

Good Health, Energy & Vitality

Did you start a New Year's resolution on January 1? If so, you are one of about 100 million Americans who resolved to improve personal health or break a bad habit. Hopefully you are part of the 65% who, as of February 1, are still working towards accomplishing your resolve.

For Diana Myrick, New Year's resolutions have a new meaning. Several years ago, she realized that her health status on the wellness continuum (see January Wellness Matters) was not "High-Level Wellness with Energy & Vitality." With total cholesterol at 299, a LDL level of 157, and a body mass index exceeding the recommended level, Diana set out to change! "In the past, I would always make a New Year's resolution to lose weight. I'd have a targeted weight in mind, and I'd take a New Year's Day picture as a before snapshot. The diet usually never lasted more than a week, so there was never an after picture."

With a new-found commitment and a daily appointment reminder, Diana took the first steps in implementing a new lifestyle. "I decided I was going to the gym. In order to prompt me, I scheduled it on my calendar." Diana is convinced that exercise is the key.

As a member of Lifestyle Family Fitness, she describes the atmosphere similar to *Cheers*, the television sitcom where everyone knows your name. "You can usually find me at the gym 5-6 days a week; I have a written plan of action for my body." Diana knows that she is solely responsible for her personal health; however, she gives much credit to her personal trainer, Peter, who keeps her motivated. "His encouragement and assistance got me started. He continues to give me advice and corrective feedback that 'kicks it up' a notch."

Diana's workouts include cardio training on the

elliptical or treadmill, and resistance exercises targeting various muscle groups using machines, weights, kettle bells, and exercise balls. "The benefits are endless," she says. "If I am stressed, a good workout will change my outlook. If I am tired, a good workout energizes me." However, the health benefits truly pushed her to the "High Level Wellness" end of the wellness continuum.

With a 30 pound weight loss and a drop of 4-5 dress sizes, Diana's appearance and health have been transformed. "I shocked my doctor with my dramatic change. My weight dropped as well as my blood pressure. My cholesterol and triglycerides are less than half of what they were," she said.

Diana's "High Level Wellness" also includes good nutrition. "I eat healthier. I've virtually cut out fried foods and try to steer away from sugar and salt." Diana admits there are no forbidden foods. "I allow myself a treat, but I keep it in check." She affirms the importance of keeping a food journal and reading nutrition labels. "I cut the size of my portions and use a smaller plate."

Diana has reached her goal, but confesses there is no after picture. "Good health is a life-long journey; there is no ending point. It feels good when someone at the gym says that you are their role model! I hope that my story will encourage someone to take that first step. It doesn't happen overnight, but it will happen!"

Are you struggling to stay motivated and keep your New Year's resolutions? Contact your Wellness Team at 648-3057 to get assistance from health educators, dietitians and an exercise physiologist. Plus, attend one of the upcoming Health Fairs and meet with other health professionals to learn the best way to reach your "High Level Wellness with Energy & Vitality!"

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Spotlight of the month shines on Diana Myrick

Whole Foods for a Healthy Heart

You might have heard recently that you should eat more whole foods for a healthy heart, but what does that mean? Unfortunately, today's society eats so much processed and manufactured food that it is difficult to determine what qualifies as a whole food.

So what exactly is a whole food? Whole foods are foods that have very minimal processing and refining before consuming. Whole foods typically do not contain added ingredients, such as sugar, salt, or fat. When we choose to consume foods in their natural state (such as whole grains, fruits, vegetables, nuts, seeds, meat, fish and milk) without added ingredients, we get the benefit of all the vitamins, minerals and phytochemicals.



One problem with processed food is that many healthy nutrients are removed during the manufacturing process. Most of your foods consumed during the day should be the whole, unprocessed, and good FOOD! Think of your whole grains, fresh or frozen fruits and vegetables, nuts, seeds and other proteins. Ideas for incorporating more

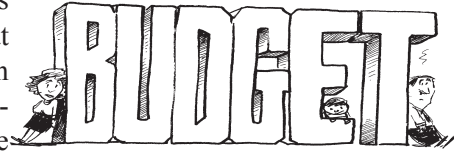
whole foods include:

- ♥ Instead of relying on convenience meals like Lean Cuisine, Healthy Choice, etc., make your own “to go” meals. Double a recipe, divide into individual portions and freeze.
- ♥ Cut back on instant or flavored rice, pasta, and cereal mixes, which usually have added salt, sugar or fat. Buy plain varieties and add herbs and spices for flavor.
- ♥ Instead of using sauces from a jar or a can, make your own. Try this quick and easy recipe for pasta sauce: Take a can of unsalted diced or crushed tomatoes. Add a can of tomato paste and spices including basil, oregano, thyme and a little salt. This homemade sauce is packed with flavor, much better than prepackaged sauce from a jar or a can.
- ♥ Incorporate whole grains as often as possible. Examples of whole grains include: barley, brown rice, oatmeal, popcorn, and whole wheat bread or pasta. When in doubt, check the label. Look for the word “whole” on the package, and make sure whole grains appear among the first items in the ingredient list. Try to choose items with at least three grams of dietary fiber per serving.
- ♥ Instead of reaching for a granola or energy bar for a snack, grab a piece of fresh fruit and a small handful of unsalted nuts. Pair the fruit with string cheese, yogurt or a hardboiled egg for maximum benefit.

Financial Wellness Starts with a Budget

Does the suggestion of “maintaining a monthly budget” make you cringe? According to a survey from the National Foundation of Credit Counseling, less than half of all Americans use a budget, and about one in three don't know the interest rates on their credit cards. Regardless of your financial status, everyone can benefit from keeping a budget.

A budget is simply a plan that shows how much money you have coming in, and where you are spending that



money. The first step to creating a budget is to determine how much income you have. Include all sources of income such as your spouse's income, interest from dividends, or a side business.

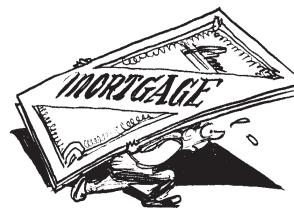
Next, look at your fixed expenses such as rent, a car payment, or monthly insurance premium. Analyze your check book or latest bank statement that you use to make other purchases and start putting them into categories. The internet offers a variety of budget templates that can make this step easy.

Finally, add up your total income and add up your total monthly expenses. Subtract the total expenses from the total income. If you have a positive number, you are saving money! If you have a negative number, analyze your budget to find areas you can cut back.

Keeping a budget can be an eye-opening experience and can help you pinpoint areas for improvement. Visit <http://www.vscpa.com/Content/59148.aspx> to take a Financially Fit Quiz. In just a few minutes you'll know if you're in shape or if you should trim the fat from your financial diet!

Do You Need Financial Assistance?

Your Employee Assistance Program, Horizon Health, can provide more information on budgeting and financial health.



The EAP is confidential and voluntary and offers short-term counseling and referral services for you and your eligible household family members 24 hours a day, 7 days a week.

**Contact Horizon Health
800-272-7252 or visit
www.horizoncarelink.com**

The Heart & Sole of Wellness

Join the PCSB Wellness Team at the Highland Park Church of the Nazarene in Lakeland on February 26th for ONE of TWO 10th Annual Employee Health Fairs. Yes, you read correctly... As a result of last year's overwhelming attendance in Lakeland, a second Health Fair will be provided on April 30th at the beautiful Lake Eva Banquet Hall in Haines City.

Each year, the PCSB Health Fair promotes an essential health message, supported by assorted FREE screenings, giveaways provided by 70+ vendors, and lots of door prizes. This year, "The Heart and Sole of Wellness" emphasizes the health benefits associated with 30 minutes of daily physical activity.

Here's why... Did you know that inactivity is one of six PRIMARY reasons that people develop heart disease and stroke? Did you also know that inactivity is a major risk factor for Type 2 diabetes, obesity, many cancers, high blood pressure and low HDL (the good cholesterol—which should be high)? In fact, all of these conditions greatly increase your risk for heart disease! Becoming active not only eliminates the inactivity risk factor, but reduces the others as well. Activity has also been shown to have a positive influence on one's emotional stability and ability to learn—regardless of age.

Inactivity not only promotes heart disease, the number one killer in America, but contributes to financial instability. As a self-insured organization, Polk County School District's health care costs directly impact each and every employee. On

the other hand, "a penny saved is a penny earned" for each employee, if health care spending can be reduced. With the physical, mental and fiscal facts in mind, let's change our exercise habits and perceptions. Together, as the largest employer in Polk County, let us be examples for our children and families by strengthening our Hearts with our Soles! It's time to get moving and stay moving—find out how at one of the two upcoming Health Fairs!



Techniques to Prepare for a Rainy Day

Financial planning experts recommend having an emergency fund in case something unexpected like a layoff or injury interrupts your paycheck. Your safety net should cover at least six months' worth of living expenses. Here's how to calculate what you need to save:

- * Gather your financial records for the past 12 months. Include bank and credit card statements, ATM receipts, and canceled checks.
- * Create a 12-month grid on paper. Down the left-hand side write all your fixed monthly expenses: mortgage or rent, insurance policies, car payments, utilities, medical expenses, etc. Then add other major spending categories such as food, entertainment, etc.
- * Do some arithmetic. Use the financial documents you collected to calculate the amount you spent in each category during each month of the past year. Total the expenses for each month and then add them together for a yearly figure.
- * Divide the figure by 12 to determine average monthly expenditures. Then multiply the average by six (or eight, for a more comfortable safety net). This is how much you should put aside.

In addition to your emergency fund, you should also have on hand an emergency credit card with the largest credit limit you can qualify for. Apply for this card before an emergency hits, as credit card companies are less likely to give you a line of credit when you are without income.

Remember, this is an emergency credit card to be used only when you've gone through all your savings in the emergency fund. Don't use it for any other expenses.





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 AccuCheck glucose monitor

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

Save \$600 per year!

Education/Bartow:

- Medical Issues in Diabetes 02/03/11
- Nutrition & Exercise 02/10/11
- Advanced Diet Planning 02/17/11
- Hypertension & Heart Disease 02/24/11

Classes will be held in the Amelia Room of the Bartow Airbase, Bartow, 33830. All classes start at 4:30 PM, and registration is required.

Diabetes Screening:

The next diabetes screening will be held May 21, 2011 at Phillips, Salomon & Parrish, 4337 South Florida Avenue, Lakeland. Appointments are required.

Please email 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.

Keep this Data Offline to Stay Safe Online

Protecting your home, your money, and your identity means being careful online. Here's a list of information you should never share with your 1,240 Facebook friends and Twitter followers:

- * Your full birthdate. Providing the month, day, and year can give potential identity thieves valuable data they can use to steal your personal information and wreak havoc with your financial profile.
- * Vacation plans. Don't let burglars know exactly when your house or apartment will be empty for two weeks. Share vacation news after you return.
- * Information on children. Identity thieves can use the data to set up alternative identities that you might not notice immediately. Some experts recommend never posting a child's name in a caption.
- * Your address. This is probably obvious, but it bears repeating, along with the other "well, duh!" items you should leave offline, like your mother's maiden name, password hints, and any part of your Social Security number.

Are you having issues with identify theft?



**Contact Horizon Health
800-272-7252 or visit
www.horizoncarelink.com**

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.

2/1-2	WINTER HAVEN SR	2/16	SOUTHWEST MID	3/21	SNIVELY EL
2/3	SOCRUM EL	2/17	CLEVELAND COURT EL	3/22-23	RIDGE COM. SR
2/4	GRIFFIN EL	2/22-23	LK REGION SR	3/24	CHURCHWELL EL
2/7	SLEEPY HILL EL	2/24	LK GIBSON MID	3/25	HIGHLAND CITY EL
2/8	HORIZONS EL	2/28	BLAKE ACAD.	3/28	WAHNETA EL
2/9	LEWIS/ANNA W. EL	3/7-8	CHAIN OF LAKES EL	3/29	LK ALFRED-ADDAIR
2/10-25	GEORGE JENKINS SR	3/9-10	FROSTPROOF EL	3/30	PINEWOOD EL
2/14	KATHLEEN MID	3/11	LINCOLN AVENUE	3/31	UNION ACADEMY
2/15	OSCAR J. POPE EL				

Get On The Bus!