



Wellness Wednesday

Health E-News

Volume 3 • Issue 17 • May 4, 2011

Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Health Fair
- ♥ Happenings
- ♥ Employee H/F
- ♥ Hypertension
- ♥ Wellness Wise

NATIONAL HIGH BLOOD PRESSURE EDUCATION MONTH

BLOOD PRESSURE CHART

DASH EATING PLAN

DECREASE BLOOD PRESSURE WITH MUSIC AND LAUGHTER

Haines City Health Fair Recap

The second of two 2011 PCSB Employee Health Fairs took place at the beautiful Lake Eva Banquet Hall this past Saturday. Appointments for lab work were made in advance resulting in little to no wait times for the 700+ participants who 'checked their blood' and blood pressure.



The results of these screenings revealed *critical values*, which may indicate risk for heart disease, diabetes, hypertension and stroke. Please take a moment to complete [this Health Fair follow up](#) and courier to Woodlake Center, Route D. You will receive two in-service points, but more importantly be nudged to take a second look at these *critical values* and formulate a plan to improve your health. Please direct any questions to the Wellness Team at 648-3057.

Lots of great door prizes and free giveaways from over 50 vendors were enjoyed by all. If you had your mug shot taken at the *Laser Photo* booth, [download your color copy here...](#)

Congratulations to the following grand prize winners:

- *Barbara Fultz from Jewett Middle*—TradeWinds vacation package
- *Julia Davidson from Auburndale Senior*—Wii donated by BC/BS
- *Pam Fransted from Oscar Pope*—iPOD donated by Wachovia
- *Jamie Ramos from Spook Hill Elementary*—Heart Rate Monitor for estimating 1324 in the Wellness M&M jar. The actual amount was 1370, with participant guesses ranging from 50 to 118,000!

Neither health fair could have occurred without the appreciated efforts of our many sponsors and fabulous volunteers. A big "Thanks" goes to the City of Haines City, BlueCross BlueShield, Wachovia—a Wells Fargo Company, Publix Super Markets Charities, MidFlorida Credit Union, Accu-Chek, OneTouch, Party People, TradeWinds Island Resorts, Gold's Gyms, Carrabba's, Green Mountain Coffee, Bob Evans, Panera Bread, Oikos and Chobani and our wonderful volunteers and employees. Thank you to all!

Wellness Happenings

♥ **Portion Size Survey Winner**—192 employees participated in the *Portion Size Quiz*—and the random winners are Bethany Grant-Rodriguez from Wendell Watson Elementary, Lela Sharon Smith from the District Office and Shannon Pagano from Sleepy Hill Middle. Congratulations to our winners! Thank you to all who participated!

♥ **ABCs of Diabetes Classes**—Cypress Room at the Jim Miles Professional Building, 5204 US Highway 98 S, Lakeland from 4:30—6:00 pm. [Register today...](#)

- Medical Issues in Diabetes 05/05/2011
- Nutrition and Exercise 05/12/2011
- Advanced Diet Planning 05/19/2011
- Hypertension & Heart Disease 05/26/2011

♥ **ABCs of Diabetes screening**—May 21st in Lakeland. [Register today...](#)

♥ **ABCs of Diabetes Refresher Class** May 19th—*Fitness Made Simple*—Jim Miles Palmetto Room 4:30—6pm. Use a chair, work at your own pace, have fun and get fit! Space is limited. [Register today...](#)

♥ **Couponing and Financial Management Classes**—Drastically cut your grocery bills and get your Financial Wellness moving in the black. May classes. [Details / Sign-up...](#)

♥ **Chair Yoga Class**—Reduce stress, improve strength, flexibility and overall well-being. Suitable for all fitness levels... you will NOT be tied into a pretzel! May 17th at the Jim Miles Center Palmetto Room from 4:30—6pm. Space is limited. [Register...](#)

♥ **Get certified as a fitness instructor with AFAA** this summer. [Details...](#)

♥ **BC/BS Wellness Screenings and Personal Health Assessments (PHA)**—ALL PCSB employees are eligible for one FREE annual screening. [Details / 2011 schedule...](#)

♥ **Tobacco Cessation Classes**—Two classes begin tomorrow! [Register here!](#) [Details...](#)

♥ **The Healthy Woman Summit** at Watson Clinic—May 6th. [Details...](#)



EMPLOYEE HEALTH & FITNESS MONTH
MAY 2011

Once a day-long event, [Employee Health and Fitness](#) has earned a month-long spot on the international observance calendar. Why? The need to reduce costly lifestyle-related chronic illnesses is critical. With 85% of these maladies the result of inactivity, poor nutrition and tobacco use, the goal

of the month is to create health awareness and to encourage employees to move more, eat better, avoid tobacco and manage stress.

According to the [Coordinated School Health Model](#), it takes a village to raise a child. Along those lines, community partnerships help to keep employees healthy. The PCSB Wellness Team is pleased to announce the gift of fitness! During the month of May, all PCSB employees receive a FREE two-week membership to ANY Polk County [Gold's Gym](#) or [Lifestyle Family Fitness Center](#). Please print the coupon and redeem at the facility of your choice. PCSB ID badges are required. A big thank you to our generous partners!

May is National High Blood Pressure Education Month! Did you know that high blood pressure is a leading cause of heart disease, stroke, and kidney disease, affecting 93 million American adults at a cost of \$76.6 billion? As only 27% of this population regulate their condition, this year the emphasis is on uncontrolled hypertension. Hypertension is driven by overweight, inactivity, consuming excess sodium and/or alcohol and not taking medications as prescribed.

Compounding the issue of hypertension is its close relationship to diabetes, which affects 8.3% of the total population or 25.8 million people. Estimates indicate that another 79 million people are pre-diabetic...are knocking on diabetes' door! Don't let hypertension, the silent killer, catch YOU off guard! *Check your blood pressure weekly at your PCSB worksite*, limit salt to under one teaspoon daily, get 30 minutes of daily activity and use the D.A.S.H. eating plan as a guide. Schedule professional development at your worksite to learn more about fitting activity into your day, facts about blood pressure and the benefits of D.A.S.H. eating. Call the PCSB Wellness Program at 648-3057 or [email](#) to schedule.

Wellness Wise

My husband and I have been retired for several years from PCSB, and the first of February he contracted shingles. Prior to this, we did not know much about shingles, but have subsequently learned that it is a very painful condition. We are receiving quality care and appreciate both our medical team and our insurance coverage through Polk County Schools. Our health plan pays for the shingles vaccination, although up-front payment for the shot is required with reimbursement to follow. This is good to know and I believe others who are at risk would benefit from understanding the seriousness of shingles. Thank you for spreading the word to School Board employees. —Nan R



[Get more information about shingles from WebMD...](#)

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



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

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