



# Wellness Wednesday

Health E-News

Volume 2 • Issue 5 • February 3, 2010

Have You Checked Your Blood Pressure Today?

## HIGHLIGHTS

- ♥ Group Fitness
- ♥ Sodium Awareness
- ♥ Healthier at Home
- ♥ PCSB Health Fair Volunteers
- ♥ Diabetes Classes
- ♥ Caregivers
- ♥ Vinegar
- ♥ Wear Red
- ♥ Reduce Stress
- ♥ 28 Days to Heart Health
- ♥ Fitness
- ♥ Smoking

## Last Chance to Register for Group Fitness Classes!



Calling all PCSB employees! Don't miss a great opportunity to get fit conveniently and inexpensively with PCSB worksite group fitness classes. Classes range from the ever-popular Zumba Latin dance workout to new fitness classes for beginners. Pay only \$40 to attend any and all classes. Registration deadline 2/12/10. Checks will not be deposited until 3/1/10. [Schedule...](#) [Registration and liability form...](#) Register today!

## World Salt Awareness Week (Feb. 1-7, 2010)

Are you aware that excess sodium intake is linked with high blood pressure, a leading cause of heart disease and stroke? Nevertheless, most Americans consume more than twice the amount of sodium recommended by experts. [Click here](#) to get the scoop on sodium with a quiz provided by the American Heart Association. Then, [Check out this radio/podcast spot](#) produced by the Centers for Disease Control.



## Healthier at Home

Where do you seek medical advice? Friends, family, unreliable Internet sources? Own your personal copy of the *"Healthier at Home"* 416-page text AND get in-service points. Call 648-3057 today to schedule a 20-minute session at your worksite. [More...](#)

## The 9th Annual PCSB Health Fair

...is coming to the Highland Park Church of the Nazarene, 4777 Lakeland Highland Blvd. in Lakeland on Saturday, March 6th from 7 am—noon. Volunteers get a free pedometer, an event tee-shirt and will be fed well for their efforts! [Email Jennifer](#) to volunteer. Visit the [Wellness homepage](#) for registration information and to view the special Health Fair edition of *Wellness Matters*.



## ABCs of Diabetes February Class Schedule

Is your blood sugar elevated? Do you have diabetes? Join the PCSB *ABCs of Diabetes*. [More...](#) Classes will be held in the Palmetto Room at the Jim Miles Professional Building, 5204 US Highway 98 S, Lakeland. All classes are from 4:30pm until 6pm.

- ◇ Medical Issues in Diabetes—2/04/2010
- ◇ Nutrition and Exercise—2/11/2010
- ◇ Advanced Diet Planning—2/18/2010
- ◇ Hypertension & Heart Disease—2/25/2010

[email Janet Armitage, RD/LDN](#)  
for more information

## Hats Off to Caregivers—6th Annual Caregiver Summit



We all know the discomfort of being under the weather, ill and in need. We can also relate to the satisfying, yet sometimes exhausting effort involved in taking care of another or several others who are ill or in need. Honor our community caregivers at the 6th Annual Caregiver Conference and Expo, Saturday, February 27th. [Flyer...](#) [Agenda...](#) Caregivers and folks who live with chronic conditions, such as arthritis, diabetes, asthma, osteoporosis, autoimmune diseases and others, could benefit from learning ways to better manage and cope with their condition (s). PCSB offers a free workshop, *"Living Healthy With Chronic Conditions."* Classes begin February 17th. [More...](#)



## 1001 Uses for Versatile Vinegar

Did you know that vinegar is one of the many products made from corn? From cooking and cleaning with vinegar, to gardening and home remedies, white distilled vinegar is one of the most versatile—and economical—products you can have on hand. So go ahead, take a poke around and discover a new way to put that bottle of vinegar to work! [Click here...](#)



## Beat the No. 1 Killer of Women and Men

Remember to wear red this Friday, February 5th in observance of **National Wear Red Day!** Take a sneak peek at the free easy-to-use tools provided by the American Heart Association to create heart disease awareness and support. Use these tools to start a group, celebrate on your own or join a friend's group to help fight heart disease. [More...](#)



## Reduce Stress

♥ If you've been feeling more stress than usual, consider modifying your lifestyle to increase your moments of calm. [More...](#)

- ♥ [10 Relaxation Tips to Reduce Stress Now...](#)
- ♥ [Eating to Reduce Stress Slideshow...](#)
- ♥ Schedule an interactive Stress Management workshop with the PCSB Wellness Program. [Email](#) for details...



## 28 Days to a Healthier Heart



Adults who read food labels and nutrition facts slash twice as many calories from fat as those who don't give them a look, according to one study. When it comes to heart health, that's important: Don't let fat exceed 30% percent of your calories. More importantly, make most of your fat the healthy monounsaturated (from olive oil, nuts, dark chocolate, avocado) and polyunsaturated (from salmon, flaxseed, walnuts) kinds. Limit saturated fat to 7% of your total calories and avoid trans fat as much as possible. Both of these fats raise levels of artery clogging LDL cholesterol. [27 more ways to a healthier heart ...](#)

## Fitness For Heart Health



Just 2.5 hours of exercise per week could reduce heart attacks by one-third, prevent 285,000 deaths from heart disease in the United States alone, and practically eliminate type 2 diabetes. That's only a 20 minute walk every day! Wow! Flexibility may also be key to heart health. Adults over age 40 who were the most limber had 30% less stiffness in the arteries than less-bendy participants in a recent Japanese study.

Stretching for 10 to 15 minutes a day may keep arteries pliable; they may be affected by the elasticity of the muscles and tissue that surround them. Try some gentle yoga moves to improve your flexibility. A little bit goes a long way! Email [Jan](#) from Wellness to schedule a 20 minute resistance band class at your next faculty/staff meeting!



**Time to kick the smoking habit?** Free smoking cessation classes offered by the PCSB at Bartow Senior, Tuesdays, from February 9—March 16, 2—3 pm. Free nicotine replacement, patches, gum or lozenges. [Details...](#)



[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](#)

