



Wellness Wednesday

Health E-News

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Have You Checked Your Blood Pressure Today?

FEATURES

Take the Vitamin and Mineral Challenge!
9/7-9/20

The PCSB *Wellness Matters* newsletter has gone digital!

2012 PCSB Cafeteria Bulletin Board Topics
September
Fruit & Veggies
October
Salt & Sodium
January
Whole Grains
March
Nutrition Month
April
Protein

Wellness Monthly Challenges

Beginning this month and running through June, 2012, test your Wellness wisdom with monthly challenges provided by the Wellness Team, and be entered into random prize drawings! To commemorate Fruit and Vegetable Month, the first challenge tests your knowledge of vitamins and minerals—two nutrient groups that are plentiful among produce! In fact, the benefits of vitamins and minerals are too numerous to list here! [Read more...](#)

At the forefront of nutrition news is the conversion of the good old Food Pyramid to a simpler concept of a healthy plate, called Choose My Plate. The change aligns with the new 2010 Dietary Guidelines whose goals are to encourage healthy eating and active living. The focus is portion size and healthy food choices. Together, accurate food quantity and ‘nutrient density’ or quality, will have a significant positive effect on your health.

Key points include:

- ✓Balancing calories for weight management
- ✓Ensuring that half of the plate is **fruits** and **vegetables**
- ✓Making at least half of grains, whole grains
- ✓Using fat-free or low-fat milk
- ✓Drinking water instead of sugary drinks
- ✓Choosing lower sodium products to prevent and reduce hypertension

PCSB Foodservice Employees and the Wellness Team have joined forces to bring this important information directly to you! Look for the **Choose My Plate bulletin board** in your cafeteria!



September 2011 Flower Cart Recipient

Last year the Flower Cart entered into a partnership with the PCSB Wellness Program to provide a complimentary flower arrangement to the featured employee on the cover of the monthly *Wellness Matters* newsletter. The month of September highlights Virginia Kelley of the Mark Wilcox Center and her winning fight against breast cancer. The Flower Cart is located at 1125 Lakeland Hills Boulevard in Lakeland. They can be reached at 863-687-1783.



Tobacco Facts

Although legal, nicotine is a drug found to be more addictive than cocaine or heroine. The addiction begins with the brain thinking more nicotine is needed once it's introduced. The individual uses more and enjoys a feeling of relaxation for a brief spell. Shortly thereafter, anxiety sets in because more nicotine is desired by the brain. Quitting results in withdrawal symptoms including anger, depression, hunger and dizziness which can last months or years after quitting. In 1997 a landmark legal settlement forced the Tobacco Industry to spend \$368 billion over 25 years to help people quit.

Quit Smoking Now (QSN) is a free 6-week course created by ex-smokers for smokers who want to BE ex-smokers and is funded by the settlement mentioned above. Many classes are offered throughout Polk County. **Beginning in October, a morning class will be offered at Bartow Transportation from 10:00-11:00am and in Frost-proof from 4:00-5:00pm.** See the [PCSB Tobacco Cessation webpage](#) for details.

Wellness Happenings

* **LAST CALL TO REGISTER! 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, includes a FREE 8-week Gold's Gym membership, [Details / Registration](#)

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

* **Tee It Up For Men's Health:** A golf event sponsored by Lakeland Regional Cancer Center—September 10th. [Details](#)

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

* **YMCA Fall Membership Special for PCSB employees:** [Details](#)

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

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

* **Wellness Professional Development:** Earn in-service points and increase your health literacy with face-to-face and web-based Wellness educational opportunities. [Many options from which to choose](#)

* **ABCs of Diabetes:** September classes are 4:30-6:00pm in the Palmetto Room at the Jim Miles Professional Building, Lakeland. [More](#)

- 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

Classes suitable for individuals who are pre-diabetic or diabetic!

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

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

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

Prepared for you weekly by the **PCSB Employee Wellness Program**
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Questions or comments? Contact your [Wellness Team](#) here (scroll down)

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