



# Wellness Wednesday

Health E-News

## Have You Checked Your Blood Pressure Today?

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### HIGHLIGHTS

- ♥ Yule Be Fit
- ♥ Tobacco Talk
- ♥ Addictions
- ♥ Happenings

### Tips to Avoid Holiday Weight Gain...

- **Bead Safari** \$20 gift card
- **Bella Vista Spa** facial
- **Bent's Cycling & Fitness** \$60 bike helmet
- **Blockbuster** \$10 gift card
- **Evolve Hair Studio** hair cut and style from Kiki or Giuliana
- **Flower Cart** love bunch
- **Kayak Karavan** free kayak rental awarded each week
- **Lasater Flowers** arrangement
- **Leading Edge P.T.** one hour massage

### Yule Be Fit Kicks Off with Awesome Prizes!

Holiday weight gain is said to be slight but cumulative, leading to obesity later in life. But...stick with the PCSB Wellness Team and "Yule Be Fit!" [Register here](#) to participate in weekly challenges designed to help you avoid weight gain between November 14th and January 6th! Participation and weight maintenance within two pounds makes you eligible to win awesome prizes donated by our generous community partners. Although the prize list grows by the day, here's a sampling of what's up for grabs so far:

- **LeRoy's Bikeworks** \$50 gift card
- **Mary Kay** facials
- **McGee Auto Service and Tire**, north Lakeland free oil change
- **McGee Auto Service and Tire**, south Lakeland free oil change
- **Orchid Springs Salon** in Winter Haven hair cut-style
- **Panera Bread** \$10 gift card
- **Pet Supermarket** gift basket
- **Picasso's Art Cafe** \$25 gift card
- **Play It Again Sports** gift card awarded each week
- **Posh Salon / Spa** manicure
- **Posh Salon and Spa** shampoo and style with Tabitha
- **Road and Trail Bicycles** \$20 gift card
- **Serious Exercise** 2 free personal training sessions
- **Super Lube** free oil change
- **Sweetbay Supermarkets** \$20 gift card
- **Talk of the Town Nails and Company** pedicure
- **Yoga Pointe** 2 free yoga classes

### Let's Talk Tobacco

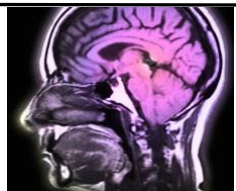


There is no denying that nicotine is a highly addictive drug. The fact that nicotine is legal, that it allows people to function without psychoactive effects and it is relatively low in cost compared to other drugs, all contribute to its allure and addiction. As a result, approximately 443,000 Americans die annually from tobacco-related illnesses. Lung cancer accounts for 130,000 of these deaths and for every person who dies from tobacco use, 20 more people suffer with at least one serious tobacco-related illness. **Used by over 20% of Americans, tobacco remains the leading cause of preventable death, lung cancer and Chronic Obstructive Pulmonary Disease (COPD).** To help emphasize the importance of respiratory health, November has been named both *Lung Cancer and COPD Awareness Month*. Tobacco dependence is a chronic condition that often requires repeated interventions, but effective treatments and helpful resources are at your fingertips.

- **The PCSB Wellness Team offers FREE Tobacco Cessation classes**—2012 classes to be held in Lake Wales, Bartow and north Lakeland. [Schedule / Register](#)
- **Join the PCSB Great American Smoke Out—November 17th**—Put away your butts for 24 hours and win prizes! [Here's how...](#) Don't stamp out your life with smoke! Take action today. [More tobacco resources](#)

### Folly or Addiction?

Addictions take on many faces—from drugs to food to sex and even [sun-tanning](#). Stigmas associated with what was once believed to be bad behavior are gradually taking a back seat to the research that describes addictions as a complex interplay between emotional, cognitive and behavioral components. Genetics and age play a role in one's predisposition to addiction. However, the brain's reward system is subject to change under the influence of "dopamine."



This brain chemical conditions an individual to repeat rituals and routines that provide pleasure. Dopamine levels are depleted by stress, certain antidepressants, drug use, poor nutrition, and poor sleep. Foods high in sugar, saturated fat, cholesterol, and refined foods, as well as alcohol and caffeine seem to decrease dopamine activity. Food sources that increase dopamine production include almonds, avocados, bananas, dairy products, lima beans, pumpkin seeds and sesame seeds. [More...](#) More from [the EAP...](#)

### Wellness Happenings

#### November Challenge #1—Be Heart Healthy

[Read this article first](#) • [Then answer these questions](#) to be eligible to win prizes

\***Get Your Flu Shot** at Polk County high schools, transportation sites and district offices: **Only \$20—Time is running out!** Offer ends **November 11th**. No appointment is necessary; Pneumonia vaccine also available. [Updated schedule and details](#)

\***Attention Teachers:** If you teach K-8, your students with GOOD GRADES are eligible to receive a FREE Blockbuster rental. [Details...](#) Teachers are eligible for half off any movie... with or without good grades! Restrictions apply. [Details...](#)

\* **Trek 10 Grand Finale Hike: November 12th at Circle B Bar Reserve** Discovery Center, 9:00am. Bring a pot luck breakfast item. Coffee, juice, plates, cups, and utensils provided by Friends of the Parks! No registration.

\* **ABCs of Diabetes: LAST CALL!** If you are diabetic or pre-diabetic, attend a free screening this Saturday at the Eye Express, 4227 South Florida Ave., Lakeland. Please call 648-3057 to schedule an appointment.

**Nov./Dec. ABCs of Diabetes Classes**, 4:30–6:00pm at the Jim Miles Professional Building, Palmetto Room, Lakeland. [Register](#)

- Medical Issues in Diabetes 11/03/2011
- Nutrition and Exercise 11/10/2011
- Advanced Diet Planning 12/01/2011
- Hypertension & Heart Disease 12/08/2011

\***Maintain Your Weight Over the Holidays and Win Prizes:** Join the fun with the 2nd annual [Yule Be Fit](#) Challenge, beginning November 14th. [Register today](#)

\***Shape Up Your Holiday Spending:** Let [Wells Fargo](#) help you get fiscally fit for the holidays—**November 15th** at Sleepy Hill El. Media Center, 4:15-5:15pm; [Register](#)

\***Cancer Screenings:** Provided at all PCSB locations by the Lakeland Regional Cancer Center and the PCSB Wellness Program at no cost to school board employees who have BlueCross BlueShield insurance. [Schedule](#) today at a PCSB worksite!

\* **Chair Exercise and Relaxation:** For all employees—Can be used as an *ABCs of Diabetes* Refresher—Tuesday, December 6th in the Jim Miles Live Oak Room—4:30-6:00pm. [Register](#)

\* **Moms who use Tobacco**—This class is for you. Get a Fresh Start! November 18th, in Sebring, noon—4:00pm, lunch included. [Details](#)

\* **BCBS Wellness Screening Schedule:** All employees are eligible to attend one free annual health screening. Practice prevention by "knowing your numbers." [Details](#)

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

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

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