



# Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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## HIGHLIGHTS

- ♥ Don't Quit
- ♥ Diabetes
- ♥ Happenings
- ♥ Home Grown



Can you guess the **top five consumables** that lead to **weight gain**?

## Keep on Hopping

Once upon a time there was a frog hopping around the farm when he fell right into a pail half-filled with cream. Swimming frantically, he found the sides too steep and too high. Determined not to give up, he continued to struggle. He kicked and squirmed, kicked and squirmed until at last his churning had turned the cream into a block of butter—allowing him to hop right out. He never gave up! Thus, he succeeded.



With hectic schedules, work stressors, family obligations, and buckets full of chores—people tend to feel overwhelmed and allow little time for personal self-care, which only makes matters worse! Setting aside time to plan nutritious meals, engage in at least 30 minutes of daily exercise, and get adequate rest/sleep will result in a positive return on your investment. A renewed sense of optimism will replace that of defeat, and your energy reserves will be replenished. Start the new school year “hopping out of the pail” with these [fatigue-busting tips!](#) Learn how to get an energy boost [from eating...](#)

## Don't 'Weight' for Diabetes

PCSB employees have been participating in health screenings for many years. Like checking the oil in our vehicles, determining the health of our blood may provide information needed to save our ‘cardiac’ engine: our heart. Blood glucose (sugar) is one of the numbers worth our attention given its association to diabetes. Did you know that 57 million Americans are pre-diabetic? If your **fasting** blood glucose is **between 100 and 124**, diabetes could be knocking at your door. Like people with diabetes, those with pre-diabetes tend to be overweight, have high blood pressure, abnormal cholesterol or triglyceride levels, and an increased risk for cardiovascular disease. [More about why weight matters...](#)



If you suspect that you are one of the 57 million pre-diabetics, don't ‘weight!’ Begin to exercise, seek confidential nutritional counseling from a PCSB registered dietitian, and attend a free diabetes screening with your Wellness Team on August 20th at the Eye Express in Winter Haven. Learn more about the [ABCs of Diabetes](#), a program designed to prevent or help manage diabetes. It is free to all PCSB employees covered under the School Board insurance plan. Registration is required. Call 648-3057.

## 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](mailto: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](http://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>)

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

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

♥ **Certified Group Fitness Instructors Wanted:** If you or someone you know has a national certification to teach fitness... group exercise, personal training, Pilates, Yoga, etc... and would like to earn extra income teaching a few hours per week, [email](#) or call Jan at 648-3057 for more information.

## Wellness Wise

*Why should I buy locally grown foods?*

**Great Question!** Buying food that has been produced locally has many benefits, one of which is keeping our \$\$ at home. In addition, it's often fresher and more flavorful since it travels fewer miles from the farm to your table. Some locally raised meats and poultry are grass-fed or free-range, and raised without antibiotics or added hormones. The proteins from these sources tend to be leaner (lower in saturated fat and higher in omega-3 fats) and taste better. Lastly, you can enhance your cultural culinary experience when travelling by trying foods native to that region.



Locally grown foods may be found at farmers markets, community co-ops, u-pick farms, farm stands, home gardens and some restaurants. To locate home grown foods near you, check out these websites—



- [The Natural Resources Defense Council](#)
- [The Eat Well Guide](#) • [Local Harvest](#)

[Wellness Wednesday Archives](#) • [Wellness Matters Archives](#)

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**Questions or comments?** Contact your [Wellness Team](#) here (scroll down)

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