



Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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Weekly Highlights

- ♥ Group Fitness
- ♥ Success Stories
- ♥ SMART Start February
- ♥ P.A.D. at the Health Fair
- ♥ Know Your Numbers

Register for PCSB Group Fitness Classes

Do you know that exercise can reduce high blood pressure? Regular physical activity makes your heart stronger. A stronger heart can pump more blood with less effort. If your heart can work less to pump, the force on your arteries decreases, lowering your blood pressure. [Read more about the drug-free strategy to lower high blood pressure...](#) To help you get into the exercise habit, we are bringing fitness to the workplace, before going home! Any PCSB employee can register for classes at ANY location where group fitness is offered. [Check out the schedule...](#)

PCSB Employees Walk to Georgia

The “Air Walkers” stationed at Bartow Municipal Airport set goals, improve fitness and see the world all at once. On December 16, after trekking 232 miles this group was cited in Georgia refueling on homemade pecan pie. [Read more...](#)



February SMART Start Focuses on Muscles and Protein

Calling **SMART Starters!** Learn how to maintain muscular and bone strength, while choosing top quality LEAN protein. No need to RE-register and it's not too late to **Start!** [Read more...](#)

P.A.D. Screening – New to This Year's Health Fair



ABCs of Health
8th Annual
PCSB Health Fair

[Click here to REGISTER...](#)
[Click here to VOLUNTEER...](#)
[Click here for complete health fair details...](#)

Relax at the TradeWinds Resort in St. Pete Beach... [see discounts...](#)

Peripheral vascular disease (PVD) can affect the arteries, the veins or the lymph vessels. The most common and important type of PVD is peripheral arterial disease, or PAD, which **affects about 8 million Americans**. It becomes more common as one gets older, and by age 65, about 12 to 20 percent of the population has it. Diagnosis is critical, as people with PAD have a four to five times higher risk of heart attack or stroke. [Learn more from the American Heart Association...](#)

Do You Know Your Numbers?

Blood Pressure Classification

Category	Systolic		Diastolic
Optimal	<120	&	<80
Pre-H	120-139	or	80-89
Stage 1 H*	140-159	or	90-99
Stage 2 H*	160+	or	100+

Stage 1 H* - Recheck; No change—medical attention
Stage 2 H* - Seek immediate medical attention

Checking your blood pressure regularly is an excellent way to reduce your risk of suffering from heart attack or stroke. An automatic blood pressure monitor has been provided at your school by the Wellness Team to help you achieve this life-saving goal! [Click here for important information about high blood pressure \(hypertension\)...](#)



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)