



Wellness Wednesday

Health E-News

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You Checked Your Blood Pressure Today?

The PCSB Wellness Team wishes you and yours a healthy, happy season!

Know Your Numbers

Blood Pressure, Lipids and BMI... 🎵🎵 **Sing along** 🎵🎵. What does all of this mean? We are bombarded by numbers—passwords, time, bank accounts, SAPs, miles per hour, addresses, and.... Certain numbers are more important than others and can be a matter of sickness, life and death. Some of these include: blood pressure; lipids (the fat in your body measured as cholesterol and triglycerides) and body mass index (BMI—the ratio of your height to weight). Heredity may have an influence; yet, the impact of personal food and activity choices FAR outweigh genetics in most cases. Your PCSB Wellness Team provides activities and education designed to help keep your numbers in check. Read on...

Take the December Challenge!
Are you holiday party ready??

Improve Your Numbers with Wellness

🎵 **LESSONS ON SENSIBLE EATING AND EXERCISE**
January—May, 2012



Tenoroc Transportation, Thursdays, from 10:00-11:00am
AND Jim Miles Center, Mondays from 5:00-6:00pm

FREE membership to Gold's Gyms, healthy eating solutions, fitness training, stress management, incentives and in-service points! Register today!

🎵 **GROUP FITNESS CLASSES** at 14 locations throughout the district
January 16th— May 4th—Check out the NEW schedule and register today!

🎵 QUIT SMOKING NOW (QSN) PROGRAM

Tuesdays Jan. 3rd - Feb. 7th from 10:00-11:00am at the Custodial Services Building in Bartow and **Wednesdays Jan. 11th—Feb.15th from 10:00-11:00am** at the Lake Wales Transportation Building. Facilitated by your Wellness Team tobacco cessation specialists. Includes free nicotine replacement, incentives and a smoke-free life! Register today or call 648-3057. Here's a tool to help you set your goal!

🎵 ABCS OF DIABETES

Morning and late afternoon classes in January— 10:00-11:30am at Bartow Transportation OR 4:30-6:00 pm in the Amelia Room at the Bartow Airbase

- Medical Issues in Diabetes 01/05/2012
- Nutrition and Exercise 01/12/2012
- Advanced Diet Planning 01/19/2012
- Hypertension & Heart Disease 01/26/2012

Next diabetes screening January 21st at Phillips, Salomon & Parrish, 215 First Street North, Winter Haven (2 blocks south of hospital). Register for classes and screening...

🎵 HEALTHY BABIES

Enjoy a healthy pregnancy, delivery and recovery with free pre-natal vitamins, professional education and cash incentives. Next class **January 24th, 31st, and February 7th, 2012** at Mark Wilcox Center; 4:30—7:30 pm; Register...

🎵 **PROFESSIONAL DEVELOPMENT** —Receive in-service points, incentives and health information at your worksite or online. Options...

Save the Dates for the 11th Annual PCSB Employee and Retiree Health Fairs—March 24th in Lakeland and April 28th in Haines City.

Hungry or Not, Here I Come!



The holiday feeding frenzy has begun! As if those large meals weren't enough, the abundance of desserts are the icing on the cake! What is one to do?? Here are five tips to help you avoid year-end overeating!

Get on Track—Stay on Track

Do you find yourself taking one step forward and two steps back in a sincere attempt to establish a healthier lifestyle? No worries! Despair not! Instead, view this dance as an opportunity with multiple solutions from which to choose! Even if you are moving slowly, head in the right direction ⇨⇨⇨⇨⇨⇨⇨

- ☑ Use optimism to improve personal wellness—thoughts for inspiration.
- ☑ **Do a short workout.** Even five minutes of moving is better than nothing!
- ☑ **Try a new recipe.** Cooking healthy foods can be fun and tasty! Use spices or salsa to add flavor without the calories! Go easy on the salt!
- ☑ **Eat a healthy breakfast.** The morning meal sets the stage for the day and helps control weight gain.
- ☑ **Drink water.** Aim for 8 cups daily to manage your weight and feel better!
- ☑ **Track your food and activity.** If you bite it, write it!
- ☑ **Set and track S.M.A.R.T. goals.** Be specific and realistic, choose attainable goals with a way to measure your progress and set your goal with the end in mind!
- ☑ **Take a walk.** Take short walks to break up your day.
- ☑ **Get up.** For every hour that you sit, stand, stretch and move for 3 minutes.
- ☑ **Find a buddy.** Share your wellness goals and spend healthy time with others.
- ☑ **Ride a bike, work in the yard, wash your own car, clean with vigor!**
- ☑ **Chew your food and eat slowly.** You will know when you are full sooner!
- ☑ **Eat more fruits and vegetables.** Great source of fiber, vitamins and minerals.
- ☑ **Read labels.** Label nutrition facts apply to one serving only! Check for sodium, saturated fat and sugars.

Small Changes—Big Results

Ever wonder why McDonald's color scheme is yellow and red? Studies indicate that psychologically, these vibrant colors trigger the desire to munch more, while blue may cause you to eat less... such as blue plates. Can you guess what food makes an egg-cellent breakfast? Does the size of your fork, eating while watching television or the state of your mood affect your consumption patterns? Here are 52 small tips—one for every week of the year—to help you improve your diet and exercise routines!

Wellness Wednesday Archives • Wellness Matters Archives

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