



# Wellness Wednesday

Health E-News

Volume 3 • Issue 43 • November 16, 2011

## Have You Checked Your Blood Pressure Today?

### November Challenge #2 Stress-Less

First— Read the article  
Next— Answer questions

For every hour that you sit... *Stand up, stretch and move* for three minutes!



#### CEASE FIRE

**Tomorrow and Win! November 17th is the Great American Smoke Out**, to help people think about giving up tobacco. Put out the fire for 24 hours, complete and send this form to Wellness and WIN PRIZES! Learn about free tobacco cessation classes here...

### Last Minute Tips for a Healthy Thanksgiving

Another turkey day is just around the corner... the beginning of a several week stretch of fun and food. With limited resources of time and cash, and a never ending “to do” list, the majority of us struggle daily to maintain or improve personal nutrition and fitness. Getting enough water, fitting in time to walk, finding time to plan and prepare healthy meals—the Wellness Team is all ears and chock full of sensible solutions. Try some new holiday fare this year lower in sugar, fat and salt. Consider using a smaller plate, eating more slowly, helping with kitchen chores or using substitutions in your recipes. Tips to save a pound... Lastly, plan activities after the big meal like a group walk and family games. Enjoy!

### Handling the Food Pushers

You’ve made a resolution to eat healthy during the holidays and get plenty of activity AND IN COMES THE FOOD PUSHERS! You’ve heard it before—the well intended sabotaging suggestions: “Just have one bite,” “I made this just for you!” This is your favorite.” “Take some home.” “You don’t have to exercise today!” What do you do? Here’s some kind ways to say no thank you!

### I “Yam” What I “Yam”

Many people refer to sweet potatoes and yams as one in the same. However, although both are *angiosperms or flowering plants*, they are actually two distinctive vegetables with different nutritional qualities. Both are rich in fiber and complex carbohydrates, while **yams** pack a vitamin C and potassium punch and sweet potatoes a blast of vitamin A, manganese and beta carotene. **Yams** are a *monocot*, a plant with one embryonic seed leaf, from the Dioscoreaceae family and closely related to lilies and grasses. **Sweet Potatoes**, often called ‘yams’, are a *dicot*, a plant with two embryonic seed leaves, and are from the Convolvulacea or morning glory family.



**Yams** claim 600 varieties, 95% of which are grown in Africa and are starchier and drier than sweet potatoes. **Sweet potatoes** range in color from white to yellow, red, purple or brown and are classified as either firm or soft. It’s these softer varieties that falsely became known as yams to differentiate them from their firmer counterparts. So, unless your yams were purchased from an international market, you are probably eating sweet potatoes! The recipe assistant...

Give yourself a beach break this holiday season! Relax, sink your feet into the sand and spend the night with our partner, **TradeWinds Resorts**. Check out the discounts available for PCSB employees...



Each month, the **Flower Cart of Lakeland**, donates a fresh arrangement to the employee featured on the cover of Wellness Matters. In October, Sharon Neuman of Lawton Chiles was the lucky recipient, and November’s fall flowers went to Abdu and Brenda Tajuri! Thank you all for sharing your stories.

**Flower Cart • 1125 Lakeland Hills Blvd. • 863-687-1783**

### Congratulations to the Fall Walking Works Winners

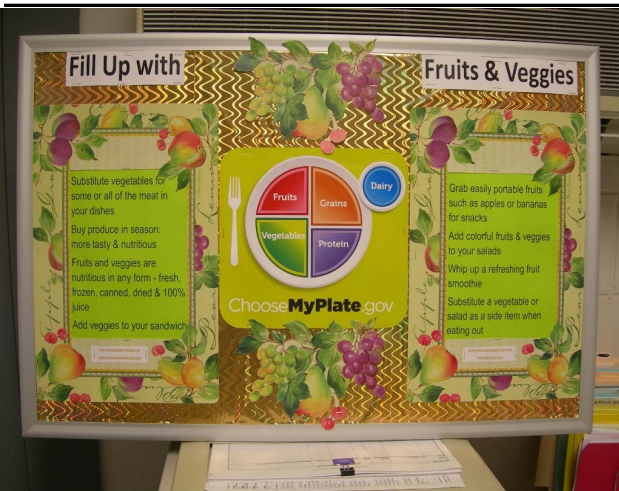
**Congratulations to the 287 PCSB employees who participated in the Fall Walking Works Challenge! The 3 schools with the most amount of miles logged were:**

- Southwest Elementary walked 3,018 miles!**
- Pinewood Elementary walked 1,763 miles!**
- Alta Vista Elementary walked 1,362 miles!**

Stay tuned to Wellness Wednesday and the front page of the Wellness website for the next Walking Works Challenge in 2012!

### Wellness Wall of Fame

**How are fellow PCSB employees taking steps to enjoy personal Wellness while saving on healthcare costs through nutrition and exercise?** Meet the “**Sisters in Sweat**” from Carlton Palmore Elementary! According to Kris Wells, the Media Specialist, these fabulous ladies wanted to be fit and jumped on the exercise bandwagon in October of 2008 using equipment and videos provided by the Wellness Program. Their DVD/video collection has grown as they experiment with Kickboxing, Zumba, Pilates, Yoga, strength training and circuit workouts. The “**Sisters in Sweat**” have been meeting twice weekly in the media center for three years, including summers. Kris says, “P90X worked us to death but attracted some younger women. We share with each other our doctor’s results and have seen cholesterol and blood pressure reduced as well as bone density increasing. We don’t see this as weight loss but weight management and a way to stay fit for life. A big thanks to the Wellness Program for getting us on the right track.” Kudos to the Sisters! Keep up the great work!



**PCSB Food Services** has a fun and educational food challenge for the 2011/12 school year. **Their mission**—to emphasize the importance of a healthy plate and the new MyPlate Guidelines. **The vehicle**—a uniquely decorated cafeteria bulletin board, compliments of the food service staff and the Wellness Team. **The August/September theme**—“*Make 1/2 Your Plate Fruit and Veggies!*” **Blake Academy** is the winner and will be awarded a prize from the Wellness Team! Congratulations

to Blake and a big “Thank you” to all who participated! **The theme for October/November** is “*Salt and Sodium.*” Check out the bulletin board in your school cafeteria and strive to make your plate a healthy one!

### 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.

