


**Wellness
Wednesday**
 Health E-News

Have You Checked Your Blood Pressure Today?

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Weekly Highlights

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- ♥ Small Changes
- ♥ Fruit or Juice?
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World No Tobacco Day—May 31st



The theme of [World No Tobacco Day 2009](#) is “Tobacco Health Warnings,” with an emphasis on previously effective advertising that helped people recognize the importance of quitting.

The Florida Department of Health and the American Cancer Society have established the [Florida Quit Line](#) to help you kick the habit. Create a Tobacco Free Florida by calling 877-U CAN NOW (877-822-6669). Some of the FREE benefits include confidential telephone counseling, health tips, assistance planning your quit day, how to manage cravings, withdrawals and slip-ups and FREE nicotine replacement (gum, patch, lozenges). You have nothing to lose but your risk for cancer, stroke and heart disease!!

Small Changes Make A “Sunny” Day



I have been meaning to email you and share my story, and thank you too. Our school has been doing the wellness project (where you come in and do the health evaluations at the beginning of the year) for two years now. I will admit that I completely ignored it the first year - went in one ear and out the other. When we got our results at the beginning of this school year, nothing new - high cholesterol, triglycerides, and overweight. I only changed how I ate a tiny bit, and I may have walked in the same room as my elliptical. Then I talked a friend into going to the health fair with me. I just wanted to see how my cholesterol was doing, and heard there were cool free goodies. So, still not in it for the health value. A sad attitude, I know. And, probably a pretty common one. [Read on...](#)

Fruit or Juice?



The answer to this question depends on the type of juice and what foods are being replaced. Overall, whole fruits are a better nutritional choice than juice and fresh juice is better than frozen. The juice is extracted

from the fruit **pulp**, which contains most of the fiber, minerals (calcium, for example) and vitamins (like beta-carotene). So, when you see a juice labeled “pulp free,” look for another option. But, buyer beware! Many fruit juices sold in supermarkets contain only a small percentage of **real** fruit juice, and contain added sweeteners like sucrose or high fructose corn syrup. As a result, it’s easy to consume a large amount of calories void of nutritional value when you consume these beverages. [Compare...](#)

Mental Health Month

With increasing economic troubles piled on top of occupational stress and family demands, more and more Americans are suffering. In fact, **58 percent of Americans reported struggling in their lives at the end of 2008**, according to the Gallup-Healthways Well-Being Index. This represents an increase of more than 22 million Americans who reported struggling earlier in the year. Mental Health America wants Americans to know that there are tools that can buffer the effects of stress and help them cope better with the many challenges they face. [Read more...](#) Also, help is always available for PCSB employees from [Horizon Health...](#)



Please Tell Us What You Want! Thank You!

The evidence-based PCSB Wellness Program continues to save you money by reducing medical costs with improved employee health. Please complete a brief “Needs and Interest Survey” to let us know how we may best serve you. Also earn a chance to win a 3 day/2 night vacation package at TradeWinds Resort in St. Pete. [Take the survey...](#)

Fit For The Summer

Many PCSB employees, as well as most Americans, report lack of time as a primary barrier to maintaining a regular fitness program. Begin your summer with a positive change! Take advantage of discounts offered by local fitness establishments to school board employees or enjoy the great outdoors during the cooler morning and evening hours. [Check out some options...](#) If you are interested in attending a summer group fitness class at the Bartow Fitness Center (food service building), please email Jan (jan.calder@polk-fl.net). A minimum of 15 participants are required and the class will be a combination of cardio, strength and flexibility exercises.



[ABCs of Diabetes summer classes...](#) [Babies and You summer classes](#)

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ABCs of Health

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Questions or comments? Contact one of your [Wellness Team members](#).
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