



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Screenings
- ♥ Gender/ Stress
- ♥ Bust Stress
- ♥ Nut Trio
- ♥ Beans
- ♥ Food/Meds
- ♥ AFAA
- ♥ Swim

Summer Screenings

Employees who are enrolled in the 3160/3161 HRA Insurance Plan will receive a \$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 and the PCSB Wellness Program. Summer Schedule... Only one screening contribution is allowed per year.

Gender and Stress



Women are twice as likely as men to develop stress-induced diseases, such as depression and/or post-traumatic stress disorder (PTSD). Ladies and gentlemen... a new study may explain why! One research team has uncovered evidence in animals that suggests that males benefit from having a protein that *regulates and diminishes* the brain's stress signals—a protein that females lack. What's more, the team uncovered what appears to be a molecular double-whammy; noting that in animals a second protein that helps process such stress signals more effectively—rendering them more potent—is much *more* effective in females than in males. More... (www.healthfinder.gov/news/newsstory.aspx?docID=640133)

Six Stress Busters

You know what stress feels like... Your pulse quickens, your lungs squeeze shut, your ears ring, and you wonder if this is the time your head will actually explode! Sensing anxiety overload, your brain orders up a chemical surge that makes your blood vessels narrow, heart race, blood pressure rise, and muscles tighten. Your body is mobilizing to deal with threat. Good plan, nature! But you weren't meant to stay on red alert forever. What to do?? (www.webmd.com/balance/stress-management/features/6-surprising-stress-fixes)



Trio of Nuts—Many Benefits



Almonds, Walnuts, Pistachios... a notably fabulous trio of heart healthy nuts! Loaded with omega 3 fatty acids and antioxidants, a one-ounce serving of most nuts is only about 160 calories—perfect for snacking, tossing on a salad or sprinkling on prepared chicken or fish. More... (www.miamiherald.com/2010/06/15/1680702/trio-of-nuts-has-lots-of-health.html?story_link=email_msg)

Speaking of Heart Healthy Foods—It's Baked Bean Month!

When it comes to baked beans, there are certain truths that, as Americans, we hold to be self-evident: beans are a classic, national comfort food and good for your heart! If you think this American favorite can only be made with white beans and traditional seasonings, think again—no single recipe for baked beans defines the dish for the country. Beans are a low-calorie, inexpensive source of protein, complex carbohydrates, B vitamins, minerals and provide up to 30% of the Daily Value of dietary fiber. History and recipes for baked beans... (www.classbrain.com/artholiday/publish/article_355.shtml) Nutrition Facts... ([/www2.state.id.us/bean/nutrition/value.htm](http://www2.state.id.us/bean/nutrition/value.htm)) More recipes... (<http://allrecipes.com/Search/Recipes.aspx?WithTerm=baked+beans>)



When Food and Meds CLASH



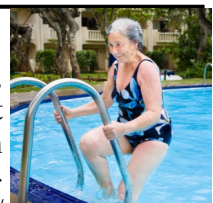
Americans increasingly view the food they eat as medicine to help lower cholesterol, reduce high blood pressure and control blood sugar. But as with prescribed drugs, the health-improving qualities of foods such as olive oil, nuts and fruit can interact with other medications, causing possible adverse reactions. Pharmacists often warn people not to mix anti-cholesterol drugs known as statins with grapefruit juice. Newer research suggests that other fruit juices, including cranberry and pomegranate, as well as olive oil may also interfere with how statins work in the body. More... (<http://online.wsj.com/article/SB10001424052748704256304575320743052254682.html>)

Earn \$\$ and Get Fit

AFAA Group Fitness Certification Classes—Earn \$\$ teaching group fitness at a PCSB worksite! If you enjoy and have some experience with 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.

Perfect Time For a Dip

What is YOUR favorite mode of activity? Walking, running, biking, dancing... how about sparing your joints by including a non-weight bearing exercise like swimming into your routine? Gliding through the water provides a refreshing break from the Florida heat, while improving strength, endurance and stress reduction. Read more... (http://swimmingdiving.suite101.com/article.cfm/health_benefits_of_swimming)



Wellness Wednesday Archives • Wellness Matters Archives

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