



Wellness Wednesday

Health E-News

Volume 1 • Issue 47 • December 16, 2009

Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Begin Well
- ♥ Creative Decor
- ♥ Resolutions
- ♥ Inhale This
- ♥ Fit Gifts
- ♥ Apple Bites
- ♥ Holiday Advice
- ♥ Dining Out Tips
- ♥ Stress-Less

Begin 2010 With Wellness at Your Worksite



• **“Healthier at Home”**—A 15 minute in-service to help you save on medical costs and improve well-being. Receive in-service points and this 416 page self care text. [Contact...](#)

• **Fitness, Nutrition, Stress Management** Wellness Classes—Get in-service points, incentives and valuable information. • **L.O.S.E. and ABCs of Diabetes Screening** will be held January 23, 2010 at Eye Express in Winter Haven. If your health is weighing you down please email [Jennifer](#) to register. [Details...](#)

Creative Holiday Decorating

"Good news is that I truly out-did myself this year with my Christmas decorations. The bad news is that I had to take him down after 2 days. I had more people come screaming up to my house than ever. Great stories. But, two things made me take it down: first, the cops advised me that it would cause traffic accidents as they almost wrecked when they drove by; second, a 55 year old lady grabbed the 75 pound ladder almost killed herself putting it against my house and didn't realize it was fake until she climbed to the top (she was not happy). By the way, she was one of many people who attempted to do that. My yard couldn't take it either. I have more than a few tire tracks where people literally drove up my yard."



Beat the Need for New Year's Resolutions



Thanksgiving marks the beginning of gluttony season, a time when even the most health-conscious Americans struggle to keep their hands off the cookie tray and their mouths from saying, no thanks, to a toast at yet another holiday party. Strike early with a plan to avoid holiday weight gain and you're one step ahead to starting the New Year healthier, happier and truly ready to make a change. [Learn about the five-foot rule, how to keep your mouth busy and other tips...](#)

A Resolution Worth Inhaling

Becoming smoke free is a healthy start to any New Year. You may already know that kicking the habit can decrease your risk of heart disease and lung cancer but may be unaware of other immediate health benefits. For instance, after one day of cessation, your blood pressure and pulse rate may decrease. Between two and 12 weeks, your circulation and lung function may improve. [Read more...](#) Speaking of smoking, what about hookahs? According to a World Health Organization advisory, a typical one-hour session of hookah smoking exposes the user to between 100 and 200 times the volume of smoke inhaled from a single cigarette. [More on hookahs...](#) Make this New Year really count with a plan to quit smoking. Stay tuned for free smoking cessation classes offered through the Wellness Program, and don't forget about the free Department of Health [Quit-Line: 1-877-U-CAN-NOW!](#)



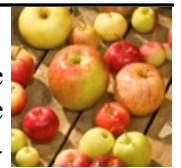
Holiday Gifts for the Fit



DVDs, books, apparel and equipment... Do you need help picking out that perfect gift for the fitness enthusiast in your life? [Get ideas...](#)

Bite Into Apple Research

If you like bananas and apples, you are not alone! Bananas win the race for America's favorite fruit with apples taking a close second. They are also one of the many plant-based foods associated with lower cancer risk. With support from the American Institute on Cancer Research (AICR), Cornell University food scientist Rui Hai Liu has conducted a steady stream of research for almost a decade demonstrating how apples may contribute to fighting cancer. Although apples have long been considered a healthy food, it has only been in recent years that this fruit has stimulated fresh interest in the lab with its rich supply of [phenolics](#), a class of [phytochemicals](#) well studied for their health benefits. Also read about suggestions to lower your risk for prostate cancer; and the link between fast food and ill health. [Click here for the stories...](#)



Healthy Holiday Advice



The holidays are a time for reconnecting with family and friends, not being sick with the cold or flu. Remember your fruits, vegetables and exercise this holiday season. Try broccoli or mandarin oranges for a blast of vitamin C, which may help your body fight infection. Don't become a couch potato after big holiday meals. Stay on track by doing little things, even if you cannot find time to get in a full daily workout. Stretch in the morning before you begin your day to get your blood flowing and walk as much as possible. [More...](#)

Health Wise Restaurant Dining

Why sabotage the enjoyment of eating out with unhealthy choices? Restaurants are in the business to serve you, so have it YOUR way by asking for items prepared the way you want! Also, if you are planning to eat out, think about what you are eating the rest of the day so you can plan well and not blow your calorie budget." [Tips from the American Cancer Society...](#) More from the [American Restaurant Association...](#)



Stress—Less This Holiday Season



According to the American Psychological Association, 61% of Americans experience stress during the holiday season due to lack of money; 42% due to the pressure to give gifts; 34% due to the lack of time; 23% due to credit card debt; and 36% due to the negative effects of health such as over eating and alcohol consumption. Learn how to relax and enjoy your time off with suggestions from Horizon Health, the PCSB Employee Assistance Program (EAP). [Click here...](#)



The PCSB Wellness Team wishes you the greatest gift of all... Good Health!

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Prepared for you weekly by the **PCSB Employee Wellness Program**
3425 New Jersey Road, Lakeland, FL 33803, phone: 863-648-3057
Supported by a grant from the Florida Department of Health

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