



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

Volume 2 • Issue 29 • July 28, 2010

HIGHLIGHTS

- ♥ Screenings
- ♥ BCBS Survey
- ♥ Dementia Prevention
- ♥ Addictions
- ♥ Quit Now
- ♥ Summer Ends
- ♥ Fitness
- ♥ Lunch



PCSB Insurance 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. Schedule your appointment... (www.pickatime.com/client?ven=11603680) or call Jamie Baker at 648-3057.

Brief Screening Survey

The BlueCross Blue Shield Health Promotions team is always looking for opportunities to improve on the services and programs offered. Please complete this brief survey... regarding your recent health screening. Thank you for your time.

Alzheimer's Prevention



Information overload, lack of sleep and stress are daily experiences for most people in our technological society. As a result, occasional memory loss is not uncommon! However, when slight memory loss and confusion lead to irreversible mental impairment destroying a person's ability to remember, reason, learn and imagine, there is reason for concern. Alzheimer's disease, the most common form of dementia is one concern worth trying to prevent. Lifestyle changes may be necessary. According to research, daily physical activity, a Mediterranean diet and high levels of cognitive engagement may be your ticket to a healthier future for both mind and body. Read more... (www.latimes.com/news/health/la-he-alzheimers-prevention-20100726,0,569270.story)

Are Your Pathways Hijacked?

From cocaine and tobacco addiction to overeating...the patterns underlying addictive behaviors are similar. Changing your mind may be the first step toward breaking a habit, but altering the brain's neural machinery is the real challenge. According to Petros Levounis, MD, director of the Addiction Institute of New York at St. Luke's and Roosevelt Hospitals, addictive behaviors "hijack" the brain's reward system. In addictive situations, the brain's pleasure reinforcing chemical called dopamine, runs on overtime causing the individual to want more and more. Satiety or satisfaction is rarely attained for long periods of time without behavioral intervention and lifestyle changes. Read more... Remember to contact the PCSB Employee Assistance Program (EAP) at 800-272-7252 for free, confidential behavioral, legal and other services. (www.polk-fl.net/staff/employeeinfo/eap/default.htm)



Quit Smoking Now

Save your life today with FREE classes offered by the PCSB Wellness Team. Yes, become an "ex-smoker" yourself through a realistic curriculum that was developed by ex-smokers. Currently scheduled classes:

- ♥ Family Fundamentals - August 12th
- ♥ Ridge Career Center - August 17th
- ♥ Frostproof Elementary - September 29th



When Summer Ends...

... maintain your fitness routine and healthy food choices. **Proper nutrition** and **regular moderate activity** such as a 30-minute daily walk are instrumental in preventing chronic conditions (www.cdc.gov/chronicdisease/index.htm) such as heart disease, stroke, some cancers, diabetes, obesity, hypertension, and arthritis. Start planning your meals and setting your fitness goals for the new school year TODAY! Take a look at the 30-minute workouts and delicious healthy lunches below to incorporate into your busy life. **Call your PCSB Wellness Team dietitians, exercise physiologists and health educators at 648-3057 for confidential, professional and personalized assistance or send us an email.**

30 Minute Workouts



Workouts from the American Council on Exercise (www.acefitness.org/workouts/)

30-Minute Workout (www.medicinenet.com/30_minute_workout_slideshow/article.htm)

PCSB Website (www.polk-fl.net/staff/employeeinfo/wellness/fitness.htm)

Sparkpeople (www.sparkpeople.com/resource/thirty_minute_workout.asp)

Light and Filling Low Calorie Lunches

The common American meal plan consisting of no breakfast or coffee and a donut; followed by a fast fatty, sugar laden, salt-filled lunch will weigh you down not only for the remainder of the day... but for the rest of your life! Sticking to a healthy lunch will leave you energized and satisfied until your afternoon healthy snack or dinnertime. Lunch recipes... (www.delish.com/recipes/cooking-recipes/low-calorie-lunches?GT1=47048)



Wellness Wednesday Archives • Wellness Matters Archives

Prepared for you weekly by the **PCSB Employee Wellness Program**

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Supported by a grant from the Florida Department of Health

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