



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

How Cholesterol Savvy Are You?
[Click here to take the challenge!](#)
9/21-9/30

World Heart Day September 30th

Cardiovascular diseases are the world's largest killers, claiming 17.1 million lives annually. Controllable risk factors for heart disease and stroke include: elevated blood pressure, cholesterol and glucose levels; obesity, physical inactivity and tobacco use. In partnership with the *World Health Organization (WHO)*, the *World Heart Federation* organizes awareness events in more than 100 countries—including health checks, organized walks, runs and fitness sessions, public talks, stage shows, scientific forums, exhibitions, concerts, carnivals and sports tournaments. All of this effort is a call to improve worldwide heart health. Individuals are urged to make healthy food choices, increase physical activity, and say no to tobacco. How healthy are your choices? [More...](#)



FINAL DAY to register for PCSB group fitness! [Details](#)

Seasonal Flu and Pneumonia Shots will be available at a PCSB Worksite near you October 1st—November 10th ONLY! Should you get vaccinated? Should you check with your physician first? What forms of payment are accepted? [Click here](#) for the schedule and the answers to these and other questions.

Exercise for Fibromyalgia and Chronic Fatigue



Fibromyalgia and *Chronic Fatigue (CFS/FM)* are commonly misunderstood conditions. Isolated or overlapping pain and fatigue are common symptoms in both, with chronic fatigue occurring in 10% to 20% and chronic pain occurring in 10% to 25% of the population, according to recent research. Exercise appears to be useful and effective for patients with CFS/FM, especially as

part of a multidisciplinary approach that includes education, pharmacotherapy and cognitive behavioral therapy. *Keys for success:*

- ✓ Exercise will minimize exacerbating fatigue, pain, and other symptoms
- ✓ Begin at a low level and then progress gradually
- ✓ Allow for fluctuations in physical and psychological well being
- ✓ Engage in life-long physical activity

[Learn more...](#) Remember to consult with the [Employee Assistance Program](#) through Horizon Health and the PCSB Wellness Team for services at reduced or no cost.

De-Stress in 3 Minutes

Stress is implicated as the underlying cause for 85% of doctor visits and chronic health conditions. The word *STRESS* is used with such frequency and the topic discussed so regularly, that its meaning has become muddled and its effects accepted as normal. While stress is an important survival mechanism which will always be part of life, chronic stress that is negatively perceived is hazardous to your health.



Fast forward to the frog pictured above, leaping from the pot of boiling water! Who wouldn't do the same? When the water is cool, the frog swims around. Then, when the water is slowly heated and brought to a boil, the frog dies. Chronic stress stealthily consumes us in a similar manner, while we typically escape from acute stress with less harm... like the frog dodging the boil. Hans Selye, the granddaddy of stress, explains this phenomenon with the [General Adaptation Syndrome \(GAS\)](#). The GAS sequence includes three phases—Alarm, Resistance and Exhaustion. During the Resistance phase, the frog adapts to the progressively warming water, while as humans, our immune systems begin to crumble. We crash in the Exhaustion phase, just as the frog boils. So, what's a human to do? Stay grounded, get a reality check and keep things in perspective. [More...](#)

Get the Skinny on Sugary Drinks

Did you know that almost a whopping 20% of all caloric intake comes from sugary drinks? That includes sodas, juices and sports drinks. Are you also aware that one can of soda contains around 150 calories? So, if you were to replace one soda for water each day, theoretically, you could lose 15 pounds in one year—precisely the power of small changes! Read the labels on the containers of all the liquids you consume; remember that alcohol, at 7 calories per gram, is not immune to causing weight gain. Check out the [“Life is Sweeter Challenge”](#) and get [tips about drink alternatives...](#)

Wellness Happenings

* **ABCs of Diabetes: [Details](#)—September Classes, 4:30-6:00pm** in the Palmetto Room at the Jim Miles Professional Building, Lakeland—**Diabetes referred to as the ‘tsunami of the 21st century’—practice prevention!**

• Hypertension & Heart Disease 09/29/2011

October ABCs Classes, 4:30–6:00pm at Mark Wilcox Center, 611 Post Ave. SW, Winter Haven

- Medical Issues in Diabetes 10/06/2011
- Nutrition and Exercise 10/13/2011
- Advanced Diet Planning 10/20/2011
- Hypertension & Heart Disease 10/27/2011

* **BCBS Wellness Screening Schedule:** All employees are eligible to attend one free annual health screening. [Register here](#); Learn about [benefits provided by BlueCross BlueShield](#), at no cost to you!

* **Support Cancer Research (YMCA Livestrong, Komen, Strides) [Event details](#)**

* **Tobacco Cessation Classes at Bartow Transportation and Frostproof Mid/Sr:** Become an ex-smokers using a curriculum designed by ex-smokers! [Details](#)

* **Wellness Professional Development:** Earn in-service points and increase your health literacy with Wellness educational opportunities. [Many options](#) **Call 648-3057 for a personal consultation with a dietitian or exercise physiologist.**

* **SAVE THE DATE to Celebrate the Outdoors:** October 7th—Meet and greet one of Lakeland's finest wildlife artists at Circle B-Bar Reserve from 6:00-8:00pm—Part of [Polk Nature Fest 2011](#). [Details](#)

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