



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

Making Fitness a Priority

If you've heard it once, you've heard it a million times, "Exercise is good for you!" Let's explore a few of the MANY reasons WHY exercise is so important. Physical activity is not just good for your body, but your memory, decision-making abilities and attention span as well. [Read one of many studies](#) supporting this fact.



Next, who would reject free medicine that offsets the declines associated with aging? Regular, moderate activity like brisk walking, helps to maintain bone density, muscular strength, cardio-respiratory function, acceptable body weight and flexibility which in turn preserve activities of daily living (ADL). Since strong muscles extract oxygen and nutrients from the blood much more efficiently than weak muscles, there is less strain placed on the heart. So your risk for heart disease and high blood pressure are reduced. Stronger muscles also absorb sugar very well, which helps to reduce insulin resistance and thus, the risk of becoming diabetic. Try these [three simple office exercises](#) three times weekly to increase your strength.

And finally, consider exercise as part of your Wellness journey, instead of the final destination. This philosophy is especially important for individuals considering weight loss. [Learn why...](#) For many, where to begin is the question without an answer. Start by familiarizing yourself with fitness opportunities offered by the PCSB Wellness program. **Registration for L.O.S.E. is currently underway!** Get a free 8-week Gold's Gym membership and learn how to eat more sensibly and exercise more effectively. [Details](#)

Fall Fitness Highlights

* **Group Fitness Classes:** Fall Session 9/19-12/17. Pay \$40 and attend any class, any day for 12 weeks. [Details](#) (see the UPDATED schedule and register today!)

* **L.O.S.E.: Lessons on Sensible Eating and Exercise agenda:** meet once per week for 8 weeks at Gold's Gym in south Lakeland. 9/12-10/31, 5:00-6:00pm. [Details](#)

* **WalkingWorks®:** Join this friendly walking competition! New participants will receive a pedometer, 9/12-11/04, **Registration deadline Sept. 6, 5:00pm!** [Details](#)

* **YMCA Fall Membership Special: [Details](#) / [Zumbathon Details](#)**

* **Need new exercise shoes or accessories?** PCSB employees receive 15% off at **Fitniche** in Lakeside Village through September

* **Making Strides Against Breast Cancer:** Oct. 22, 2011—Fantasy of Flight, [Details](#)

* **Komen Race For The Cure®: Join the PCSB Wellness Warrior or form a Team...** in the 2012 Polk County *Race For The Cure®* January 14th in Lakeland. [Details](#)

* **Fitness discounts / local events**

* **BCBS Wellness Screening Schedule:** All employees are eligible to attend one free annual health screening. [Registration here](#)

Wellness Professional Development

* **Chair Exercise and Relaxation:** 4:30-5:45pm; 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](#)

* **Stress Management:** 4:30-5:30pm, Sept. 20th at the Jim Miles Center [Register](#)

* **Time Management:** 4:30-5:30pm, Sept. 8th at the Jim Miles Center [Register](#)

* **Tobacco Cessation Classes:** Curriculum designed by ex-smokers for people who want to become ex-smokers. Countywide free classes. [Schedule](#)

* **Online Wellness Professional Development:** Benefit from convenient Wellness educational opportunities [online](#), and earn in-service points! More to come. Stay tuned!

* **Babies and You:** Get free prenatal vitamins and cash incentives. **Next session:** September 6, 13, & 20, 2011 at Mark Wilcox Center, 4:30-7:30pm. Call Allison at 648-3057 to register.

* **ABCs of Diabetes: September Classes, 4:30-6:00pm** in the Palmetto Room at the Jim Miles Professional Building, Lakeland

- Medical Issues in Diabetes 09/08/2011
- Nutrition and Exercise 09/15/2011
- Advanced Diet Planning 09/22/2011
- Hypertension & Heart Disease 09/29/2011

Call 648-3057 to register

* **Wellness Communities:** Ask a diabetes-related question, share your weight management tips, find a fitness buddy and more! Post your message [here](#).

How Sweet it May Not Be!

"How sweet it is," or is it? For some, that white granular substance is an ever-present haunting obsession. Other folks don't realize that it's hiding everywhere, very often in disguise as agave, beet, cane, corn, dextrose, sorghum and maltose, to name just a few aliases. Sugar is the culprit here. According to dietary guidelines, the average American consumed 132 pounds of sugar in 2010, up from 4 pounds in 1700. At least half of our sugar intake comes from soft drinks, fruit drinks and sports drinks.



When taking the worldwide weight problem into account, excess sugar is a primary player. For example, the American Heart Association recommends no more than 6 tsp. of sugar per day for women and 9 tsp. per day for men. Did you know that one 8 ounce can of soda contains 8-10 tsp. of sugar, which is 130-150 calories? At one per day, that's 15.5 pounds per year! What can you do to make a change? Consider this four-step plan to break your sugar addiction—(1) locate the culprit, (2) restock your kitchen, (3) cut the cravings, and, (4) have a game plan. [Find out how](#) sweet life can be with just one spoonful of sugar!

No Tongue in Cheek

True or False—Different areas on the tongue are responsible to identify various tastes, such as bitter, sour, salty and sweet. It is no "tongue in cheek" when this concept of a tongue map is proclaimed to be false! Until 1974 for reasons unknown, scientists never bothered to challenge this age-old myth. The tongue map is easy enough to prove wrong at home. Place salt on the tip of your tongue. You'll taste salt, when you are supposedly expecting sweet according to the map. [More...](#)



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