



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Fitness Funds
- ♥ Yule Be Fit
- ♥ Happenings
- ♥ Diabetes Month
- ♥ Peanut Butter
- ♥ Bike Helmets

30 Days to A Happier You



Exercising for a Cause

Budget cuts, book shortages, heart health, cancer research, fitness and fun... what do these have in common? Recent efforts by PCSB employees not only show the connection, but illustrate that many have strong hearts in more ways than one. Rafael Martin, one of our own special education teachers ran 50 miles from Tenoroc High School in Lakeland to Office Max in Orlando on October 22, 2010. He exerted all this energy to raise \$5,000 for school supplies. [More...](#) To help save lives, PCSB employees "Made Strides Against Breast Cancer" by raising money with a walk around Lake Hollingsworth on October 16th. The Polk County School Board had 23 teams, 195 walkers and raised over \$8500; the second highest figure of all Polk County companies. That's the way to show heart! Kudos to all.

Yule Be Fit for the Holidays

Have you ever seen five pounds of fat? Stop by the Wellness Program office in Lakeland and we'll show you the model! Did you know that five pounds of fat equals 17,500 calories that were consumed and not used?? Avoid inheriting these extra calories, pounds and fat this holiday season... Join the PCSB Wellness Team in an effort to maintain your weight between November 15th and January 3rd. Engage in weekly challenges, win great prizes and get a FREE one month membership to the Lifestyle Family Fitness Center of your choice in Polk County! [Details...](#)



Wellness Happenings

- ♥ **LAST HEALTH INSURANCE SCREENING OF 2010—Nov. 16th at the Jim Miles Palm Room: 1:00pm—6:00 pm**—Offered to employees who are/will be 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...](#)
- ♥ **Transportation Screenings**—Nov. 3rd—Bartow; Nov. 4th—Tennoroc; Nov. 10th—Lake Wales: 9am—1pm
- ♥ **Grief Support Group**—Presented by the **PCSB Employee Assistance Program** and the **Wellness Team**—December 9th from 5:00 pm—7:00 pm at the Woodlake Center. Free and confidential. Call 648-3057 to register.
- ♥ **Women and Wealth Seminar**—November 9th—[Details...](#)
- ♥ **Men's Health Conference**—November 4th—7:00pm—9:00pm—[Details...](#)
- ♥ **Stress Management, Fitness, Nutrition and Self-Care...** the fabulous four topics that help reduce risks for the chronic conditions that sap your energy, quality of life and wallet! These conditions include high blood pressure, obesity, diabetes, heart disease, stroke, cancer and arthritis. Get valuable information, in-service points and incentives conveniently at your staff meetings. [Details...](#) [Schedule today!](#)
- ♥ **Project Fill-A-Bucket 2010**—Help serve critical needs of Polk County homeless students during the holidays through the Polk Education Foundation. [Details...](#)
- ♥ **Watson Clinic's Bella Vista Spa** is the perfect place to enjoy the very highest levels of personalized attention. Offering world-class treatments provided by expert therapists, Bella Vista Spa pampers the body, mind and spirit. [Get 10% off any spa service with this coupon...](#)

November is American Diabetes Month

According to the Centers for Disease Control (CDC), an estimated 24 million Americans are currently diabetic. Given the current trend, the CDC projects the diabetic American population to swell over 100 million by 2050. These astronomical figures are the result of a population that is aging, inactive, and overweight; compounded by modern medicine extending the life expectancy for all populations. If your glucose was elevated at your screening—consider prevention. If you are currently diabetic—seek management. Enroll in the [ABCs of Diabetes](#)... a free and confidential educational program provided by the PCSB Wellness Program. [More about diabetes...](#)

Interactive ABCs of Diabetes Refresher Class—Chair Exercise and Relaxation—all PCSB employees are welcome—Get incentives and in-service points; Nov. 4th at the Jim Miles Center in Highland City, Live Oak Room, 4:30-6:00. [Register...](#)

FREE ABCs of Diabetes Classes—November/December 2010—Classes will be in the Palmetto Room at the Jim Miles Professional Building, 5204 US Highway 98 S, Lakeland from 4:30pm until 6:00pm. [Register...](#)

- Medical Issues in Diabetes 11/04/2010
- Nutrition & Exercise 11/11/2010
- Advanced Diet Planning 12/02/2010
- Hypertension & Heart Disease 12/09/2010

Next FREE screening November 13th at the Eye Express in Lakeland. [Register...](#)

National Peanut Butter Lovers Month!

How many peanut butter sandwiches can be made from one acre of peanuts? Believe or not, 30,000! One of America's favorite foods and household staples, PEANUT BUTTER has earned its place on the list of national observances. Did you know that peanuts are not actually nuts at all, but are in fact legumes, like beans, peas, and lentils. Americans eat three pounds of peanut butter per person every year. That's about 700 million pounds, or enough to coat the floor of the Grand Canyon! Not only are peanuts a favorite food of many, but their shells have many uses. You might find peanut shells in kitty litter, wallboard, fireplace logs, paper, animal feed, and sometimes as fuel for power plants! [Check out these winning peanut butter recipes...](#) And if you'd like to experiment with your own creamy, crunchy concoction, consider entering the [peanut butter contest...](#)



Bike Helmet Fitting



The statistics are startling! Each year in the United States, approximately 900 people die from injuries due to bicycle crashes, and more than 500,000 people are treated in emergency departments for bicycle mishaps. Head injury is the greatest risk posed to bicyclists, comprising one-third of emergency department visits, two-thirds of hospital admissions, and three-fourths of deaths. Facial injuries to bicyclists occur at a rate nearly identical to that of head injuries. Bike helmets help to prevent head injury and fatalities. Make a difference. Learn how to become a bike helmet fitter! [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
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