

Get Back on Track

Do you undervalue your achievements? No matter what you've achieved, on a bad day you can easily view your life as a series of failures and disappointments. Don't surrender to negativity. When you start feeling like a has-been, step back and make a list of your accomplishments, consider the following:

- *Community contributions.* Think of instances when you donated your time, money, or went out of the way to help someone.
- *Family & Friends:* Focus on the positive relationships you cherish and have developed over the years.
- *Accomplishments.* Note every career achievement: awards, promotions, significant praise from superiors, and so forth, along with its importance to your organization, the community, your family, and yourself.
- *Professional positions.* List every major job you've ever held including the respective responsibilities and authority.
- *Projects.* Look at every project you've been involved in that met with success because of your contributions, large or small.

This "success inventory" will help you get back on the track of thinking positively about your strengths and potential.

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Stop Insanity: C.H.A.N.G.E. 2012

Insanity: doing the same thing over and over again, and expecting different results! (Albert Einstein) Over 100 million adults make New Year's resolutions each year. Almost 35% are banished by the end of January. How many of you set out to break a bad habit, improve your health, or advance professionally for your 2012 New Year's resolution? Could it be the same resolution you made last year? If so, what can you do differently to ensure success this year? Recognize that change is a critical factor when conforming to resolutions. Let us use the acronym **C.H.A.N.G.E.** to identify easy ways to reach your goals in 2012.

Commitment: your pledge or promise to make a change. Look at commitment as a contract or responsibility that you will fulfill. Just like any other legal document, think of the obligations that should be outlined in this written agreement. Include a detailed description of your goal to accomplish; why this change is important to you (your motivation to succeed); how you plan to complete the commitment; and, how much time is needed to achieve success. Specify a start and end date.

Help: a necessity. Recruit others who have like-minded goals. Ask your family and friends to monitor your journey to change. Tell them your goal; ask them to keep you accountable; and, keep them apprised of your daily/weekly/monthly challenges and successes. At the same time, avoid those who are willing to sabotage your efforts...even if it is unintentional! Plus, don't underestimate the power of support groups or professional help like AA, Weight Watchers, Horizon Health, the PCSB employee assistance program (EAP), or the Wellness Team.

Attitude: critical for victory! A positive mental attitude breaks down the barriers to success. In his book, "*The Power of Positive Thinking*," Norman Vincent Peale wrote, "Expect the best, and get it!" Think of your commitment and visualize it being completed. This is powerful; visualize how to overcome obstacles. Picture success.

iNitiative: make the first move. Many people establish elaborate plans, but never take the first step to reach their destination. For change to occur, you must take the initial step. This is not always easy! Even if you have a strong commitment, supportive family and friends, and a positive mental attitude, you may stumble at the beginning. Remember your determination; renew your motivation; and, push through obstacles that separate you from your goal.

Growth: improve in the process. In the change process, growth comes with knowledge and experience. Change is a process; for it to be meaningful, we must realize growth. Change is not easy, but we get better in the process. We expand our knowledge base, develop new skills, and discover hidden strength.

Enthusiasm: the fire from within. Enthusiasm is not something we turn on or off. Enthusiasm is internal and it drives success. When you look at your commitment and visualize your success, recognize that the prize is a better YOU! Remember though, enthusiasm can be a double-edged sword.

Many begin their **C.H.A.N.G.E.** process with passion and zeal, but realize too quickly that they are unable to maintain that level of eagerness for a long duration. Good habits take 30-60 days to form. With this in mind, the Wellness Team will bring you 12 Healthy Changes in 2012—focusing on one new goal each month. As you become comfortable with a new habit, you'll be introduced to a new challenge that will keep you focused on good health. Believe in your product; believe in yourself. You are worth the **C.H.A.N.G.E.**

Conquering the Bullies of Your Mind

Excuse me. What was that? Please come again. I couldn't hear you. Who are you anyway? "It's me, that voice in your head, rambling at least 50,000 thoughts each day, most of which are negative, repetitive and self-sabotaging." Sound familiar? Each conversation you have with yourself, each judgment, each "shoulda," "woulda," "coulda," results in a perpetual self-fulfilling cycle that mentally reinforces who you are, and either enhances or demolishes your self-worth.

What is the dialog of your internal voice? It's generally believed that self-criticism is learned rather than inherited. The good news—anything learned CAN BE unlearned. First, take a more objective stance, as you begin to observe, rather than judge your behaviors and thoughts. Recognize that obstacles are challenges that can be met with alternative solutions as opposed to insurmountable problems that are "...all my fault." Three strategies to help shift your thinking include: positive affirmations; intercepting your thoughts; and, insistence that your world view be positive.

A positive affirmation means saying something constructive to yourself about you! Tips for creating effective affirmations include being concise, specific, using the present tense, and making use of the best time of day which is morning or just before bed. For example, use your voice to say, "I effectively create calmness when the students are disruptive," or "I am eating fruits and vegetables every day."



Intercepting your thoughts requires mindfulness. Rather than allowing a subconscious self-defeating stream of insults drive you into a ditch, catch these statements and send them on a detour. Replace them with a positive affirmation. Lastly, research shows that optimistic people tend to out perform pessimists in all respects. In fact, pessimists are eight times more likely to experience depression when "bad" things happen. According to Dr. Martin Seligman, the father of positive psychology and author of "*Learned Optimism: How to Change Your Mind and Your Life*," the way you think dramatically impacts well being, career options and confidence levels. Remember that change is a gradual, yet doable process that requires patience, practice and discipline. So, next time you hear those bullies in the

playground of your mind, kindly send them on their way!

Don't be Fooled by Whole Grain Claims

Today we see "whole grain" logos on almost all grain products, including sugary breakfast cereals. This is one of the more recent and popular marketing claims, which can be confusing. The reality is that refined white flour—with just a touch of whole wheat added back in—can be listed as "whole grain." What the various "whole grain" terms actually mean may surprise you.

- **Made with Whole Grains:** All the product needs is one tiny bit of whole grains to use this claim, which does nothing to enhance your health.
- **Wheat flour or 100 percent wheat:** Again, this is a ploy that tries to fool consumers. Look for "whole wheat flour" or "100 percent whole wheat," not just the word "wheat."
- **Multigrain:** This doesn't explain whether the grains are refined or whole, just that there is more than one type of grain. Multigrain has no proven health benefits, especially if all those grains are refined (unless the ingredients list proves otherwise).
- **Whole grain:** This term is also misleading, because whole grains can contain various blends of grains that are refined. Avoid products that include words like enriched and bleached on the ingredients portion of the food label. You can trust the term "100 percent whole grain" to be a healthy choice.

Based on MyPlate recommendations, half of the grains you eat should be whole grains. Check out the bulletin boards in your school's cafeteria in January for tips on how to make "half of your grains whole."

Save a date...

Lakeland: March 24, 2012

or

Haines City: April 28, 2012

*Polk County Schools
Blue Cross & Blue Shield*



Employee/Retiree Health Fair

www.polk-fl.net

keyword: wellness

More than just a health fair!

LIVE IT, LOVE IT, WORK IT AT HIGHLANDS GROVE

Staff and students at Highlands Grove Elementary encourage wellness through good nutrition and exercise in many ways. With staff and students of good health, rigorous relevant instruction can take place.

Our fabulous cooks serve fresh fruit and veggies daily, have a salad bar option for grades K-5, and feed 200 breakfasts daily. No fried foods are served—everything's baked. Our students will be participating in the KIDS PACK weekend food supplement program. We're a "no candy" school, supporting no sugar rewards at school. We held a school-wide food drive supporting our school families first.

Teachers utilize on-site circuit training equipment before or after school. We mapped an 8-lap mile walking trail in our courtyard. A dozen teachers practice Tai Chi by CD three afternoons weekly. Seven teachers worked out at All-American Gym all summer. Some of our custodians have worn pedometers and discovered their shift is a 9-mile walk! Our staff packed the LRMC cancer screening bus last week and regularly schedules the Bloodmobile.

Our fifth graders all learn to Rumba, Waltz, Swing and Cha-Cha in ballroom dance classes. White Tiger Martial Arts instructors recently introduced karate and tae kwondo to all classes. K-1 students took five days of swimming lessons at the YMCA this year. K-5 line dancing is slated for spring. A teacher orchestrates a Thursday after school Dance Club where 34 students energize with the salsa and hip-hop. Community walks & runs are well supported by staff and students. This is all in addition to PE and daily recess! Several classes tend raised bed gardens, providing exercise and healthy edibles from which to learn.

Staff, parents and students have raised funds for a fitness trail and playground and hope to erect them soon to continue lifelong wellness goals. We're proud of our efforts to practice what we preach—feel well, learn well!

Dana Kelly, Teacher, Highlands Grove Elementary



*Spotlight of the month shines on...
Highlands Grove Elementary*

Why Exercise?

Few people will disagree that exercise can improve your health and is an important part of the daily routine. However, according to research from the National Center for Health Statistics, seven out of 10 American adults do not exercise regularly—defined as 30 minutes of brisk walking at least five times per week or 25 minutes of jogging three times weekly. Experts suggest that inactivity contributes to 300,000+ deaths annually and correlate regular exercise with education, income and marital status. Individuals who are more highly educated, who earn at least four times the poverty level and who are married, tend to abide by health recommendations with greater compliance. Although exercising for health is logical, daily decisions are more often connected to emotion. The good news—change happens!

What will motivate YOU to get up and go in 2012? Based on a recent study by M. Segar, people want to feel better NOW! Although the subjects in the study valued exercise benefits that were related to current health, healthy aging and daily quality of life, those who exercised to improve daily life were more active over one year than the other two groups. The translation—what we claim to be important does not necessarily translate into behavior! As opposed to "health," instant benefits like reduced stress, enhanced mood and greater energy, are more compelling reasons to get moving!

Segar recommends five steps to rebrand exercise FOR YOURSELF and improve your motivation to stick with it:

1. Assess the specific benefits you have been striving to achieve from exercise. Is it weight loss, increased flexibility and strength or reduced stress?
2. Ask yourself if these reasons have kept you motivated?
3. Consider the changes that YOU most care about achieving in your daily life that exercise benefits would impact, such as reduced stress and improved mood.
4. Give yourself permission to change your reasons for exercising to ones that are most relevant to YOUR core values and life goals.
5. Remember that "one size does not fit all" when it comes to exercise! What will help you stick with daily activity?

Need help identifying your goals? For assistance, call on the health professionals from the PCSB Wellness Team at 648-3057.





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 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!

10:00 AM Education, Sonny Powell Transportation, Bartow OR

4:30 PM Education, Amelia Room, Bartow Airbase:

- Medical Issues in Diabetes 01/05/12
 - Nutrition & Exercise 01/12/12
 - Advanced Diet Planning 01/19/12
 - Hypertension & Heart Disease 01/26/12
- Registration is required.

Diabetes Screening:

The next diabetes screening will be held January 21, 2012 at Phillips, Salomon & Parrish, 215 First Street N, Winter Haven. 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.

Resolve to Do Something Different

It's January again. Have you made your New Year's resolutions yet? Maybe this is the year to forget the boring, routine promises you won't keep, like going to the gym every day and calling your parents once a week. Try resolving to be more creative in 2012 with these resolutions:

• **Keep a journal.** Spend a few minutes every day or so writing down your thoughts, feelings, dreams, and ambitions—not your daily schedule or your upcoming appointments. Let your mind wander; free-associate a little. You may be surprised at the ideas you generate.

• **Read more.** Vary your reading habits and explore different topics. If you usually read novels, try a biography. If you read only history, try a book on modern-day science. You'll exercise your mind, and maybe find new connections between ideas.



• **Learn something new.** Take a class in something unrelated to your job or your usual hobbies—art, auto mechanics, philosophy, etc. Mastering new skills can refresh your outlook on life.

• **Meet new people.** Make a positive effort to make new friends this year (or professional contacts). Look for gatherings of people whose interests match yours, and network. The more people you know, the better equipped you are to learn and grow.

• **Create something for the heck of it.** Paint a picture, write a poem, or start a garden—not because you'll get paid for it, but because you want to. You'll find satisfaction in achieving personal goals and motivation to keep trying new things.

• **Volunteer.** Find a cause you support, and offer your time and service. You'll meet new people and enjoy the feeling of helping out with an important cause.

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 and spouses 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.

January 2012

1/5-6	FROSTPROOF MID/SR	1/20	ELBERT EL
1/9	ROOSEVELT ACAD	1/24	BETHUNE ACAD
1/10	BARTOW EL	1/25	R. BRUCE WAGNER EL
1/11	DUNDEE EL	1/26	EASTSIDE EL
1/12	DENISON MID	1/30-31	WINTER HAVEN SR
1/13	ALTURAS EL	February 2012	
1/17	LAKE ALFRED EL	2/1	SOCRUM EL
1/18-19	BARTOW MID	2/2	GRIFFIN EL
1/20	ELBERT EL	2/6	SLEEPY HILL EL

February 2012

2/7	HORIZONS EL
2/8-9	LOUGHMAN OAKS EL
2/13	LEWIS EL
2/14-15	GEO JENKINS SR
2/16	KATHLEEN MID
2/17	CLEVELAND COURT EL
2/21	OSCAR J. POPE EL
2/22	SOUTHWEST MID
2/23	LAKE GIBSON MID

Get On The Bus!