



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Red Ribbon
- ♥ SAVE 15 Ways
- ♥ Fast Food
- ♥ Walk 14 Ways
- ♥ Salt / Meds
- ♥ Apple/Pear
- ♥ HPC
- ♥ Memory
- ♥ Live Healthy
- ♥ Screenings

Red Ribbon Campaign 2009

It's time for the Red Ribbon Campaign 2009, a national public awareness campaign celebrated in October to raise awareness of substance abuse. InnerAct Alliance provides informative substance abuse prevention programs for youth including science-based prevention programs for elementary and middle school students. [More...](http://www.polk-fl.net/community/announcements/documents/RedRibbonEvents.pdf) (www.polk-fl.net/community/announcements/documents/RedRibbonEvents.pdf)



15 Ways to SAVE on Groceries

We have all experienced a feeling of sticker shock when the cashier at the grocery store announced our grand total for a few measly bags! Groceries are expensive. Prices seem to continually rise while containers shrink in size. Fortunately, there are ways to save on grocery bills without compromising our health. Stocking up when your favorite healthy items are *B.O.G.O.* (buy one get one) is one way. [Read more...](http://www.sparkpeople.com/resource/nutrition_articles.asp?id=524) (www.sparkpeople.com/resource/nutrition_articles.asp?id=524)



The Fast Food Lane



Opting for a fast-food meal isn't the diet disaster it used to be. For one, fast-food restaurants are now required to post their nutrition information, so you'll know what you're getting. And, because they're tuned in to what consumers want, most places now offer some "healthy" options. [Read more...](#)

10 Ways to Spice Up Your Runs



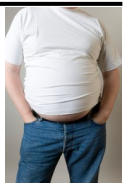
We all know the benefits of running-- strong heart, muscular legs, huge calorie burn, the runner's high--the list goes on and on. But even the most dedicated runners can get bored or lose motivation to lace up their sneakers every now and again. So how do you take your usual boring run and make it interesting, challenging or exciting again? You change it up, that's how! [Read more...](http://www.sparkpeople.com/resource/slideshow.asp?show=32) (www.sparkpeople.com/resource/slideshow.asp?show=32) Get off the couch and walk, jog, run in Bartow! [View details for two programs...](#)

Salt and Medications May Not Mix

A high-salt diet may decrease the effectiveness of medications used to treat high blood pressure in patients with resistant hypertension, researchers report in a small study published in *Hypertension: Journal of the American Heart Association*. Resistant hypertension means that a patient's blood pressure remains above his/her treatment goals, despite using three different types of antihypertensive drugs at the same time. Twenty percent to 30 percent of high blood pressure patients may be resistant to multi-drug therapies. [More...](http://americanheart.mediaroom.com/index.php?s=43&item=783) (<http://americanheart.mediaroom.com/index.php?s=43&item=783>) See the [DASH Eating Plan](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/DASHEatingPlan.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/DASHEatingPlan.pdf)

Apple Versus Pear Not Always A Fruity Subject

Where is your body fat deposited? Is it *subcutaneous*, and stored in the hips, thighs, butt, back, and back of the arms, forming a pear shaped body? Or is it *visceral*, (www.webmd.com/heart-disease/heart-failure/news/20030331/high-fat-diet-ups-dangerous-hidden-fat) and deposited around the mid-section, resulting in the body shape referred to as apple? Visceral fat is a measure of health risk and can be calculated by waist circumference. *A waist circumference of 35 inches or more for a woman, and 40 inches or more for a man, is a sign of too much visceral fat.* Now this fat is a real trouble maker! It causes high blood pressure, [metabolic syndrome](#) and chronic inflammation that leads to heart disease and diabetes. [Read more...](#)



Make PREVENTION your medication! Learn how to juggle fitness, improve nutrition, reduce stress and take better care of YOU! Try the NEW Health Plus Challenge at a convenient location. [Details...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/2010Flyer.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/2010Flyer.pdf).



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Live Healthy With Chronic Conditions

Would you invest some time each week to live healthier and happier? Learn new skills to better cope with ongoing health conditions such as arthritis, heart disease, diabetes, cancer, bronchitis, emphysema, asthma and epilepsy. Even if you struggle with achieving goals like weight loss, kicking the smoking habit or exercising daily, or are a caretaker for someone with ongoing health issues, this FREE 6 week course will help! [Read more...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/LHFLyer.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/LHFLyer.pdf)



Health Screenings

Health 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 and the PCSB Wellness Program. [Schedule your screening...](#)



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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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