



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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HIGHLIGHTS

- ♥ Health Fairs
- ♥ Happenings
- ♥ Great Seed
- ♥ Direction
- ♥ Fitness
- ♥ Wellness Wise

Test Your Emotional Intelligence Quotient ...

PCSB Health Fairs Just Around the Corner!

The PCSB Wellness Team is providing a choice between *TWO Employee Health Fairs* this year, with appointment times for lab work. These measures have been instituted to abolish long lines and unmanageable large crowds for your comfort and pleasure! So come join us either in Lakeland on Saturday, February 26th at the Highlands Church of the Nazarene or in Haines City on April 30th at the beautiful new Lake Eva Banquet Hall. Receive FREE lab work (appointments required), other FREE health screenings, lots of vendor giveaways, food samples, the chance to win fabulous door prizes and a great time! [Details and link for registration...](#)



FREE Wellness Happenings—January 2011

The Health Screening that was **CANCELLED** on Tuesday, January 25th at Ridge Career Center due to severe weather will be re-scheduled. Please stay tuned for details!

♥ **LAST CALL to register for PCSB group fitness classes !** Stay committed to your fitness routine with the assistance of social support and a variety of different formats from which to choose. For one price of \$40, you may attend any class, any day of the week, now through the end of April. Register today! [Details...](#)

♥ **Smoking Cessation Classes—2011 Smoking Cessation schedule...**

♥ **Babies & You and Healthy Addition® Prenatal Program** are offered at no cost to all employees enrolled with PCSB health insurance. Receive \$100 for the completion of *each* program...an extra \$200 for your new arrival! [Program details and class dates...](#)

♥ **Volunteers needed for both PCSB 10th Annual Health Fairs** on Saturday, February 26th at the Highland Park Church of the Nazarene in S. Lakeland **OR** Saturday, April 30th at the Lake Eva Banquet Hall in Haines City between 5:30 AM and 2:30 PM. Responsibilities may include registration, vendor relations, bag distribution, or other assignments as necessary. All volunteers receive a complimentary t-shirt, breakfast and lunch the day of the fair, and may get lab work before the health fair begins. Please email [Jennifer](#) to sign-up!

♥ Support the fight against heart disease in women by wearing RED on **National Wear Red Day®, February 4th.** [Details...](#)

♥ **Learn how to de-stress, to improve your nutrition and to incorporate physical activity into your daily routine...** Get valuable information, in-service points and incentives with Wellness professional development sessions. [Details...](#)

The Mother of All Grains... Is a Seed!



What was once considered a poor person's food has recently evolved into a higher priced health food. This easily-digestible grain is actually a seed, it is gluten-free and chock full of several B vitamins, iron, calcium, potassium, zinc, magnesium, and copper. To top-off these benefits, this seed is a complete protein containing all of the essential amino acids required for human health and development; qualities similar to that of animal products without the saturated fat, sodium and excess calories. This amazing mother of all grains goes by the name of Quinoa. [More...](#)

Choose Your Direction

PCSB faculty and staff aim to ensure high achievement for all students through rigorous, relevant learning experiences! To this end, the joy of a teacher is realized when students set and attain goals through commitment and hard work. As educators we are no strangers to the agony and ecstasy of learning; the struggles and pain associated with behavior change; and, the quest to "get it." We don't give up. We encourage and help our students in any and all ways possible, striving to reach that "ah-ha" moment.



A vast majority of adults in this 21st century are beset with chronic health conditions as a result of poor eating habits, inactivity and poor reactions to stressors. PCSB employees are no exception. Perhaps a change in personal philosophy is the driving force needed to experience our own "ah-ha" moment; to lose that extra weight, change those eating habits, become active every day, or to let go of stressors. Every individual has the choice to seek a high level of wellness, energy and vitality OR premature sickness, disability and death OR a healthy place somewhere in-between. Which way are you headed? In which direction will you choose to go? [More...](#)

Avoid Pitfall of Fitness Faux Pas



Time to get moving! Avoid sabotaging your fitness efforts with habitual fitness faux pas! Do you hold your breath when stretching or lifting weights? Are you so busy listening to music or reading while exercising that improper form, and thus injury, is the result of your well-intentioned efforts? Are you holding onto weights with a "death grip" that will result in extremely elevated blood pressure? Please...warm-up, cool-down, stretch and avoid seeking instant gratification! [More...](#)

Wellness Wise

Question: I am SO confused about the differences between types of salts these days. Please help!



Answer: Do not despair, as you are not alone! First, a salt factoid: According to the [Salt Institute](#), salt is the most common and readily available nonmetallic mineral in the world. In fact, world salt production amounted to 260 million tons in 2008. Now for your question—Table Salt, kosher salt, sea salt and light... How do these different salt types compare in characteristics, uses and sodium content? [Learn about the differences...](#) Keep the questions coming!

Wellness Wednesday Archives • Wellness Matters Archives

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3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057
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