



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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HIGHLIGHTS

- ♥ Happy Bday!
- ♥ Celebrations
- ♥ Goals
- ♥ Recipes
- ♥ Safety
- ♥ Activities

Our Declaration of Independence

“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”



HAPPY BIRTHDAY AMERICA!!

On Sunday, *and everyday*, whether you are barbequing, lounging at the pool or beach, playing a round of golf, socializing with friends and family, or enjoying a peaceful moment to yourself, thank the men and women who lost their lives in battle and our Second Continental Congress. These are the brave individuals, who in Philadelphia, laid the foundation for the United States of America by declaring the Thirteen Colonies "Free and Independent States... Absolved from all Allegiance to the British Crown" of King George III.

JULY 4TH CELEBRATIONS IN POLK COUNTY... [Details...](#)

(www.associatedcontent.com/article/300202/4th_of_july_celebrations_gearing_up.html?cat=2)

Set Personal Goals for the July 4th Holiday



Along with the fun and fireworks of the fourth, often comes excessive eating, drinking and too little physical activity. Typically, these indulgences extend throughout the long weekend, and over weeks and months for many. The party is short-lived, as many emerge disappointed at having sabotaged their best efforts to live a healthy lifestyle. Have a plan! [Read how one person stays FIT for the holidays...](http://military-fitness.military.com/2009/07/celebrate-the-fit-way-this-4th-of-july-holiday.html) (<http://military-fitness.military.com/2009/07/celebrate-the-fit-way-this-4th-of-july-holiday.html>)

Recipes For the Fourth

Independence Day should also mean being free from complicated dishes. Whether you watch fireworks in the park or just relax in the backyard, chances are you'll share the day with family, friend and lots of food. Put a unique twist on some classic American fare with these easy, [healthy July 4th recipes...](http://www.lifescrpt.com/Body/Food/Cook/7_Healthy_4th_of_July_Recipes.aspx) (www.lifescrpt.com/Body/Food/Cook/7_Healthy_4th_of_July_Recipes.aspx) [Time for dessert...](http://www.associatedcontent.com/article/278663/healthy_4th_of_july_dessert_recipes.html?cat=22) (http://www.associatedcontent.com/article/278663/healthy_4th_of_july_dessert_recipes.html?cat=22)



Numbers Tell the Safety Story



Did you know that a whopping one-third of all fireworks injuries are associated with illegal or homemade explosives, with an estimated 10,000 people treated annually in hospital emergency rooms? Almost half of these patients are under 16 years of age. More U.S. fires involving structures and vehicles are typically reported on Independence Day than any other day, with half of those related to fireworks. To help eliminate injuries and property damage resulting from fireworks, The National Council on Fireworks Safety prepared [this video](http://www.fireworksafety.com/safety_video.html) to remind the public about the safe and responsible use of consumer fireworks. (www.fireworksafety.com/safety_video.html) If you are purchasing consumer fireworks, remember to patronize a licensed store or stand. Look for The Consumer Product Safety Commission (CPSC) label on the packaging and read the warnings. Have a safe and happy Fourth of July!

PCSB Summer Wellness Activities (Details at www.polk-fl.net)

Summer Screenings—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 Personal Health Assessment (PHA) & Screening provided by Blue Cross and Blue Shield of Florida. [Schedule...](#)

Quit Smoking—Free classes at Mark Wilcox Center; July 7th—August 11th; 10:00am—11:00am. Email Darcee to register. [Details...](#)

AFAA Group Fitness Certification Classes—Earn \$\$ teaching group fitness at a PCSB worksite this fall! If you enjoy exercise, get certified this summer or earn CEUs from Aerobics and Fitness Association of America (AFAA); July 24th Primary Group Exercise Certification • July 25th Group Resistance Training; PCSB Employees receive 25% off workshop fees. Call Felix at 800-446-2322, ext 420 for more information and to register.

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

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