



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Nutrition Month
- ♥ Color
- ♥ Happenings
- ♥ HF Recap
- ♥ Follow Up
- ♥ Aerobic
- ♥ Wellness Wise

Take the Color Splash Challenge!

March is National Nutrition Month®! This year, the American Dietetic Association is encouraging people to add color to their meals with the theme, *"Eat Right with Color."* Eating plenty of fruits and vegetables, along with lean meats, fish, poultry and low-fat dairy products creates a rainbow of colors and a wide variety of important nutrients that serve as the foundation for a healthful eating plan. Supporting the color concept is the recently released 2010 Dietary Guidelines for Americans, which recommends an increased focus on a plant-based diet.

To help color your plate, the PCSB Wellness Team is posing a different color challenge each week in March! Employees who complete the challenge will be entered into a drawing to win a weekly Wellness prize. [Click here](#) to enter the first challenge which ends March 8th at midnight. Stay tuned right here next week for color challenge number two! Remember, these 'food colors' are not found in a bottle; they are true nutritional powerhouses!

National Nutrition Month® 2011



[What is the Zero Second Rule??](#)

Take A Colorful Peek

- **Red:** watermelon, red grapes, strawberries, cranberries, tomatoes, apples, beets
- **Orange/Yellow:** carrots, sweet potatoes, oranges, tangerines, lemons, apricots, cantaloupe, butternut squash
- **Green:** spinach, kale, collard greens, lettuce, broccoli, asparagus, artichokes, Brussels sprouts
- **Blue/Purple:** purple cabbage, eggplant, raisins, figs, blackberries, blueberries, purple grapes, plums, prunes

Wellness Happenings

♥ **Couponing class**—Learn how to save a fortune couponing, March 24th at Lakeland Senior from 4:30—5:30. This will be one hour well spent! [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...](#)

♥ Check out the variety of Wellness activities provided by the PCSB Wellness Program. [Details...](#)

♥ So many fitness events, so little time! Make it a goal to participate in at least one during the month of March. [Some options...](#)

♥ **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...](#)

Health Fair Recap

This past Saturday, February 26th the first of two 10th Annual PCSB Employee and Retiree Health Fairs took place at the Highland Park Church of the Nazarene in Lakeland. Appointments for lab work were made in advance resulting in little to no wait times... much to the joy of the over 1,300 employees and spouses who participated! Lots of great door prizes and free giveaways from over 70 vendors were enjoyed by all. If you had your mug shot taken with your buddies at the Health Fair; a treat provided by Laser Photos, remember to [download your color copy!](#) This major event could not have happened without the hard work and generosity provided by our many sponsors and fabulous volunteers. A big thanks goes to BlueCross BlueShield, Wachovia—a Wells Fargo Company, the City of Haines City, Publix Super Markets Charities, MidFlorida Credit Union, Accu-Chek, OneTouch, Party People, Gold's Gyms of Polk County, TradeWinds Island Resorts, Fred's Southern Kitchen, Natalie's, Green Mountain Coffee, Sweetbay Supermarkets, Bob Evans, Panera Bread, Cabot Cheese, Oikos and Chobani.



Congratulations to Gloria McCoy from Travis Career Center for winning the M&M challenge posed by the Wellness Team. The jar contained 1,370 M&Ms and Ms. McCoy guessed 1,350. She will receive an EKHO Heart Rate Monitor; a great tool for measuring cardiorespiratory exercise. Way to go!

Health Fair Lab Follow-up

The 2011 Lakeland Health Fair is now behind us with the [Haines City event](#) just around the corner. Over 1,300 people received a blood pressure check and lab work. The results of these screenings revealed *critical numbers*—blood pressure, total cholesterol, LDL (the bad) cholesterol, HDL (the good) cholesterol, the cholesterol ratio, triglycerides and glucose. It is important to note that numbers out of range indicate potential risk for disease—particularly heart disease, diabetes, hypertension and stroke. So what now?! Please take a moment to complete the [Health Fair follow up](#) and courier to Woodlake Center, Route D. You will receive two in-service points, but more importantly be nudged to take a second look at these *critical values* and formulate a plan to improve your health. Please direct any questions to the Wellness Team at 648-3057. Once again, thank you for your participation!



Aerobic Exercise—Key to Heart Health

There is an old saying, *"No one died from a weak bicep."* In other words, your overall health has everything to do with your heart strength. Aerobic activity, or sustaining an elevated heart rate, for at least 10 consecutive minutes—preferably 20—is the foundation of your exercise routine. Unlimited options are at your disposal; the [health benefits](#) are endless. [More...](#)



Wellness Wise

Question: My LDL is too high and I do not want to take medication. Are there natural ways to get that bad cholesterol down?

Answer: Excellent question! Proper nutrition and daily exercise are great medications to bring all numbers into range, notwithstanding hereditary influences. There are several recommendations for lowering LDL such as eating more fiber and reducing sugary snacks. [Learn more...](#) Also... review your *Healthier at Home* book!



Wellness Wednesday Archives • Wellness Matters Archives

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

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