



# Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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## HIGHLIGHTS

- ♥ Social Media
- ♥ Aerobics
- ♥ SoFas
- ♥ Winter Health
- ♥ Wellness Wise
- ♥ Happenings

**28 Days to a Healthier Heart...**



**24 Foods that Can Save Your Heart!**

## Introducing PCSB Wellness Communities

The PCSB Wellness Team is pleased to announce **Wellness Communities**; a friendly on-line forum designed for employees to find a **PCSB Fitness Pal**, discuss issues related to **The ABCs of Diabetes, L.O.S.E.** (weight management), **Stress**, and **Tobacco Cessation**, or share **Success Stories**. To get started, log into Blackboard with your first.last name, use your email password and you will see **Wellness Communities** as a class listed on the upper right-hand corner of the page. Click there to enter. Choose your forum and proceed to add comments. Employees without School Board email may use the Professional Development Scheduler (PDS). Although social media may be abused at times, it can be used to one's advantage. When combined with direct, personal interactions, these tools can be sources of support and motivation, which is exactly what we have in mind! Email questions or comments about **Wellness Communities** here.

## Excellent Guide to Aerobic Exercise



*The American College of Sports Medicine (ACSM)* defines aerobic exercise as "any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature." Moderate aerobic activity strengthens your heart, lungs and blood vessels, reduces your risk for heart attack and stroke, and has many other benefits. Examples of aerobic exercise include walking, jogging, running, dancing, rollerblading, bicycling, swimming, aerobics classes, rowing, stair climbing, etc. Discover the benefits, the recommended dose, and alternative training methods... Celebrate American Heart Month by beginning aerobic exercise today, trying a new mode if you are already active, or maintaining your current active lifestyle.

## New Dietary Guidelines—Get Off Your SoFas!

The new U.S. dietary guidelines are here just in time for American Heart Month, explaining how to avoid specific foods and lifestyle choices that make us overweight, ill and more prone to heart disease and stroke. Just Remember **SoFas**: Get off your sofa to exercise and avoid extra calories from **Solid Fats** and **Added Sugars**. Also, minimize your intake of refined grains, which tend to be consumed in large quantities by people who eat a lot of **SoFAS**. To simplify a complicated topic, the new guidelines include a chart of the American diet, pointing out the foods from which Americans are getting most of their solid fats, added sugars, and refined grains. Learn more...

## 13 Tips From the New Guidelines

- ♥ Eat more beans and peas
- ♥ Get plenty of fiber, potassium, and vitamin D
- ♥ Eat/drink more nonfat or low-fat dairy product
- ♥ Replace high fat meats with lean meats
- ♥ For some—drink less alcohol
- ♥ Eat more seafood—at least 8 ounces weekly
- ♥ Eat more fruits and vegetables
- ♥ Replace solid fats with healthy oils
- ♥ Lower your sodium intake
- ♥ Avoid fast foods
- ♥ Exercise more
- ♥ Read food labels
- ♥ Substitute whole grains for refined

## Winter Health Issues



Cough! Sniffle. Aachoo! The next few months mark the peak of cold and flu season. While there are plenty of reasons to stay healthy, maintaining good health can also mean big savings. For example, the health care costs for flu patients with a secondary infection can be over \$6,000. On the other hand, the average flu vaccine costs less than \$20, according to the Centers for Disease Control and Prevention (CDC). Click here for tips to help you stay healthy this year. Dust mites, molds, animals and perfumes... those sniffles *could be* winter allergies after all. Find out what causes winter allergies and how to manage the symptoms.

## Wellness Wise



**Question:** Why is *Worksite Wellness* so important?

**Answer**—You may be familiar with the statistics: 85% of all chronic conditions are the result of *tobacco use, poor nutrition, inactivity and obesity*; with these four issues responsible for 70% of all medical costs. According to Steven G. Aldana, PhD., the author of "*The Culprit and the Cure*," a whopping 97% of Americans fit into at least one of these four categories of poor lifestyle choices. National studies indicate that the result of these unhealthy choices cost employers approximately \$8,000 per employee per year for healthcare, not including workers compensation claims.

In the 1980s, employers began to realize the costly pitfalls of an unhealthy workforce—absenteeism, high healthcare and disability costs, presenteeism (at work in body only), poor productivity, and excessive, unnecessary stress; paralleled by evidence of increasing obesity. Today, more than 90% of employers with 200 or more workers offer wellness programs; more than half of smaller employers offer at least one wellness activity. Details...

The Polk County School District is no exception when it comes to addressing healthcare with Wellness interventions. According to *Carol Vickers, RN with the Florida Department of Health (DOH)*, "The PCSB Employee Wellness Program is the most comprehensive school based Wellness Program in the nation." The Wellness Program is currently funded in part by a DOH grant to help prevent heart disease and stroke.

## Wellness Happenings

- ♥ **ABCs of Diabetes Classes—February and March—Details...** **Walk to Cure Diabetes**; March 26th, 8—9am at Lake Hollingsworth. **Join the PCSB Team!** Details...
- ♥ **FINAL Screening Date for 2011 HRA Contribution—Replacement for screening that was cancelled January 25th due to inclement weather:** February 11<sup>th</sup> in the media center of Haines City Senior; 1:30—5:30pm. Schedule your appointment here...
- ♥ **Register and get volunteer information for the PCSB 10th Annual Employee Health Fairs**—Sat. Feb. 26<sup>th</sup> at the Highland Park Church of the Nazarene in Lakeland and Sat. April 30<sup>th</sup> at the Lake Eva Banquet Hall in Haines City.
- ♥ **Trek Lake Marion Creek Trail**—Guided hike with Friends of the Parks Saturday, 2/12 at 9:00am. Details...
- ♥ **Walking Works® Spring 2011 Challenge**—Monday, March 7th to Friday, April 15th. Deadline to register—Monday, Feb. 28th at 5:00pm. Details...

Wellness Wednesday Archives • Wellness Matters Archives

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**Questions or comments?** Contact your Wellness Team here (scroll down)

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