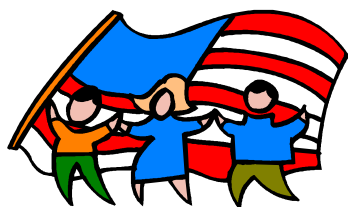


## Rid Yourself of Self-Doubt

As you move into a new position or take on a challenging project, the voice of self-doubt can be loud. How do you suppress your disbelief? Try this plan:

- **Step 1:** Write down the negative thoughts. Simply list the doubts that plague your mind as you push into new territory.
- **Step 2:** Change each negative into a positive statement. Sometimes your own gut will fight this step, but do it anyway. For example, change the statement “I’m way out of my league on this project” to “I can learn the skills I’ll need to complete this project.”
- **Step 3:** Get perspective. Don’t let the challenge overwhelm you. Think of the successes you’ve already achieved, and remind yourself that you didn’t let doubts stop you in the past.



## Keep America Beautiful

Since 1968, the amount of litter in America has decreased by 61 percent. But litter remains a problem, costing our nation at least \$11.5 billion per year in direct costs, including cleanup and prevention programs, along with indirect costs such as decreased property values and health issues. Do your part by keeping your neighborhood clean of litter. Remember the 3-Rs for Living GREEN: reduce, reuse, and recycle for waste management. For ideas, go to the Keep America Beautiful website at [www.kab.org](http://www.kab.org).

## Help to Break the Habit

Extra! Extra! Read all about it! Using tobacco products is harmful to your health! Okay, so maybe this isn’t news to you, but several Polk County School Board employees and spouses have recently heeded the message.

This year, four Wellness Program team members became Certified Tobacco Cessation Facilitators through the Central Florida Area Health Education Center *Quit Smoking Now* (QSN) program. Bolstered by the proven success of the program, they headed to Bartow to tackle tobacco: first stops—Bartow High School and the District Office. The classes were bursting at the seams, with 29 people beginning the program.

The group atmosphere was particularly motivating. Woodlake Center employee, Beverly Zentz, who is attending the classes with her husband, had the following to say, “Although the meetings have been very informative, I think most smokers are fully aware of the health risks and costs associated with smoking. We just never openly discussed those issues while pursuing the habit. Now that we have committed to quitting, having a group of people to talk with has been both helpful and enjoyable.”

Knowing that it is very difficult for someone to quit using tobacco without the support of their partner, QSN classes were made available to both employees and spouses. Joan Lewis, from the B-1 shop, is pleased with the results that she has witnessed in her husband. “This class has been absolutely the greatest gift to him. He is breathing so much better already. You have made a great contribution to his health by offering this class.”

Participants in the QSN classes have access to FREE Nicotine Replacement Therapy (NRT) including patches, gum and lozenges. Plus, as of February 1<sup>st</sup>, NRTs are a covered benefit under the Polk County School Board prescription drug plan through Medco. Many of these products are available as generics with an \$8 co-payment for a three month supply. (Check the Medco website at <https://host1.medcohealth.com/consumer/site/home> for specific pricing details.)

*Quit Smoking Now* is a FREE six-week program developed by ex-smokers. Participants are guided through each stage of the quit process—from preparation, to quitting, to maintaining a tobacco free lifestyle. As an additional support system or for those not comfortable with the idea of a group setting, the Florida Quitline (1-877-U-CAN-NOW) offers FREE telephonic support for Florida residents of all ages. If you or someone you know is thinking about quitting, but just don’t know where to start, the Polk County Health Department and Watson Clinic have partnered up to present “Let’s Talk About Smoking.” Classes take place on the last Friday of each month at the Clark & Daughtrey Medical Group, at 2625 South Florida Avenue, in Lakeland from 3-5pm.

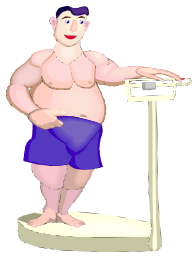
The Wellness Team will be offering tobacco cessation classes on a continual basis around Polk County. Upcoming classes are scheduled to begin at Tenoroc Service Center and Lakeland High School in April. If you would like to host a *Quit Smoking Now* class at your location, or would like further information on anything discussed in this article, please contact Darcee Mora at the Wellness Program, 648-3057.

### What’s inside

Spring Into Fitness	2	Recipe for Workplace Success	3
I Can Do This	2	Branch Out with Fennel	3
Don’t Quit When Your Quitting	2	ABCs of Diabetes	4
10 Ways to Chase Away Stress	2	Do You Have the Fever?	4
Letter to the Editor	3	Cancer Screenings	4

## Spring Into Fitness

Did you know that tobacco use has been the number one cause of preventable disease for decades? Are you also aware that obesity is knocking on the door as an equal if not greater contributor to illness and death? From 1993 to 2008, the proportion of smokers among U.S. adults declined by 18.5 percent, while the proportion of obese people increased by 85 percent. What can be done to reverse this health threat to future generations? Think.... Exercise! Proper nutrition! Yes, these are the age old disease prevention remedies for our bodies and minds! With daylight savings here and warm weather at our heels, it's spring tune-up time!



Let's all ditch the sweaters, get out our shorts and lace up our walking shoes! Walking is a superb exercise for the unfit and fit alike. The *American College of Sports Medicine* recommends 150 minutes of moderate (brisk walk) or 75 minutes of vigorous (jog or run) activity per week. A few of the health related benefits from this modest investment include a reduction in risk factors for heart disease, stroke, cancer, diabetes, obesity, arthritis, depression, anxiety and general injury. In the words of Ronald Davis, MD, President of the American Medical Association, "If we had a pill that contained all of the benefits of exercise, it would be the most widely prescribed drug in the world." What are we waiting for? See you on the trail! (Be sure to check out the healthful links and fitness pages on the PCSB website [[www.polk-fl.net](http://www.polk-fl.net) keyword: wellness] for trails, events and fitness discounts.)

## I Can Do This

One *Quit Smoking Now* participant finds walking and visualization have been beneficial when the smoking urge hits her. She recently wrote, "I visualize myself not smoking, smelling better, my house smelling nicer, and knowing that it means a lot to my family for me to quit." She also finds writing her thoughts helpful, like with the following poem:

"How are you doing today?" I've been asked....  
Well, I got up this morning and put on my patch...  
"Not on your forehead," my husband chattered....  
I really didn't think placement mattered!  
It would give those a clue who did not know,  
That it would only take a second, and I might blow...  
Walking for me put things in perspective...  
Calming me down when things get hectic...  
I have my mints and I have my candy...  
As well as snack foods that will come in handy...  
We WILL do this, we all know...  
Our goal has been set and off we go!  
Plus, we have great support from the Wellness Team,  
Who are working really hard to keep us clean!!

## Don't Quit When You're Quitting Cigarettes

Mark Twain supposedly said: "Giving up smoking is the easiest thing in the world. I know because I've done it thousands of times." But for most people, really giving up cigarettes is the most difficult challenge of their lives.

If you're looking for help on your quest to become smoke-free, consider these suggestions:



- **Set a date.** Don't just decide to stop smoking on a whim. Set a firm date so you can prepare yourself mentally and start tapering off.

- **Know why you're quitting.** Some people write their own personal mission statements, citing health benefits, their family, and other compelling reasons to quit. Whether this is your style or not, be clear in your mind about why ending your cigarette habit is important to you.



- **Get support.** Many people can't quit smoking alone. Whether you join a support group or just seek counsel from your family and physician, enlist people to help you keep your commitment strong.

- **Exercise.** You'll relieve stress and help your body recover from years of tobacco use. Start out slowly, and check with your doctor before you start.

- **Drink lots of water.** Water can help flush nicotine and other chemicals from your system and can satisfy your craving for something to put in your mouth.

- **Do what works.** Some people try burying all their cigarettes so they have to put a major effort into getting a smoke, or chewing dog biscuits when they feel like a cigarette. Don't go over-board—find a solution that works for you.

## 10 Low-Impact Ways to Chase Away Stress

- Take deep breaths.
- Take a walk outside the office.
- Say no to what you don't have time to do.
- Leave work on time.
- Lower demands you put on yourself.
- Ask questions of and talk with co-workers.
- Take care of taxing tasks in the morning to get them out of the way.
- Look at large projects as a series of steps to complete one by one.
- Laugh at least once a day.
- Live in the moment. Don't dwell in the past or worry about the future.





Dear Debbie,

I always thought that I would never be able to fully quit smoking. I had quit for a few weeks at a time on several occasions, but was never successful in kicking the habit all together. I had the desire to quit, but the will power was not there.

I made a decision to quit on my birthday this past November. I contacted my doctor's office, and asked him to call in a prescription for CHANTIX. I had talked with other family members that were able to quit by using it, so I said to myself, "If they can do it so can I."

To make a long story short, I quit!! It was actually very easy with no side effects and no irritability. I highly recommend CHANTIX to anyone who truly has the desire to quit—you'll be glad you did!

I calculate that at the current (outrageous) prices of cigarettes today, I will be saving over \$2000 a year!! I plan to take that money, open a savings account, and go on a shopping spree at the end of the year!! What an incentive.

*Tammy Charbonneau, Student Services*

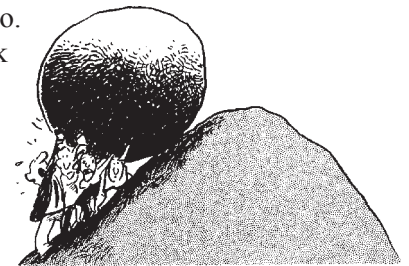
**Note: Chantix is now covered under the PCSB prescription drug plan through Medco.**



## Cook up a recipe for workplace success

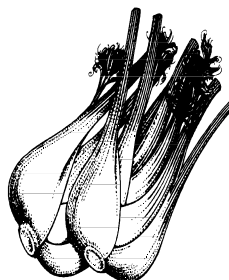
Being good at your job is only part of the recipe for success at work. To heat up your career, remember to add these key ingredients:

- **Positive attitude.** Managers and co-workers alike appreciate the support of someone with an upbeat outlook. Show some enthusiasm about your job and the organization you work for. Look for opportunities, not problems, and find the bright side of the challenges you face.
- **Integrity.** Be honest with people. When you don't have an answer, say so. Admit your mistakes (and concentrate on not repeating them). Keep your promises, and meet your deadlines. All this shows your respect for other people and demonstrates your reliability.
- **Willingness to try.** Don't be afraid to stretch out of your comfort zone. Volunteer for new tasks and extra responsibility. Take risks—be realistic about what you can and can't do. Of course, but don't back away from a challenge because of the possibility of failure. Ask the right questions so you know what's really going on, regardless of whether you'll appear "ignorant."
- **Cooperation.** Be a team player. Help your colleagues with their priorities, and share information instead of hoarding it. Know what your manager wants, and support him or her to the best of your abilities. Offer your support when people need it, so they know you're not just out to get ahead for your own benefit.



## Branch out with Fennel

Fennel is a lesser-known vegetable that deserves its chance in the spotlight! All parts of the plant are edible including the white bulb, stalk, leaves, and seeds. It can be eaten raw or cooked and is in season during March, April, and May. Eaten raw, it is crunchy in texture (similar to celery) but has a sweeter and milder flavor when cooked. Fennel is a great source of vitamin C, and contains fiber, folate, potassium, and manganese—with only 78 calories in one cup! Fresh fennel can be added to salads and sandwiches. Grated fennel is a great addition to your stir-fry, soup, or stew, or roast it to serve as a side item with your favorite seafood dish! Branch out this month and try fennel—a low calorie, nutritious veggie!



## Roasted Fennel

- Half of a fennel bulb
- 1 tsp olive oil
- 1.5 T balsamic vinegar
- salt & pepper to taste
- cooking spray

### Directions

One serving (using half a fennel bulb). Preheat oven to 400 F. Spray a baking pan with cooking spray. Cut off leafy top and root stem of fennel bulb. Slice the bulb like you would an onion. Place on prepared baking sheet. Brush with olive oil and balsamic vinegar. Salt and pepper to taste. Bake for 25 - 30 minutes. Enjoy as a great veggie side dish!



## ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides educations, screenings, and discounts for diabetes supplies and prescriptions. Here are a few of the benefits ABCs of Diabetes participants enjoy:

### Benefits:

- Free eye and foot exams
- Free lipid, HbA1c, kidney function, and blood pressure screenings—two times each year
- Free Accu-Check glucose monitor

**Save \$400 per year!**

### Reduced Rx Copayments:

- Generic tier copay \$4\* retail or mail order
  - Preferred tier copay \$37.50\* mail order
  - Non-preferred tier copay \$62.50\* mail order
- \*90-day supply

### Education/Winter Haven:

- Medical Issues in Diabetes 04/08/10
- Nutrition & Exercise 04/15/10
- Advanced Diet Planning 04/22/10
- Hypertension & Heart Disease 04/29/10

Classes will be held in the main building of the Mark Wilcox Center, 611 Post Avenue SW, Winter Haven 33880. All classes start at 4:30 PM, and registration is required.

### Diabetes Screening:

The next diabetes screening will be held May 15, 2010 at Phillips, Salomon & Parrish, 4337 South Florida Avenue, Lakeland. Appointments are required.

Please email [allison.sullins@polk-fl.net](mailto:allison.sullins@polk-fl.net) or call Allison Sullins, RD, LD/N at 648-3057 for more information or to schedule a diabetes screening appointment.

## Do You Have the Fever?

“Biggest Loser” fever has hit Polk County schools much like H1N1 hit the nation. Was it the extra cold winter that layered a few extra pounds around the waist line, or was it a quick “tune up” before the Annual Health Fair that caused widespread concern for girth measurements? Both have been good excuses for employee groups to get serious about their weight loss efforts.

More than half of the district’s Warehouse workers joined the “Cash for Chunkers” club. The two women and 14 men set out for a four-week weight loss course before the Health Fair; they had so much fun that they are continuing their efforts for at least eight more weeks. Delvin Reed reports, “Out of the 16 members, 13 of us lost weight for a total of about 86 pounds.” Congratulations to the winners, James Spence, who lost 20.2 pounds; Greg White, 12.8 pounds; Randy Rosa, 11 pounds; and, Greg Brantley 8.2 pounds. However, three guys gained weight.

LOSER fever spread to Bartow Senior, IB & Summerlin Academy with recent reports of dropping pounds and inches. The school nurse, Dee Sowell, reports approximately 50 staff members visit the clinic weekly to check their progress. Dee said, “We have a weight loss and fitness program to help us get in better shape. After five weeks, we have lost 343 pounds.”



It seems the fever has not been limited to the Bartow area. Jumping city lines, Doris Sanders Learning Center caught LOSER fever and employees are experiencing side affects like looser clothing, smaller pant sizes, and signs of increased energy.

Has your school caught the fever? Be an inspiration to other PCSB employees and share your story. Email [debbie.zimmerman@polk-fl.net](mailto:debbie.zimmerman@polk-fl.net).

## Cancer Screenings Can SAVE Your Life!

On-site cancer and osteoporosis screenings are provided to you by the Polk County School Board (PCSB) Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC). This **FREE** benefit is available to all employees who have PCSB Blue Cross/Blue Shield health insurance. For an appointment, please contact the Cancer Screening Coordinator at each location at least two weeks prior to the screening date. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus.

### April 2010

- 4/5 UNION ACADEMY
- 4/6 DORIS SANDERS CTR
- 4/7 EAST AREA ADULT
- 4/8 KATHLEEN EL
- 4/9 SE ESE OFFICE
- 4/12 CARLTON PALMORE EL
- 4/13 PALMETTO EL
- 4/14 COMBEE EL
- 4/19 BRIGHAM ACAD
- 4/20 RIDGE CAREER CTR

- 4/21 GIBBONS STREET EL
- 4/26 EAGLE LAKE EL
- 4/27 SCOTT LAKE EL
- 4/28 SCOTT LAKE EL
- 4/29 LAKE MARION CREEK EL
- 4/30 BOONE MID

### May 2010

- 5/3 MCLAUGHLIN MID
- 5/4 CRYSTAL LAKE ELEM.
- 5/6 WESTWOOD MID
- 5/7 WESTWOOD MID

- 5/10 HAINES CITY SR
- 5/11 HAINES CITY SR
- 5/13 SOUTHWEST EL
- 5/14 WEST AREA ADULT
- 5/17 DIXIELAND EL
- 5/18 LAUREL EL
- 5/19 FT. MEADE MID/SR
- 5/25 WINSTON EL
- 5/26 TRAVIS CAREER CTR

**Get On The Bus!**