



# Wellness Wednesday

Health E-News

Volume 2 • Issue 16 • April 28, 2010

## Have You Checked Your Blood Pressure Today?



### HIGHLIGHTS

- ♥ Workplace
- ♥ Bytes
- ♥ Fit As A Fiddle
- ♥ Recovery
- ♥ Self Care
- ♥ Chocolate
- ♥ Dementia
- ♥ 3 R's

[What may trigger fainting?](#)



### A Healthy Workplace Includes You

Worksites that support and value the health of their employees offer worksite wellness programming. Depending on the type and size of company, these specialized programs can include initiatives such as discounted gym memberships, stress management exercises, smoking cessation incentives, and much more. Worksite wellness programs benefit both employers and employees. Employers see return on investment through lowered health care costs, fewer injuries, and reduced absenteeism, to name a few. Employees have reduced stress, improved self-image, and a higher level of physical fitness and productivity. [Click here](#) to learn simple ways to incorporate wellness into your workday!

### Healthy Bites

**2010 National Walk@Lunch Day is today!** Take the first step towards making physical activity part of your day, every day, to boost your health and the quality of your life! [Walking tips from SparkPeople...](#) [More about walking at lunch...](#)

**Health Screenings—Last Chance for 2009/2010—If you are a PCSB employee who participates in the 3160/3161 HRA insurance plan, attend one of the following two screening opportunities—a requirement to receive the \$500 HRA contribution for the 2009/2010 period:**

- ◇ May 4, 2010—Ridge Career Center, Community Room; 1:00pm -6:00pm
- ◇ May 25, 2010—Lakeland Senior, Cafeteria; 1:30pm – 6:30pm.
- ◇ [Register here](#) or call or call 1-800-545-6565, ext. 37832 if you do not have internet access. [Click here for more information...](#)

**2010 PCSB Summer Boot Camp**—Try this 7-week program that offers fitness instruction, nutritional counseling and motivational training—packed with fun and energizing activities designed to help you reach your Wellness goals. [Details...](#)

**Walking Works**—Step it up for five weeks with the **WalkingWorks® Challenge**, from Monday May 3rd to Friday June 4th and receive a free pedometer. [Details...](#)

**How Do You Spell STRESS?** At times, “life” gets in the way. Help is just a phone call away with the Horizon Health PCSB Employee Assistance Program. [Details...](#)

**L.O.S.E. for Blackboard, a Weight Management course**—A 12-week Blackboard course from 5/3/10—7/23/10 designed for all current and previous LOSE participants, or anyone who would like Weight Management Support. [Register...](#) (Module: LOSE; Section Number 11720) Call Jan or Jen at 648-3057 or [email](#) for more information.

**Wellness Professional Development Opportunities**—Learn how to stress less, exercise more and eat better! Get in-service points and incentives. [Email](#) or call 648-3057 to schedule any Wellness Professional Development at your worksite today!

**Parents and Teachers As Allies Seminar**—Free May 1st, Presented by NAMI Polk County. [More...](#)

**Get on the Memory Screening Bus in May**—[Schedule...](#)

### Fit As A Fiddle—Calling All Middle and High School Girls!

The Health Education Department of the Mark Wilcox Center will be hosting the **2<sup>nd</sup> Annual Girl's Health and Physical Education Forum**, Saturday, May 22, 2010, from 9:00 a.m. to 3:30 p.m. at the Church of the Nazarene in Lakeland. Originally launched by former and terribly missed PE Specialist Don Knitt who lost his battle with cancer in March/2009, this event provides middle and high school aged girls with experiences that are unavailable in the regular school curriculum. Don's efforts are being continued through grants from the Community Foundation of Greater Lakeland, Inc., Mosaic, Inc. and Publix Charities. Lunch, snacks, goodie-bags, t-shirts and FUN are free to all participants! [Email](#) for information or to volunteer. [More...](#)

### The Science Behind Muscle Recovery

At one time or another, most people have experienced muscle soreness from excessive physical exertion or as a result of trying a new physical activity. **Delayed Onset Muscle Soreness or D.O.M.S.**, does not occur from the common myth... “a build-up of lactic acid,” but is actually discomfort that accompanies microscopic tears in the muscle tissue. Did you know that during rest periods, your muscles are adapting, changing or otherwise improving! The cells that make up muscle fibers degenerate and are replaced by new muscle cells. [Here are a few steps](#) to help you minimize harmful muscle damage and maximize muscle regeneration and recovery...



### Stop the Merry-Go-Round... I Want To Get Off!

You're a parent, school volunteer, Little League coach, and trusted assistant to your boss. You've been up since 6 a.m., made breakfast, packed lunches, cleaned the house, chauffeured the neighborhood kids, helped with homework, read bedtime stories, and finished extra work from the office. It's 11:30. You're exhausted. And, in about six-and-a-half hours you'll begin the whole 24-hour cycle...again. Remember Maslow's Hierarchy of Needs: human beings must meet their basic needs before they can move on to higher-level goals. Since most of us already *know* that we should take care of ourselves—but often have trouble figuring out how to *do* it, [here are some guidelines for getting there...](#)



### The Sweet Anti-Oxidant Cocktail



Mmmmmm... How sweet it is; chocolate! Recent studies have shown that consuming a very small amount of dark chocolate, may have heart-healthy benefits, including lowering inflammation in the body, which has been shown to be a contributing factor in heart disease. When researchers say small, they mean small—approximately 6 grams of dark chocolate per day (one ounce equals 30 grams)... enough to reap the benefits. According to studies, consuming more than 6.7 grams does not necessarily increase your benefits. Since chocolate is high in fat and calories, please adhere to the recommended serving size of 6 grams (1/5 of an ounce). [More...](#)

### Heart Disease Linked With Dementia

Proper nutrition and exercise... the quintessential duo proven to reduce the risks for heart disease and stroke. These risks include elevated blood sugar, high cholesterol, high blood pressure, obesity, inactivity and cigarette smoking. Now, heart disease is a suspected risk for Alzheimer's disease. According to a new study, people with [atrial fibrillation](#), a form of abnormal heart rhythm, are more likely than others to develop dementia, including Alzheimer's disease. The presence of [atrial fibrillation](#) also predicted higher death rates in dementia patients, especially among younger patients in the group studied, meaning under the age of 70. [More...](#)



### Reading, Writing and Aerobics!



First-graders spill out of the gym and the cafeteria at Longfellow Elementary School in Eastlake as they do every school morning, flush-cheeked and winded. Every 15 minutes, a new class breaks away from schoolwork to sprint and squat-thrust their way to better health. At Longfellow, every student gets an aerobic workout, every day. Ruth Ann Plate, principal of the 443-student school, looks surprised when told that the program she started last school year is on the leading edge in the battle to prevent childhood obesity. [More...](#)

[Wellness Wednesday Archives](#) • [Wellness Matters Archives](#)

Prepared for you weekly by the **PCSB Employee Wellness Program**  
3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057  
Supported by a grant from the Florida Department of Health



**Questions or comments?** Contact your [Wellness Team](#) here (scroll down)

Links may be inactive when viewed through web mail or forwarded

Loss of formatting may be present when viewed in version 2003

