



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

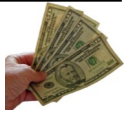
- ♥ Seasonal Flu
- ♥ Health Screen
- ♥ Challenge!
- ♥ Corporate Cup
- ♥ Herbs
- ♥ Manage Pain
- ♥ Next Steps
- ♥ Immunity
- ♥ Mid-Age Belly
- ♥ Risky Food

Seasonal Flu Shots Are Here Through October Only!

Don't miss out! See [Details and schedule...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/2009FluShotScheduleFinal.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/2009FluShotScheduleFinal.pdf)

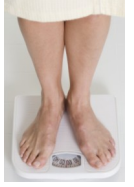
Don't Miss Out on Your \$500!

[Schedule your health screening...](http://www.pickatime.com/client?ven=11602551) (www.pickatime.com/client?ven=11602551) at McLaughlin Middle, Lake Marion Creek Elementary or Auburndale Senior while spaces are still available and receive \$500 into your health reimbursement account.



Beat the Holiday Bulge

The Challenge is on but it's not too late to join this free 12-week long weight management workshop! Our Wellness Team goal? From now through January 1st enjoy the fruits and festivities of the holidays without gaining a pound! [Begin here...](http://www.beattheholidaybulge.com/dt/bhbindex.asp) (www.beattheholidaybulge.com/dt/bhbindex.asp) The organization name is PCSB Wellness Program or Polk County School Board. Please email [Allison Sullins](mailto:Allison.Sullins@pcsb.org) or [Jennifer Patzkowsky](mailto:Jennifer.Patzkowsky@pcsb.org) if you have any questions.



29th Annual YMCA Corporate Cup 5K Run/Walk/Roll – October 24th, 8 a.m. at Lake Hollingsworth.. Form a team and get fun AND exercise. [More...](#)

Enjoy Herbs—the Taste of Taste Without Fat, Sugar and Calories

What do basil, black pepper, cinnamon, oregano and rosemary have in common? Answer: E-BCP of course! Researchers at Bonn University in Zurich have found in seven out of 10 trials with mice who had inflamed paws, reduced inflammation when this active ingredient, beta-caryophyllin (E-BCP), was administered. The researchers think that E-BCP might be of use against disorders such as osteoporosis and arteriosclerosis. The findings of the research were originally presented in the *Proceedings of the National Academy of Sciences*.



Pain Makes You Old

If you experience frequent pain, you may be aging yourself more quickly than you think, according to an analysis of data from the 2004 Health and Retirement Study. The research suggests that a fifty-year-old person in pain functions on the level of a 70-year-old who does not have daily pain. Those with chronic pain were also more likely to have chronic conditions. [More...](#) The take home message is to practice prevention to minimize the onset of pain. Get daily exercise, eat well and manage stress. [See more about pain management...](#)



Take Your Next Steps with BlueCross BlueShield

Did you know that on-going health conditions such as heart disease, cancer, diabetes, high blood pressure and arthritis account for 70% of all U.S. deaths? Are you aware that 85% of these cases are associated with poor nutrition, inactivity and stress? A better quality of life and financial savings are just a phone call away with FREE individualized health coaching sessions from BlueCross BlueShield of Florida. [Read more...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/NextStepsflyer.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/NextStepsflyer.pdf)



Immunity Boosters

Stay healthy this cold and flu season with an immunity boost. Wash your hands frequently, get seven to eight hours of sleep nightly, manage stress, exercise daily and choose your foods wisely. [Learn more...](http://www.polk-fl.net/staff/employeeinfo/wellness/documents/ImmunityBoost.pdf) (www.polk-fl.net/staff/employeeinfo/wellness/documents/ImmunityBoost.pdf)

Middle Aged Spread Linked to Aging Health Risks

Do you know what your [body mass index](http://www.nhlbisupport.com/bmi/) is? (www.nhlbisupport.com/bmi/) Is your reading between 18.5 and 25? Apparently, your weight in midlife will determine your health in the later years. A recent study from the Harvard School of Public Health, showed that women who had a BMI greater than 25 between the ages of 18 and 50 had only about a 20% chance of being healthy and disease-free at 70. The upside is that weight is a modifiable factor. People can certainly change their odds of living the healthy life by balancing nutrition, physical activity, stress and sleep. Why "wait?" Start with small changes today! [Read more...](http://www.medpagetoday.com/PrimaryCare/Obesity/16209?userid=223829&impressionId=1254290790877&utm_source=mSpoke&utm_medium=email&utm_campaign=DailyHeadlines&utm_content=GroupD#) (www.medpagetoday.com/PrimaryCare/Obesity/16209?userid=223829&impressionId=1254290790877&utm_source=mSpoke&utm_medium=email&utm_campaign=DailyHeadlines&utm_content=GroupD#)



Risky Food Business

Leafy greens, eggs, and tuna fish top the list of the 10 "riskiest" foods regulated by the FDA, according to a new report by the Centers for Science in the Public Interest. Taken together, these foods have accounted for nearly a thousand disease outbreaks in the U.S. since 1990, according to Sarah Klein, food safety attorney for CSPI. [Read the top-ten list and learn how to practice defensive eating.](http://www.medpagetoday.com/InfectiousDisease/PublicHealth/16313?userid=223829&impressionId=1254895572170&utm_source=mSpoke&utm_medium=email&utm_campaign=DailyHeadlines&utm_content=GroupD#) (www.medpagetoday.com/InfectiousDisease/PublicHealth/16313?userid=223829&impressionId=1254895572170&utm_source=mSpoke&utm_medium=email&utm_campaign=DailyHeadlines&utm_content=GroupD#)



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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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