



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

Volume 3 • Issue 8 • February 23, 2011

HIGHLIGHTS

- ♥ Health Fair
- ♥ Happenings
- ♥ Apple Shaped
- ♥ State of Union

SECOND 2011 HEALTH FAIR

April 30th at the Lake Eva Banquet Hall, 799 Johns Avenue, Haines City! [Details...](#)

10 Ways to Boost Your Metabolism

Last Call for the 10th Annual PCSB Employee Health Fair—Registration Deadline TODAY at 3 pm

Calling all PCSB employees and spouses! Don't miss the first of two 2011 PCSB Health Fairs this Saturday, February 26th, at the Highland Park Church of the Nazarene! Participate in FREE health screenings and receive lots of FREE treats provided by 70+ health-related



vendors from 7 am to 12 noon. Also, get your BC/BS wellness screening (lab work) and Personal Health Assessment from 7 am until 1:45 pm. Employees enrolled in 3160/3161 BC/BS health plans will qualify to receive their 2012 \$500 HRA contribution. To eliminate lines and long wait times, **APPOINTMENTS ARE REQUIRED for lab work. To register, call 648-3057 no later than 3pm today!** This year, receive two in-service points for getting your health screening. [Just click here](#) following the Health Fair, complete the goal setting worksheet, and courier to Woodlake Center, Route D, no later than March 21st. **NOTE:** Please allow a few extra minutes for travel to the Health Fair and for parking due to construction on Lakeland Highlands Road. Please bring your employee ID badge. We will see you at the fair! [Details...](#)

Wellness Happenings

♥ **ABCs of Diabetes Classes—February and March—[Details...](#)**

♥ **Two ABCs of Diabetes refresher classes offered in March—*Interactive Mapping*, March 10th at the Bartow Airbase Wright Brothers room; 4:30—6:00pm or *Interactive Chair Exercise Class*, suitable for all fitness levels—March 24th at the Jim Miles Citrus room; 4:30-6:00pm. Please [email](#) or call 648-3057 to register. [More...](#)**

♥ **Walk to Cure Diabetes; March 26th, 8—9am at Lake Hollingsworth. Join the PCSB Team! [Details...](#)**

♥ **Walking Works® Spring 2011 Challenge—Monday, March 7th to Friday, April 15th. Deadline to register—Monday, Feb. 28th at 5:00pm. [Details...](#)**

♥ **Wellness Communities—Welcome to the PCSB Facebook look-alike! Are you looking for a Fitness Pal? Do you have a question or comment to share with other employees regarding diabetes, weight management, stress, tobacco cessation or financial matters? Or would you like to share a success story? Simply [login to Blackboard](#) using your first.last name and PCSB password. You will see **Wellness Communities** in the upper right-hand corner. Click there and choose your forum. [Email questions or comments here...](#)**

♥ **Smoking Cessation Classes—[2011 Smoking Cessation schedule...](#)**

The Truth About “Belly Fat”

Carrying a few extra pounds, especially around the mid-section, can be risky business. Did you know that belly fat, or what's known as the “apple shape,” puts people at a greater risk for health problems than does fat accumulated in other areas of the body? As it turns out, conditions including heart disease, stroke, some types of cancers, type 2 diabetes, insulin resistance, high triglycerides, low levels of HDL—the “good” cholesterol, metabolic syndrome and sleep apnea are ALL exacerbated by abdominal fat—a trait more commonly seen in men than women. Excess alcohol consumption is also associated with the “apple shaped” body. [Take this quiz](#) to learn how to escort that belly fat away and improve the quality of your life.



State of the Union Health Report



U.S. officials recently released the annual state-of-the-nation's health report... Good news/bad news: life expectancy is on the rise and obesity levels are still climbing. An alarming two-thirds (66.6%) of adults are overweight or obese, up from 29.9% only a decade ago. Following suit are skyrocketing rates of diabetes and hypertension, both outcomes of overweight, inactivity and poor nutrition. And of course, out-of-control healthcare costs are the consequence of the chronic irresponsible lifestyle choices made by so many Americans. Heart disease and cancer remain the two leading killers, collectively accounting for nearly half of the 2.5 million deaths in the United States in 2007, 25% and 23%, respectively. [More...](#) PCSB employees who suffer from chronic conditions have many free options available to help turn their lives around. Contact the Wellness Program at 648-3057, the [Employee Assistance Program](#) at 800-272-7252, and visit www.polk-fl.net (keyword: wellness).

Wellness Wednesday Archives • Wellness Matters Archives

Prepared for you weekly by the **PCSB Employee Wellness Program**
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Supported by a grant from the Florida Department of Health



Questions or comments? Contact your [Wellness Team](#) here (scroll down)

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