



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

The Final Countdown

This year, 2010, has been exciting for the PCSB Wellness Team! We have addressed many employee health challenges and shared in wonderful successes attained through your diligent participation and hard work!

One of our on-going goals is to reach all 13,000+ PCSB employees. To this end, we have added morning classes to the **Group Fitness** schedule (see January, 2011 schedule below), the **ABCs of Diabetes**, and the **NEW LOSE** activity in order to accommodate the schedules of Support Services and Custodial Staff. Wellness Team members have been collecting personal email addresses from employees without School Board email to keep them in the loop through this newsletter and other informative Wellness communications. In addition, **Wellness Reps** have been recruited from each worksite to help promote Wellness activities to all employees. These champion employees receive a monthly newsletter highlighting activities so they can help spread the word!

Free **Smoking Cessation** classes, conveniently located at PCSB worksites have been on-going and will continue into 2011. Congratulations to the many employees who have remained tobacco free as a result of participation in these classes.

With the help of Gold's Gyms, our new community partner, we have increased employee participation in **The NEW LOSE** activity by 500%! Participants receive a free 12-week gym membership along with nutritional, fitness and behavioral instruction. The next session begins January 10th. Evening sessions in north Lakeland and south Lakeland are full. Space is still available in Winter Haven from 10:00-11:30 am.

Following record attendance at the 2010 Health Fair, we are pleased to provide you with a choice between **two Health Fairs in 2011**... one at the Highland Park Church of the Nazarene in Lakeland on February 26th, and one at the Lake Eva Banquet Hall in Haines City on April 30th! **Save one of those dates** for timely free screenings and lots of giveaways!!

Health Screenings will continue to be provided by BlueCross BlueShield and the Wellness Team for ALL employees. Employees who are enrolled in the 3160/3161 health insurance plan will receive an additional \$500 into their HRA account by completing this screening. All employees may receive valuable health gains by using the screening results to identify risk factors that warrant prevention intervention! We are here to help.

Please check out the **Wellness website** at www.polk-fl.net (keyword: Wellness) or click [here](#). Each activity has its own page with detailed information.

In spite of our accomplishments, we still have lots of work to do as individuals, an employee group, and as a community. In a survey of over 7,000 PCSB employees, 80% had issues with diabetes, 72% had issues with obesity and 60% had issues with blood pressure. A majority of these issues can be successfully curtailed and managed with lifestyle improvements,—specifically improved nutrition, increased physical activity and weight loss (weight loss is accomplished by the first two). Together, we can reach these goals and as a result keep money in our own pockets instead of the pockets of the healthcare system, while improving the quality of our lives.

Why not spend some vacation time setting personal goals for 2011? Think about when exactly you will schedule time for exercise, plan some healthy menus and practice relaxation. [Read about 10 health problems related to stress that you can fix with prevention...](#) and discover [reasons to stay motivated...](#)

Your evaluations and letters of support are not only appreciated, but assist us in meeting your needs to the best of our abilities. Please keep them coming and voluntarily earn your spot on the [Wellness Wall of Fame](#).

We wish you and your families a happy, healthy holiday season!
The Wellness Team

Wellness Happenings—December 2010/January 2011

♥ **2011 GROUP FITNESS CLASSES BEGIN JANUARY 10, 2011!** Pay one fee and attend any class, any time, at any location! Classes spread far and wide throughout Polk County! [Schedule...](#) Registration form on the [Fitness web page...](#)

♥ **ABCs of Diabetes Classes**—Educational opportunities and financial savings on diabetes medications for diabetics. **Pre-diabetics are welcome to participate in classes.** January 2011 classes offered at the Bartow Transportation worksite from 10:00—11:30 am and at the Mark Wilcox Center in Winter Haven from 4:30—6:00 pm. [Details...](#) Email [Allison](#) to register.

♥ **Smoking Cessation Classes**—Jan. 12th—Feb. 16th at Caldwell Elementary. [Details...](#) and Jan. 13th—Feb. 17th at Purcell Elementary. [Details...](#)

♥ **Health Screenings for PCSB Employees**—Jan. 25th, 2:00—6:00 pm. All employees are entitled to ONE screening. Employees who are enrolled in the 3160/3161 insurance plan get ONE ANNUAL \$500 annual contribution into their Health Reimbursement Account (HRA) [Registration details...](#)

Why Holiday Heart Attacks?

Did you know that the number of cardiac deaths is higher on Dec. 25th than on any other day of the year, followed by Dec. 26th and Jan. 1st? Medical researchers have pondered the reason behind this twist of fate for years. Cold weather has been implicated as one cause, however, higher seasonal death rates are consistent across warmer climates such as Los Angeles. Putting off medical attention over the holidays may be in part responsible for the holiday heart attack spike. Whatever the cause, the most important take home message is avoiding being one of the holiday statistics. [Read more...](#)

Wellness Wednesday Archives • Wellness Matters Archives

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