



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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HIGHLIGHTS

- ♥ Screenings
- ♥ L.O.S.E.
- ♥ Flu Shots
- ♥ Cost of Inactivity
- ♥ Fitness Discounts
- ♥ Extreme Health
- ♥ Archives

BlueCross BlueShield Screenings

Employees who are enrolled in the new **3160/3161 HRA Insurance plan** will receive an additional \$500 into their Health Reimbursement Arrangement (HRA) by completing a health screening provided by BlueCross BlueShield. Screenings are currently being scheduled for September. Please visit PCSB [Risk Management](#) on the web (www.polk-fl.net/staff/employeeinfo/riskmanagement/default.htm) for details and schedules or call 519-3858.

Sensible Eating—A Key to Weight Management



Have extra pounds attached themselves to your body? Did you wake up one day and wonder where the extra 40 came from? Do you have trouble staying motivated and sticking with healthy eating habits? Join the PCSB Wellness Team at Ridge Career Center in Winter Haven, Saturday, September 12th for the first **L.O.S.E.** screening of the year. **L.O.S.E. (Lessons on Sensible Eating)** provides personalized weight loss assistance from fitness, nutritional and behavioral health professionals. Participants may choose between two comprehensive plans that contain the keys to lifelong weight management. Register today! Call Jennifer at 648-3057 or email jennifer.patzkowsky@polk-fl.net. [Read more...](#) (www.polk-fl.net/staff/employeeinfo/wellness/documents/LOSEplanannouncement2009.pdf) [L.O.S.E. on the web...](#) (www.polk-fl.net/staff/employeeinfo/wellness/loseforlife.htm)

Get a HAND-le this Flu Season



H1N1... sounds like a Star Wars character, doesn't it? Since April of 2009, **H1N1**, originally called Swine Flu, has been the talk of every town in America and beyond. In June, the Centers for Disease Control (CDC) urgently announced that a **pandemic** was underway. [Read more about H1N1...](#) (www.cdc.gov/H1N1flu/qa.htm) With flu season around the corner, concern about **H1N1** is widespread, especially within the school environment where many bodies are contained within close quarters. Frequent hand washing and routine disinfecting of surfaces are simple yet effective ways to prevent the spread of illnesses. [Helpful tips from the CDC...](#) (www.polk-fl.net/staff/employeeinfo/wellness/documents/Prevention.pdf) **Flu shots** will be available throughout the district for PCSB employees, retirees and their families from October 5th through October 23rd at a cost of \$18.25 per vaccination. The Wellness Team is seeking worksites to host flu shot clinics during this time. [See details...](#) (www.polk-fl.net/staff/employeeinfo/wellness/documents/FluShots2009clinicsneeded.pdf). Please email [Jamie Baker](#) to volunteer your school today. Time is of the essence!

The Cost of Inactivity



The scientific evidence is clear—regular physical activity reduces the risk of developing diabetes, high blood pressure, heart disease, stroke and some cancers. Bones, muscles, joints and psychological well-being also benefit from regular activity. However, 75% of the population remains inactive. **A physically inactive population also costs EVERYONE money!** Estimates indicate that adult inactivity within the Polk County School District costs almost \$2,000 per individual or \$28 million annually in medical care costs, worker's compensation and lost productivity. If only 5% of our inactive employees became active, an estimated \$1.5 million dollars could be saved each year. That's money in your pocket.



Fitness Discounts

Obstacles to activity such as lack of time, money and motivation are costly. Put your bucks in your sneakers and take advantage of the fitness discounts provided through the PCSB Wellness Program. For example, this **September enjoy a FREE membership to Gold's Gym** in [south Lakeland](#), [north Lakeland](#) or [Winter Haven](#). Check out the **FREE Bartow fitness center** and other facilities around Polk County offering discounts to employees. [Click here...](#) (www.polk-fl.net/staff/employeeinfo/wellness/fitness.htm) Also, stay tuned for the new **PCSB Group Fitness** schedule. Classes begin Sept. 21st. A minimum of 15 participants per class is required, so recruit your co-workers!

The EXTREME Health Challenge



The EXTREME Health Challenge is a wonderfully wacky 45 minute performance that uses "kooky" puppet characters and even "kookier" actors to teach elementary age children how to take great care of their bodies! Through a series of challenges, battles of wit, audience participation and puppetry mayhem, children laugh and learn about the importance of good nutrition and active lifestyles. BlueCross BlueShield has once again provided a sponsorship for four Polk County schools to experience this great show. The dates are Sept. 8th, Sept. 29th, Nov. 2nd and Nov. 23rd. If your school did not have this opportunity last year, and you are interested, please email [Jan Calder](#) ASAP. First come, first serve! [Flyer...](#)

[Wellness Wednesday Archives](#) • [Wellness Matters Archives](#)



ABCs of Health

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Questions or comments? Contact one of your [Wellness Team members](#). (Once redirected to the website, please scroll to the bottom of the page)

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