



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

HIGHLIGHTS

- ♥ Happy People
- ♥ Heat is ON!
- ♥ Happenings
- ♥ Snacking

Need a confidential **Personal Health Coach** for **FREE**? [Check this out...](#)



Use your smart phone to create, find and track *Walking Paths* with the American Heart Association. [More...](#)

Don't Worry, Be Happy!

Happiness happens, hopefully! If you're happy and you know it ... tell somebody! If someone else is happy and they know it ... listen! That's the motto of the Secret Society of Happy People, a group founded in 1998 with a current roster of thousands of members from 34 countries. So, in spite of daily distressing news, there's a lot of smiling going on out there. The 'admit your happy day' formerly August 8th, has been expanded to include the entire month! Goals include:



- *Recognizing and expressing happiness*
- *Listening to others talk about their happiness*
- *Not raining on other people's parades*

A recent study by a student of B.F. Skinner, renowned psychologist and Harvard professor, showed that 25% of our happiness is related to our ability to deal with stressors. It appears that planning, planning and more planning is a key ingredient to this skill. [Learn more...](#) Start planning today; schedule goal setting and stress management professional development sessions with the Wellness Team this year. Call 648-3057 or [email](#) for more information.

The Heat is ON!

During our summer heat wave, keep cool, stay hydrated and avoid the sun! Health problems caused by extreme heat kill an average of 675 people each year in the United States, *more than* tornadoes, floods, hurricanes, lightning or any other weather event combined, according to the U.S. Centers for Disease Control and Prevention. What is the difference between heat stroke and heat exhaustion? What are the signs and symptoms and what can you do to prevent these potentially deadly heat illnesses? [Get the answers to these frequently asked questions...](#)



Wellness Happenings

♥ **ABCs of Diabetes:** August classes are 4:30pm-6:00pm at the Bartow Airbase; [View program details...](#) Call 648-3057 or email allison.sullins@polk-fl.net to register.

- Medical Issues in Diabetes 08/04/2011
- Nutrition and Exercise 08/11/2011
- Advanced Diet Planning 08/18/2011
- Hypertension & Heart Disease 08/25/2011

♥ **Chair Exercise and Relaxation:** 4:30pm-5:45pm, Tuesday, September 27th at the Jim Miles Center in Lakeland. Open to all PCSB employees AND will count as an *ABCs of Diabetes* refresher class. [Register...](#) (www.surveymonkey.com/s/ChairExercise)

♥ **Time Management:** 4:30pm-5:45pm, September 8th at the Jim Miles Center [Register here](#) (<http://www.surveymonkey.com/s/jimmilesclass>)

♥ **Stress Management:** 4:30pm-5:45pm, September 20th at the Jim Miles Center [Register here](#) (<http://www.surveymonkey.com/s/jimmilesclass>)

♥ **Wellness Screenings:** All employees are eligible to attend one free annual health screening. [Summer registration details...](#) (www.polk-fl.net/staff/employeeinfo/wellness/healthfairsscreenings.htm)

♥ **Cancer Screening Schedule 2011/12:** [View...](#) (www.polk-fl.net/staff/employeeinfo/wellness/cancerresources.htm)

♥ **Join the PCSB Wellness Warrior Team...** in the 2012 Polk County *Race For The Cure*® January 14th at Tiger Stadium in Lakeland. [Register](#) and help save lives!

♥ **Host a Group Fitness Class at your worksite:** Construction of the fall PCSB Group Fitness schedule is underway. If you would like to host a group fitness class at your worksite, please [email](#) or call 648-3057. We provide the instructor and take care of all paperwork... you provide the space. Fall classes will be held 9/19—12/17/11.

♥ **TradeWinds Resorts**—Enjoy a discounted summer getaway before school starts! [More...](#)

Wellness Wise

Question: Is snacking *bad*, asks several employees?

Answer: A resounding no! Snacking is considered American's 4th meal and is an activity enjoyed by 100% of people surveyed. The question is "Upon what are you snacking?" Healthy snack choices include fruit, veggies, nuts, whole grains and low fat dairy. Whereas cookies, cakes, candies, high calorie beverages and ice cream on a regular basis fail to provide required nutrients and may contribute to weight gain. If your meals and snacks together provide more calories than you burn during the day, you will likely add pounds to your body. Not only does at least 30 minutes of daily physical activity help control weight, but health benefits derived are huge! [Read more about snacks...](#) In short, the benefits and/or detriments of snacking will coincide with how they fit into your total meal plan. As mentioned above, planning, planning and more planning, will help you make positive food choices. For professional, confidential assistance, [email](#) or call your PCSB registered dietitians at 648-3057.



Wellness Wednesday Archives • Wellness Matters Archives

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