradeWinds Resort

The PCSB Wellness Program is seeking your opinion in order to best serve your health and well-being for the coming school year. Please complete the [Annual Needs and Interest Survey](#) by 5:00pm, June 10th. If you would like an opportunity to win a complimentary 3 day, 2 night vacation package** to the *TradeWinds Beach Resort* on beautiful St. Pete Beach, please include your SAP# in the space provided—this is optional! The survey will take approximately 5 minutes to complete and your participation is greatly appreciated.

Food Service Managers and Secretaries—please convey this message to your staff and, if possible, provide them an opportunity to complete the on-line survey.

Please note the following:

- Participation is voluntary and confidential.
- Survey results will be reported as a whole, not individually.
- No personal health information will be shared.
- This will not affect your employment status.
- There are no right or wrong answers.
- As always, the vacation package was provided by our generous sponsor, *TradeWinds Beach Resort*. [Summer specials...](#)

**TradeWinds Beach Resort vacation: valid Sunday—Thursday. Not valid during spring season, traditional holiday periods, or for most summer weekends. Expires one year from issue. Specific dates are subject to availability and promotional allotment.



Wellness Happenings

♥ Special Summer Wellness Classes—

Babies and You—All three topics covered in one day! [Program details...](#)

June 22nd at the Jim Miles Center Palmetto Room—8:00am - 4:30pm

June 23rd at the Ridge Career Center Health Science Room—8:00am - 4:30pm

ABCs of Diabetes—All four topics covered in one day! [Program details...](#)

June 23rd at the Ridge Career Center LPN Room—8:30am—4:30pm

Chair Yoga at the District—Reduce stress and loosen your joints during the long summer work days—[Register here](#) for a 30-minute Chair Yoga class in the Title 1 Training Room at the District Office June 30th and July 21st.

♥ **Employee Assistance Program (EAP)**—Get your financial, legal and emotional houses in order this summer with the free and discounted, confidential services provided by the [Employee Assistance Program](#). Call 800-272-7252.

♥ **Get certified as a fitness instructor with AFAA** this summer. [Details...](#)

♥ **Wellness Screenings**— All employees are eligible to attend one free annual health screening. [Summer registration details...](#)

♥ **Wellness IN-SERVICE POINT DEADLINE!!** All Wellness Professional Development follow-up assignments are due at 5:00pm, June 16th. Please courier to the Woodlake Center, Route D. If you attended one of the two 2011 Annual Health Fairs, you may receive two in-service points—just [complete and return this follow-up!](#)

♥ **Things to do this summer.** [More...](#)

The Dynamic Duo



Father's Day and Men's Health go hand-in-hand this month. Did you know that half of men ages 18 to 50 do not have a primary-care physician and a third have not had a checkup in more than a year? Encourage the men in your life to improve and protect their health with regular check-ups. While you're thinking about dad, [consider these ten steps](#) to make his day a healthy one! And finally, if you'd rather avoid the restaurant crowds and make your way to his heart through his stomach, [here are some recipe ideas...](#)

Wellness Wise

School's out for the summer! For many PCSB employees, friends and families, this week marks the end of another school year and the beginning of much needed rest and relaxation. What better time to assess your health status within the dimensions of Wellness and set goals in preparation for the coming school year? Food for thought:



- What's the direction of your arrow on the health continuum? [More...](#)
- Find balance by assessing your Wellness Dimensions. [More...](#)
- Set S.M.A.R.T. goals. [More...](#)
- Review the contents of your plate. [More...](#)
- Browse the PCSB archives. [Wellness Wednesday...](#) / [Wellness Matters...](#)

The Wellness Team thanks you for your support and participation in the various activities and professional development opportunities that have been provided this year. *From cancer screenings, to flu shots; health screenings to couponing classes; Healthier at Home educations to deskercize and stress management; the ABCs of Diabetes, L.O.S.E., tobacco cessation classes and the two fabulous Health Fairs...* Kudos to all of our employees who have persevered to make healthy lifestyle changes. Stay tuned right here every Wednesday to remain abreast of up-to-date health information and exciting Wellness opportunities in store for the 2011/12 school year.

Call your Wellness Team at 648-3057 for one-on-one nutritional coaching or fitness testing over the summer. May your time away be safe and relaxing!

[Wellness Wednesday Archives](#) • [Wellness Matters Archives](#)

Prepared for you weekly by the **PCSB Employee Wellness Program**
 3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057
 Supported by a grant from the Florida Department of Health



Questions or comments? Contact your [Wellness Team](#) here (scroll down)

Links may be inactive when viewed through web mail or forwarded. Loss of formatting may be present when viewed in version 2003.

