

Structural Support

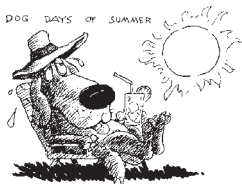
When you were young, chances are your parents told you to stand up straight. As we get older, standing erect may be much harder, not because of poor posture, but due to thinning bones.

If you are Caucasian, Asian, over 50, have small bones, drink caffeine, drink alcohol, or have a poor diet, you may be at risk for osteoporosis!

Osteoporosis is the thinning of bone tissue and the loss of bone over time. It can be dangerous because the first symptom may be a broken bone!

Weight bearing physical activity, a diet high in calcium with vitamin D, avoiding caffeine and alcohol all play a role in the prevention of osteoporosis.

Women over age 50 need about 1200 mg of calcium a day, the equivalent of 4 glasses of milk! Vitamin K, magnesium, vitamin A, copper, manganese, zinc, and iron are also beneficial for bone health!



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Just Say "NO" to Your Gene Pool

Have you ever considered tossing some chlorine into your gene pool to rid the waters of heart attack, stroke or diabetes? Do you have a lifeguard to rescue you from the "inherited diseases" swimming around you?

For Polk County school psychologist Charlie Boyd, following the footsteps of his parents was not an option. "Watching my father and mother decline rapidly and die early was a primary motivator for me to change my life." After grieving for several years over the loss of both parents, Charlie had an epiphany. He realized that transforming his life was an important part of preventing the inevitable. "I needed to do some proactive things to avoid ending up like my father." Charlie realized he needed a good lifeguard!

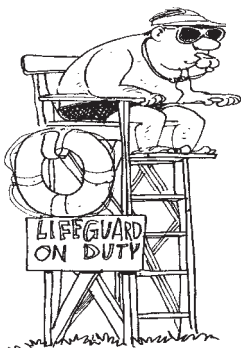
Charlie described his youth and passion for food noting, "There was always lots of food on the table—meat, potatoes, and baked goodies." Out of necessity, he learned food preparation when he was 10 years old. Preparing good food became a hobby and was very important to him, but his cooking styles and food preferences were not the healthiest choices. Charlie began to see his own reflection in his father's gene pool.

Both Charlie and his father were diagnosed with type 2 diabetes, hypertension and hypercholesterolemia. In an effort to control his destiny, Charlie joined the ABCs of Diabetes. In June 2009, he met with the diabetes educator and determined short term health goals, including weight loss and exercise. However, he wanted to go beyond that. Charlie wanted better control of his medical conditions without prescription drugs and subsequent side effects!

The diabetes educational classes provided the know-how to accomplish these goals and overcome barriers. "My food preparation and eating patterns have changed. I quit frying and now steam or microwave." No longer does Charlie gorge himself on super-sized meals at local restaurants, but splits the entrée and takes the remaining portion home for another meal. When it comes to dessert, he uses pure will power. "I consider sugar to be like eating poison, and I have cut way back on all forms of saturated fat by restricting it in my diet. I have modified my favorite recipes using Splenda instead of sugar with considerable success."

Charlie has worked up a sweat in his lifestyle transformation. "My exercise consists of vigorous walking combined with physical labor (lawn, pool maintenance and painting) on my three residential properties. Rather than driving between my houses, I walk. I also walk around the lakes near my home."

Sweat equity, sheer will power, and satisfaction from positive results motivate Charlie to continue his healthy lifestyle. Physically, a loss of more than 60 pounds allowed him to tighten his waist band from a 44" to a 36" and decrease his shirt size from XXL to XL. However, benefits don't stop there.



"My reward has been primarily intrinsic. Being able to go into a store and find clothes that fit without having to go to the "Big and Tall" section has been a secondary reward."

Charlie realizes that he is his own gene-pool lifeguard. "Yes, my father had all of those diseases, but he also made lifestyle choices that controlled his destiny." At 58 years of age, Charlie's healthy life journey includes nutritious eating, energetic walking, and only one medication for his diabetes. By his birthday next month, he hopes to add "smoke free" to that list.

Are you interested in becoming a lifeguard at your gene pool?
Call your Wellness Team at 648-3057 for some healthy coaching!

Summer Shape Up Edition

THE MAYO CLINIC PLAN

10 Essential Steps to a Better Body & Healthier Life

Do you want to look better, feel better and be healthier? That's what *The Mayo Clinic Plan* is all about. It's a healthy lifestyle program that involves eating well, being active and making health a priority.

The Mayo Clinic Plan spells out in clear, understandable terms the fundamental steps to a healthier life. The 10-step approach begins with a personal health assessment that lets you identify areas to emphasize in your quest for a better body and improved health.

The Wellness Team will present *The Mayo Clinic Plan* on June 16 & 17.

Classes will focus on medical self care, fitness, stress management, and nutrition. At the end of day two, participants who have completed both classes will receive *The Mayo Clinic Plan, 10 Essential Steps to a Better Body & Healthier Life*.

The Mayo Clinic Plan provides tools—from exercise plans to menus and recipes—to get you and keep you on a healthy path. The book also addresses often overlooked aspects of a healthy lifestyle—from tobacco use and medical tests, to social connections, stress, rest and relaxation, and common-sense safety issues.

Time: 2:00 to 4:30pm
Locations: Mark Wilcox Center—Conference Room
Dates: June 16 & 17, 2010

Make your reservations today.
<http://pds.polk-fl.net/login.asp>
or call 648-3057

Quit Smoking Now

This 6-week program includes nicotine replacement therapy (NRT): patches, gum or lozenges.

July 7th — August 11th
10am to 11am
Mark Wilcox Center
Registration required:
Call Darcee at
863-648-3057

Spring Cleaning Becomes Spring Training

Whew! Overnight the news shifted from how chilly it was to how stifling it is; both scenarios leaving the door opened for reasons to avoid outdoor activities! Spring cleaning is a great way to accomplish your chores indoors, while getting a healthier body. The number of calories you burn during housework varies depending upon your current fitness level, weight, gender, and how hard you're working. Most estimates indicate that a 150-pound person will burn approximately 150 calories with 30 minutes of general cleaning, which is similar to walking at a moderate pace. To get the most bang for your buck while sweeping, picking-up, and scouring, move continuously; dance to the music; work vigorously using elbow grease; circle big with your arms when scrubbing; shake your rugs outside with full arm movements; stretch when reaching and lunge when vacuuming. Then, go outside and wash your car!



Healthy Seasonal Eating

Now that summer is upon us, seasonal eating is easy with just a snap, crunch, slice or dice. Seasonal eating has many benefits for both you and the environment. First, seasonal produce packs the biggest nutritional punch. Not only are they fresher, but they are tastier too. Environmentally speaking, seasonal produce eliminates the damage caused by shipping foods thousands of miles. Your food dollar goes directly to your local community farmers.

Eating fresh, in season foods also saves you money. If you buy items that aren't in season, you pay a premium for them. How so? That basket of peaches you buy during winter can cost twice as much as it would if you buy it when peaches are in season locally. Having those South American peaches transported halfway around the world shows up in your food bill, not to mention it is very environmentally unfriendly.

Check out a local farmers market and stock up on these fruits and veggies in season including avocados, bell peppers, blueberries, cabbage, cantaloupe, eggplant, mangos, oranges, sweet corn, snap beans, tomatoes and watermelon.



Don't Miss BC/BS Health Screenings & \$500 HRA Contribution for 2011

Employees who are enrolled in the 3160/3161 HRA Insurance Plan will receive an additional \$500 contribution into their **2011 Health Reimbursement Arrangement (HRA)** by completing a health screening* provided by BlueCross/BlueShield and the PCSB Wellness Program. Please visit <http://www.polk-fl.net/staff/employeeinfo/wellness/default.htm> to schedule your screening appointment. If you are unable to access the online screening tool, please call 800-545-6565, ext. 37832.

**Please fast for 2 hours prior to your screening.*

BCBS Health Screenings (occurring in the cafeteria at each location unless otherwise specified):

Jun 15	Bartow Senior	12pm—5pm
Jun 16	Fort Meade Mid/Sen.	9am—2pm
Jun 22	Lawton Chiles Middle Academy	9am—2pm
Jun 24	TBA	
Jun 29	Haines City Senior	12pm—5pm
Jun 30	TBA	
Jul 13	Ridge Career Ctr (Community Room)	12pm—5pm
Jul 14	Lake Marion Creek Elementary	9am—2pm
Jul 20	Highland Grove Elementary	12pm—5pm
Jul 21	Mulberry Senior	9am—2pm
Jul 27	Kathleen Senior (Media Ctr)	12pm—5pm
Jul 28	Tenoroc Senior	9am—2pm
Aug 3	Lake Gibson Middle	12pm—5pm
Aug 4	Lake Region Senior	9am—2pm

Living Healthy with Chronic Conditions

Developed by Stanford University, this 6-week course is designed to help people with chronic conditions or on-going medical issues take control of their health. Participants and caretakers learn tools to use for depression management, stress relief, healthy eating, physical activity, and working with a health care team.

Break the barriers that have prevented you from feeling better. If you have high blood pressure, osteoporosis, MS, arthritis, diabetes, or any other ongoing health condition, you will find this most beneficial. Space is limited to 15 people; please call Jamie at 648-3057 to register.

Bartow Transportation: 10:00am—12:30pm
Lawton Chiles Middle: 2:00pm—4:30pm
June 21, 28; July 12, 19, 26; August 2, 2010

Mark Wilcox Center: 10:00am—12:30pm
Woodlake Center: 2:00pm—4:30pm
June 17, 24; July 1, 15, 22, 29, 2010

Have a Stress-Free Family Vacation

Summer is here and that usually means it's time to hit the road for a vacation. Whether your idea of relaxation involves rock climbing or lounging by the pool, you can enjoy a stress-free trip (or at least minimize the hassles) with some basic planning:

- * Involve your children. Whether you're traveling with toddlers or teenagers, get them engaged in the preparations. Asking them what they want to see and do, and incorporating their wishes as much as possible, will lead to a smoother experience.

- * Pick your time. Flight delays and crowded airplanes rarely improve the quality of your trip. Your best bet when flying is to travel Monday through Wednesday early in the day. Fly direct if possible to cut the chances of your luggage getting lost (or having to drag your carry-ons from one end of the airport to the other).

- * Pack some snacks. Kids and adults get cranky when they're hungry. Carry along something healthy to eat: granola bars, raisins or other dried fruit, peanut butter crackers, and treats for when you and your kids need something special.

- * Schedule some downtime. Don't try to cram too many activities into the day. Rushing through one museum to get to the next one, and the one after that, will quickly grow exhausting. Allow some time to relax, watch TV, read or take a leisurely stroll.

- * Maintain normalcy. For small children especially, continuing some elements of a regular routine will keep things running smoothly. Bedtimes, regular meals, and normal rules of behavior provide a comforting sense of structure.

- * Be flexible. Expect delays, so they don't stress you out. Break the schedule when something more interesting comes up. If you want to spend more time in a museum that intrigues you, do it. You may not have the chance again.





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 (Summer Classes—all day):

- June 10 Jim Miles Center
- June 17 Ridge Career Center
- July 15 Bartow Air Base

All classes are from 8:00am to 3:45pm, and registration is required. Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information.

Aerobic Fitness Association of America Group Fitness Certification

Are you an aspiring group exercise instructor searching for exercise standards and guidelines? Do you want to learn more about anatomy, exercise science, and evaluation? Are you ready to become a nationally certified exercise instructor? Join the Wellness Team as we bring group exercise instructor training to Bartow with 25% savings for School Board employees.



Primary Group Exercise Certification

June 24, 2010

Group Resistance Training Workshop

June 25, 2010

Classes will be held at the Bartow Fitness Center, 680 S Broadway from 8am to 5pm. Fees do not include books or study guide. Get your books now and start studying! Call the Wellness program at 648-3057 for more information.

Healthy Babies



Are you thinking about having a baby, or are you in your first trimester of pregnancy? If so, you need *Babies & You!** This March of Dimes program is offered to all School Board employees at no cost, **plus you will receive \$100 after the birth of your baby!** *Babies & You* is a nine-hour educational program designed to promote healthy pregnancy and prevent birth defects.

June 15, 2010

Mark Wilcox Center

8:00 AM to 4:00 PM

*Babies & You**, *Healthy Addition*® and free prenatal vitamins are offered at no cost to expectant (or soon-to-be expectant) Polk County School Board employees covered under the Blue Cross/Blue Shield health insurance plan. A \$100 co-pay reimbursement is given after delivery to those completing the requirements for each program (a maximum of \$200 for completing both programs). Free prenatal vitamins require a prescription from your physician.

Visit: www.polk-fl.net keyword: Wellness

Call 648-3057 to register for classes.

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.

6/01	CRYSTAL LK EL	7/06	L-7 SHOP
6/02	MC LAUGHLIN MID	7/07	CWAC SHOP
6/10	BARTOW TRANS	7/08	L-6 SHOP
6/14	BARTOW TRANS	7/13	WH-5 SHOP
6/15	LK WALES TRANS	7/14	UA-1 SHOP
6/16	LAKELAND TRANS	7/15	B-2 & B-4 SHOP
6/22	DISTRICT OFFICE	7/20	B-3 SHOP
6/23	DISTRICT OFFICE	7/21	EERS SHOP
6/24	DISTRICT OFFICE	7/22	LW-9 SHOP
6/29	DISTRICT OFFICE	7/27	MARK WILCOX
6/30	DISTRICT OFFICE	7/28	B-1 SHOP
7/01	DISTRICT OFFICE	7/29	B-1 SHOP

Get on the Bus!