



# Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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## HIGHLIGHTS

- ♥ Wellness Reps
- ♥ Save the Date
- ♥ NEW LOSE
- ♥ Intellect
- ♥ Consistency
- ♥ Alzheimer's
- ♥ Heart/Brain

## EGG RECALL

Improve Your Relationships  
The 100% Rule

## Wellness Representatives Wanted

As you are aware, Polk County is very large, the size of Delaware in fact! With only a handful of people on the Wellness Team, it's impossible to appear at each of our 120 schools. So, we are recruiting one "Wellness Representative" from each school to be our liaison and our voice. As a Wellness Rep, you will promote Wellness activities, disseminate and collect registration forms and other materials and return them to us in one batch. This highly regarded volunteer will be rewarded with incentive items and recognition. After one year, you may "pass the torch." Please call 648-3057 to sign-up. Thank you!



## Save the Date!

- ♥ **Group Fitness Classes** begin September 20th. Classes are offered at 14 locations throughout the district. One low price buys you admission into any and all classes! [View the schedule...](#) [Register here...](#) Please courier your registration form and payment to D. Mora, Woodlake Center, Route D.
- ♥ **Free Stress Management, Nutrition and Fitness Professional Development opportunities at your worksite.** [Get details and register today...](#)
- ♥ **ABCs of Diabetes Refresher Classes...**
- ♥ **Free Smoking Cessation Classes** Begin a new, healthier smoke-free life today by getting the tools you need to quit smoking, with a curriculum that was developed by ex-smokers. [Information and Registration...](#)
- ♥ **Health insurance screenings** will be offered to employees who are enrolled in the 3160/3161 HRA Insurance Plan. Receive a \$500 contribution into your 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. Limit: one screening per year. [Schedule your screening...](#)
- ♥ **Fitness Discounts and Events**



## The NEW LOSE

Daily physical activity and sensible nutrition will improve your chances of achieving good health, acceptable weight and optimal body composition (% body fat). Most people know this intellectually, but have difficulty staying motivated or sticking with their best laid plans. **The NEW LOSE** activity offered FREE of charge to all PCSB employees provides *Lessons On Sensible Eating and Exercise* to help your intellectual knowledge become a consistent reality. **The NEW LOSE** is based on the 2010 PCSB Summer Boot Camp that took place this year. [Commentary...](#) All participants will receive a complimentary 12-week membership to Gold's Gym. Space limited. [Register today...](#)

## Feed Your Intellect

Good health and quality living are the result of more than just freedom from disease and/or pain. In 1948, the World Health Organization (WHO), expanded the Wellness concept to include 'a state of complete physical, mental, and social well-being' which has since been broadened further to encompass 'the active process of becoming aware of and making choices toward a more successful existence.' Life may be categorized into dimensions including physical, intellectual, social, spiritual, emotional and environmental. Take a moment to consider the activities you choose to nurture each of these areas in your own life. With our days packed full of chores and obligations, many people have abandoned hobbies as well as intellectual, social and creative outlets which also serve to reduce stress. With stress cited as the underlying cause of 85% of chronic conditions, the time is ripe to take personal action. How about enrolling in an adult education class at one of the local colleges, universities, community or recreation centers, joining or forming a book club or revisiting a favorite past time. [Community Education at Florida Southern...](#)



## Consistency is Key to Healthy Living



Consistency, something our society often overlooks, is a critical attribute of maintaining regular exercise and healthy eating habits. People have become so focused on immediate gratification that they fail to keep their end goal in mind, resulting in failure, disappointment and stress. Begin with baby steps to reap the rewards you seek. [Tips for success...](#)

## Early Alzheimer's Detection

While Alzheimer's disease historically has only been detectable once symptoms appear and confirmed upon autopsy, researchers are increasingly demonstrating ways to detect the brain disorder years before its onset. In the latest issue of the *Archives of Neurology*, scientists reported that they were able to detect the **amyloid beta and tau proteins** associated with Alzheimer's disease by testing cerebral spinal fluid. These findings suggest that disease pathology is "...active and detectable earlier than has heretofore been envisioned," they said. The biomarker test pinpointed the signature protein in individuals with Alzheimer's disease (90%), those with mild cognitive impairment (72%) and those without cognitive impairment (36 %). The test also predicted, with 100% sensitivity, the progression to Alzheimer's disease within five years in individuals with mild cognitive impairment who had the indicative protein levels. **To speak with a social worker, email or call (toll-free) 866-AFA-8484.**

## Heart and Brain Health Linked



What's good for the heart is probably also good for the brain, suggests new research. People with the highest cardiac output for their body size (cardiac index), meaning those with the greatest blood flow from their heart, tended to have more brain volume, which generally indicates a healthier brain. In fact, researchers said that people with the lowest cardiac output showed nearly two more years of brain aging than did those with the highest cardiac output. What's more, this connection held true even in people who had no known heart disease. [More...](#)

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