



Wellness Wednesday

Health E-News

Volume 3 • Issue 19 • May 18, 2011

Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Compliments
- ♥ Arthritis
- ♥ Happenings
- ♥ Eggs
- ♥ Melanoma
- ♥ Brown Bag Day

How fit are you? Take the [President's Fitness Challenge](#), then insert

your scores into this [survey](#) to be eligible for a fabulous fitness prize!

Test Your Fitness Knowledge...



Better Together

Popcorn and movies; hotdogs and baseball; football and cheering... some things just naturally go together. Foods tend to have a similar compatibility...peanut butter and jelly; fruit and nuts; milk and cereal. Some foods, when combined, actually boost total nutritional value or enhance absorption. For example, an egg is the perfect protein, containing all nine essential amino acids. Other foods, such as rice and beans, contain a partial list of these amino acids when eaten alone, but provide all amino acids when eaten together. In other words, they are complimentary to one another. [More powerful combos...](#)



National Arthritis Month



Are you aware that physical activity is not only one of the best treatment options for arthritis, but can help prevent the onset of the disease in the first place? Although inflamed, aching joints may discourage people from any movement; activities such as walking, stretching, bike riding and water exercise are some good options to promote blood flow and reduce pain. The slow and steady strategy will prove to be a good friend! [Check out these arthritis facts](#) and start moving today! For a simple change of pace, try a free Chair Exercise class tomorrow at the Jim Miles Center, 4:30-6:00pm or May 26th at the Ridge Career Center, 4:30-6:00pm with the Wellness Team. [Register today...](#)

Wellness Happenings

- ♥ **Employee Health and Fitness Month Gym Specials**—ALL Gold's Gyms and Lifestyle Family Fitness Centers are offering a **FREE 2-week membership** to PCSB employees at ALL Polk County locations during May! Lifestyles Family Fitness will be hosting an Open House at all Polk Co. locations, May 16th—19th. Be sure to stop by! In addition, the PCSB Wellness Team is offering three group fitness classes this summer. Last chance to register! [Details...](#)
- ♥ **Couponing Classes** —Due to popular demand, couponing classes will be taught at several locations throughout the district! Limited seats! [Register today...](#)
- ♥ **Chair Yoga Class at Ridge Career Center in Winter Haven**—May 26th; 4:30—6pm. [Register here](#) while space is still available.
- ♥ **Employee Assistance Program (EAP)**—Balancing the needs of work, family and friends can be challenging. You or anyone living in your household can benefit with free services from Horizon Health. [EAP at a glance...](#)
- ♥ **Get certified as a fitness instructor with AFAA** this summer. [Details...](#)
- ♥ **Wellness Screenings**— All employees are eligible to attend one free annual health screening. [Summer registration details...](#)

The Month of May is EGGcellent

Welcome to National Egg Month! Not only a nutritional powerhouse, the incredible egg is a versatile staple! We eat them for breakfast, lunch or dinner—plain or as an ingredient as part of a recipe. Eggs are a source of complete protein and are "nutrient-dense," containing only 75 calories while providing over 20 nutrients. [More...](#)



Melanoma Skin Cancer Detection and Prevention Month



Florida earned its nickname, the Sunshine State, for good reason! However, the perpetually bright skies are not without a dark side—an increased risk of skin cancer.

- Skin cancer is the most common of all cancers. Melanoma accounts for about four percent of skin cancer cases, but causes about 79 percent of skin cancer deaths.
- Melanoma can spread (metastasize) quickly to other parts of the body through the lymph or circulatory systems, making it more dangerous than basal or squamous cell carcinomas.

Warning signs of melanoma: Change in the size, shape, or color of a mole; oozing or bleeding from a mole; a mole that feels itchy, hard, lumpy, swollen, or tender to the touch; and, the pigmented area of a mole doesn't look normal.

Prevention tips: Avoid direct sun exposure between 10am and 4pm; use protective clothing such as long sleeved shirts, hats and sunglasses; use sunscreen that protects against both UVA (aging) and UVB (burning) rays with a minimum SPF (sun protection factor) of 15; apply 30 minutes prior to going outside and reapply every 3-4 hours; perform a regular skin self-exam; seek medical attention for anything that looks suspicious AND avoid tanning beds! Studies link tanning beds to melanoma and implicate them as carcinogenic to humans. [More...](#)

Brown Bag Day Next Wednesday—May 25

Making nutritional and fitness lifestyle changes is no simple task. The key to implementing and maintaining these positive changes is to plan, plan, plan and plan some more! Remember that *failing to plan is like planning to fail!* Other tips for success include setting goals, keeping your objectives simple, considering your options, identifying barriers and solutions and providing rewards for yourself. [Read more...](#)



Bringing your lunch to work will not only save you nutritionally, but financially as well. Did you know packing a lunch could save you over \$500 per year? If you have not begun the lunch packing habit, consider starting next Wednesday on Brown Bag Day! There is plenty of time to prepare! Check out these [16 money saving grocery tips](#). More inexpensive [lunch ideas](#). Bon Appétit!

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.

