

Tasty ways to nourish your skin:

10 ● **“C” yourself healthy:** Just a small kiwi fruit has 100% of your daily requirement for vitamin C.

10 ● **E-asy way to get more vitamin E:** For dinner, top a salad with avocado and toasted slivered almonds or other nuts for extra taste and nutrition.

10 ● **Go Fishing:** Have a grilled salmon filet and a salad sprinkled with walnuts for dinner.

10 ● **Orange delight:** Cut up a sweet potato into wedges, season with olive oil and spices, and bake in the oven for “sweet potato fries.”

10 ● **Pasta tonight:** Serve up a hearty dinner with whole grain pasta and marinara sauce.

Feed Your Skin from the Inside Out

Have you ever been tempted to pick up a product that promises to keep your skin looking vibrant and young, wiping away wrinkles overnight? Yes, many people spend hundreds of dollars on the “latest and greatest” skin-care products. However, all the beauty products in the world won’t keep your skin looking good if you’re not eating the right foods.

Recent research has shown that the skin reacts particularly well to certain vitamins, minerals and antioxidants that nourish the skin, making it appear youthful and healthy. The following nutrients are among the very best to consume for healthy, young-looking skin:

Vitamin C can enhance the look of your skin in a couple of different ways. First, Vitamin C is highly effective at reducing free radical damage caused by overexposure to the sun or pollution. Free radicals damage collagen and elastin, the fibers that support skin structure, and can cause wrinkles and other signs of premature aging. Use of vitamin C can also boost the production of collagen, an essential protein that keeps your skin firm and toned. Vitamin C will not only help you look and feel better, but also reduce the look of wrinkles and improve your skin’s quality. Foods rich in vitamin C include fruits and vegetables. Particularly excellent sources are red bell peppers, kiwi, oranges, broccoli, strawberries, tomato juice, watermelon, potatoes, bananas, and carrots.

Vitamin E is another powerful antioxidant that helps by reducing the damage caused by free radicals, a harmful byproduct of sunlight, smoke, and pollution. Vitamin E also reduces the appearance of wrinkles, and, when applied topically, soothes dry or rough skin. Food sources of vitamin E include wheat germ oil, sunflower seeds, safflower and sunflower oils, almonds, spinach, peaches, prunes, tomatoes, cabbage, asparagus, and avocados.

Omega-3 fatty acids are needed when your skin is dry, prone to inflammation, and frequently dotted with white heads and black heads. This is a sign that you may be lacking essential fatty acids (EFA), nutrients that are crucial to the production of skin’s natural oil barrier. Without an adequate supply of EFAs, the skin produces a more irritating form of sebum, or oil, which can result in problems. The solution is to balance two of the key EFAs, omega-3 and omega-6. While most people get plenty of omega-6s (found in baked goods, cooking oils, poultry, grains, and many other foods), omega-3s are often lacking. All fish contains omega 3 fatty acids, but they are more concentrated in fatty fish such as mackerel, salmon, sardines and herring. The American Heart Association recommends eating fish at least 2 times a week. Other sources of Omega-3s include nuts and seeds like almonds, walnuts, pine nuts, and flax seed.

Vitamin A (beta-carotene) promotes proper repair and maintenance of the skin, and deficiencies can result in a dry, flaky complexion. Foods high in vitamin A include dark greens such as kale, spinach, and collard greens and rich yellow/orange fruit and vegetables, especially carrots, cantaloupes and sweet potatoes. It’s best to consume vitamin A from natural food sources rather than supplements, as vitamin A can be harmful if taken in excessive amounts since it is a fat-soluble vitamin.

Lycopene is another powerful antioxidant proven to help reduce sunburn and damage to skin from ultraviolet rays. To keep your skin looking younger and give yourself added protection from the sun, include lycopene in your diet. A pigment that gives many fruits and vegetables their red color, lycopene is found in tomatoes and tomato products, watermelon, guava, and pink grapefruit. Tomatoes are chock full of lycopene. Research shows that lycopene in tomatoes can be absorbed more efficiently by the body if processed into juice, sauce, paste and ketchup.

Before you reach for the “product-of-the-month” to vanish years of sun damage or signs of aging, take a walk down the produce and seafood isles at your grocery store. Get healthy skin from the inside out!



Save Money with These Homemade Skin Soothers



Avocado Mask: Avocados are a great source of vitamin E to soften skin. Mash an avocado. Apply to face, leave on for 10 minutes, and then rinse with warm water.

Buttermilk Cleanser: Buttermilk contains lactic acid, a natural alpha hydroxy acid that moistens and exfoliates your feet and hands. Mix ½ cup buttermilk, ½ cup warm water and 1 teaspoon olive oil. Soak hands or feet in mixture for about 15 minutes. Rinse, dry and follow with a hand lotion.

Pineapple Soak: Pineapple contains an active enzyme called bromelain, which cleanses and rejuvenates dull skin. It's also a great skin softener. Use on especially rough skin spots, like your knees, elbows and heels. To soften rough feet, try a pineapple juice foot bath.



Soak your feet for 15 to 20 minutes in water mixed with pineapple rings and a glass of pineapple juice, then rinse and follow up with a rich creamy lotion.

Green tea for tired eyes: Make a cup of tea with two green tea bags. Place the cup and tea bags in the refrigerator to cool. Then, place the tea bags on your eyes for 10 to 15 minutes. You must make sure the tea bags have cooled. If you place them over your eyes while they are still warm, they will increase blood flow to the area and make your eyes appear puffy.

Vanilla Bath for stress relief: Make your own aromatherapy vanilla bath salts. Mix 1 cup fine sea salt, 1/2 tsp liquid glycerin (skin moisturizer), ½ cup Epsom salt and a teaspoon of vanilla extract. Sprinkle in water for a relaxing bath.

Simple Changes for You to Prevent Heart Disease

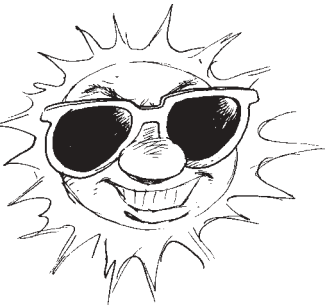
Heart disease is the leading cause of death in the United States, and is associated with other chronic diseases, such as diabetes, renal failure, and obesity. Most risk factors for heart disease can be reduced or eliminated through lifestyle changes. Try decreasing your risk for heart disease by engaging in more physical activity and eating more nutritious meals. Incorporate these steps into your daily routine, and step your way to a healthier lifestyle!



- 1.) Choose parking places near the rear of the parking lot or further from the building.
- 2.) Take your tennis shoes to the mall and window shop while walking. Try to walk the mall for 30 minutes. Then treat yourself to something nice! (No ice cream!)
- 3.) Volunteer at your local animal shelter and take rescued dogs for a walk.
- 4.) Use olive or canola oil in place of vegetable oil, margarine, and butter when cooking.
- 5.) Drink a glass of V8 juice or 100% fruit juice in the morning and have a cup of fruit for dessert.
- 6.) Eat more healthy fats like nuts, salmon, flax seed, olive oil, and avocados.

Enjoy your path to a Healthier Heart!!

Mole Patrol: Free Skin Cancer Screenings



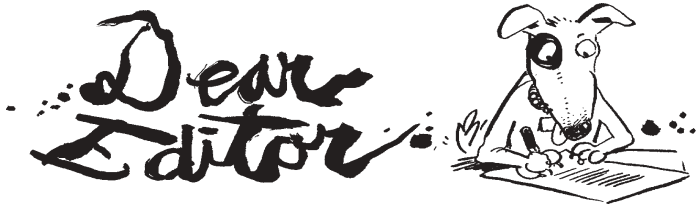
If you are like most, you enjoy our beautiful Florida weather and many sun-filled opportunities. Did you know that too much sun can increase your risk of developing skin cancer?

Skin cancer is the most common cancer with more than one million new cases each year. Living here in Florida puts each of us at greater risk for various forms of skin cancer including deadly melanoma.

Join the “Mole Patrol” on Saturday, April 12 from 9 am to 12 pm when cancer experts from Lakeland Regional Cancer Center will provide free skin screenings. The Mole Patrol will be held at Michael Holley Chevrolet on Highway 98 south next to Lakeland High School.

When caught early, skin cancer can be easily treated. So join Lakeland’s skin cancer experts on April 12th at Michael Holley Chevrolet. Receive a free skin cancer screening, and get ready to enjoy a healthy and happy summer.

All School Board employees participating in the event will receive a Win Wheels with Wellness and Michael Holley Chevrolet entry.



SPRING INTO FITNESS

Experts suggest getting 30 minutes of exercise every day to reduce the risk of disease and improve overall health and well being. With the frost gone, the flowers in bloom and the daylight lengthened into night, this is a perfect time to take your exercise outdoors. Studies show that outdoor activities tend to be more interesting, motivating and enjoyable and more likely to reduce depression. With enhanced enjoyment, comes greater commitment to activity and improved health outcomes.

Whether you prefer walking, jogging, swimming, skating, biking or golf, take advantage of some of these enticing options that Polk County has to offer. Try one new venue each week and remember to protect your skin from harmful ultra-violet rays with sun screen, wear sun glasses, and drink plenty of water.

Walk, run, bike, or skate the Ft. Fraser Trail or Lake Hollingsworth, Mirror or Morton in Lakeland.

Walk the Caloosa Nature Trail at the Ridge Audubon's Babson Park Nature Center. This desert-like ecosystem contains plants and animals found nowhere else in the world. Call 863-638-1355 for information.

Trek Ten Trails - Lake Wales Trailway - May 3, 9 am; Lake Hollingsworth - June 7, 9 am; Call 800-828-7655 for more information or visit <http://www.visitcentralflorida.org>.

Take a Bike Ride – Check these out: *Polk Area Bike Association*: <http://www.polkbiking.com/links.htm>, *Florida Bicycle Association*: www.floridabicycle.org, *Florida Bicycle Trails*: www.tbfreewheelers.com, *Trails from Rails*: www.trailsfromrails.com and *SWAMP club*: www.swampclub.org.

Run with the *Lakeland Runners Club*: www.lakelandrunnersclub.com.

Try gardening and yard work.

Swim at one of *Polk County YMCAs* or the *Kelly Recreation pool*.

Golfers visit: www.southerndunes.com, www.eaglebrooke.com, www.clevelandheightsgolf.com, www.lakarica.com, www.diamondbackgc.com.

Visit a state park: http://www.polk-county.net/county_offices/leisure_svcs/park_locator.aspx

Attend Music on the Promenade; Lake Mirror, Lakeland, 6 – 9pm - *Uncle John's Band* - April 18, 2008; Michael Bell (Blues/Slide Guitar) on August 15, 2008.

Last spring I was informed that I was in danger of many health related consequences due to being grossly overweight. I immediately began a regime of changing my eating habits and only ate when I was hungry. I served my meals on a smaller plate, and began walking only 1.2 miles in the beginning. Since October, I have continued to eat sensibly, exercise daily, and focus on eating to live not living to eat.

Since April 1, 2007, I have lost 72 pounds and have gone from a 24-26 Woman's Plus to an 18 Missy. At my last doctor's visit on March 23, 2008, my cholesterol had dropped 100 points from 250 to 150, and my blood pressure dropped from 180/101 to 126/79. I truly feel better, but can't get too complacent as I have 49 more pounds before hitting my target weight this year.

My doctor, Bradley Tan, is a very caring medical professional who is positive and has always believed I could achieve this goal. After informing me last year that I would probably be dead in 10 years from health related problems (borderline diabetic, low thyroid, cholesterol out of the park, and blood pressure nearing a stroke level), he became the catalyst for my weight loss success.

I now eat to live instead of living to eat. I enjoy running and resistance training and working out on a daily basis with my co-workers. Plus, I have a newfound admiration for myself that was so very lost and buried beneath shame and guilt. My team has been very supportive and gives me weekly compliments that take me "over the moon!" I have always said I would wear a pair of thong underwear on the

outside of my clothes when I get to my target weight... Better call the Ledger, 'cause it will happen!!!!

Debbie Pion

Bartow Elementary Academy

**NOW
READ
THIS!**



Do you have a success story you would like to share to inspire other employees? Send your story to debbie.zimmerman@polk-fl.net or call 648-3057.

Healthy Babies



If free prenatal vitamins and a \$200 reimbursement sound good to you, then check out the Polk County School Board's Healthy Babies programs.

Babies & You is a March of Dimes preconception program designed to promote healthy pregnancies and prevent birth defects. Participants receive a \$100 reimbursement after child birth. To be eligible for the \$100 reimbursement, the program must be completed

before the end of the first trimester. The next *Babies & You* classes will be held April 30, May 7 & 14, 2008 at the Mark Wilcox Center.

Babies First is designed to provide valuable guidance and expert advice on conditions such as nausea, gestational diabetes, multiple births and preterm deliveries. If you are pregnant and want to join *Babies First*,

call 1-800-698-9694. Participants receive a \$100 reimbursement after child birth.

**We're
here
for
you!**



Babies & You
April 30, May 7 & 14
Mark Wilcox Center
4:30 to 7:00 PM

Both programs, *Babies & You* and *Babies First* improve the chances of delivering a healthy, full-term baby. Plus, your participation in both programs allow you to receive free prenatal vitamins (with a physician's prescription) and reimbursement of \$200.

To register, visit www.polk-fl.net/wellness and learn more about having a *Healthy Baby*.

\$200



ABCs of Diabetes Schedule

Diabetes Educational Classes

Jim Miles Professional Building—Palmetto Room
5204 US Highway 98, Lakeland

Diabetes—Medical Issues	4/3
Diabetes—Nutrition & Exercise	4/10
Advanced Diet Planning	4/17
Hypertension/Heart Disease	4/24

Register online at www.polk-fl.net/wellness. Plus, you will also receive an entry to *Win Wheels with Wellness and Michael Holley Chevrolet!*

Diabetes Screening—May 10, 2008

Phillips, Salomon & Parrish
4337 S. Florida Avenue
Lakeland 33813

Screenings include: dilated eye exam, cholesterol & triglycerides, A1c, kidney function test, body mass index (BMI), blood pressure and foot exam. Call Janet Armitage, RD/LDN at 648-3057 for an appointment.

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