



# Wellness Wednesday

Health E-News

Have You Checked Your Blood Pressure Today?

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## HIGHLIGHTS

- ♥ Polk Resources
- ♥ Dirty Dozen
- ♥ Addictions
- ♥ DVAM
- ♥ Happenings

## Take the October Challenge

Picking Perkier Produce



## Community Promotions



## Fitness Opportunities

## The Nature of Polk County

Did you know that groves, pastures and agricultural lands representing over 3,000 farms, cover 52% of Polk County? The production of food is the second largest industry in the county, accounting for over 35,000 jobs and \$4.5 billion in sales. We are first in the state for citrus production, 2nd for honey, 4th for cattle with 100,000 heads and the provider of 35% of Florida's blueberry supply!

Equally as impressive are the 554 lakes and 37 nature parks spanning more than 25,000 acres for recreational purposes. The take home message: The availability of these precious resources provide Polk County residents with an abundance of fresh produce and green places to romp! Most of us will have a difficult time justifying eating less than 5-9 fruit and vegetables or getting 30-minutes of physical activity daily! According to experts, complying with these two habits play a major role in determining one's overall health. Visit your local farm stands; shop for the sales of the week; and, check out [Polk County Friends of the Parks](#) for local trails to hike and bike, as well as waterways to paddle. See [fitness opportunities](#) for more options.

## The Dirty Dozen and the Clean Fifteen

While these may sound like gangs from a movie, they are actually comrades of different colors... produce that tend to absorb pesticides in high quantities and those which are more pesticide resistant. Although experts suggest to buy the organic dirty dozen, our wallets are not always in agreement. Washing produce well tends to help a bit, as well as choosing more from the list of the clean fifteen. [More...](#)

## Yule Be Fit through the Holidays

The beginning of the 2012 holiday season is around the corner with the Halloween kickoff next Monday. Beware of the holiday bulge by limiting fun-size candy bars, and questioning the calories found in pumpkin muffins, lattes and candy apples. Make those [tricks into treats with these tips](#).

Research suggests that although many people only gain 1-2 pounds during the holiday season, these pounds tend to accumulate annually. Staying **physically active** and **avoiding excessive hunger** are two strategies that can help keep away the unwanted pounds. This year, make managing your weight fun and easy by joining the PCSB Wellness Program's 2nd Annual "[Yule Be Fit Challenge](#)." You'll receive weekly newsletters and be eligible for lots of donated prizes...and it's free! [Register today!](#) Challenge dates: November 14, 2011—January 6, 2012.



## Domestic Violence Awareness Month

**Domestic Violence Awareness Month (DVAM)** evolved from the "Day of Unity" in October 1981, with the intent of connecting advocates across the nation who were working to end violence against women and their children. The *day* of Unity became a *week* of Unity to mourn those who died as a result of domestic violence, celebrate those who have survived, and ultimately work to end the violence.

In October 1987, Domestic Violence Awareness Month was declared and observed with the inception of the domestic violence toll-free hotline: **800-799-SAFE(7233) or TTY 800-787-3224**. For additional confidential assistance with this or other personal matters, contact the [PCSB Employee Assistance Program](#) at 800-272-7252. Please help stop the violence today.

## Wellness Happenings

\***The Bartow Fitness Center** has not been forgotten! The PCSB Wellness Team is recruiting volunteers to re-open the Bartow Fitness Center between 3:00 and 7:00pm, Monday—Thursday. CPR/AED certification is scheduled at the district office in Bartow, Wednesday, November 2nd, from 2:00-6:00pm for interested employees who are not CPR/AED certified. Please email [Jan](#) if you are interested.

\***Is the conception of a baby in your future?** The next session of **Babies and You** is November 1, 8, and 15, 2011 at the Jim Miles Center Palmetto Room; 5:00-8:00pm. [Register today](#) for [important facts](#) about pregnancy, childbirth and for cash incentives!

\***Get Your Flu Shot:** *Through November 10th* at Polk County high schools, transportation sites and district offices. For your convenience, no appointment is necessary. [Schedule and details](#)

\***Cancer Screenings:** Provided at all PCSB locations by the Lakeland Regional Cancer Center and the PCSB Wellness Program at no cost to school board employees who have BlueCross BlueShield insurance. [Schedule with the coordinator](#) at a convenient location.

\***ABCs of Diabetes: Details—October ABCs Classes**, 4:30–6:00pm at Mark Wilcox Center, 611 Post Ave. SW, Winter Haven

• Hypertension & Heart Disease 10/27/2011  
**Nov./Dec. Classes**, 4:30–6:00pm at the Jim Miles Professional Building, Palmetto Room, Lakeland

- Medical Issues in Diabetes 11/03/2011
- Nutrition and Exercise 11/10/2011
- Advanced Diet Planning 12/01/2011
- Hypertension & Heart Disease 12/08/2011

## Diabetes Refreshers:

-**Conversational Mapping Class—Food and You:** Tuesday, November 1st in the Jim Miles Live Oak Room—4:30 - 6:00pm. [Register](#)

-**Chair Exercise:** Tuesday, December 6th in the Jim Miles Live Oak Room—4:30-6:00pm. [Register](#)

\***Surviving the Holidays:** Nov. 8th at Jim Miles Center, 4:30-5:30pm—What you need to know to stay stress-free this year! [Register](#)

\***2011/12 Wellness Professional Development Series:** 20-minute classes provided by Wellness staff AT YOUR WORKSITE!. You pick the topic, date and time. Earn incentives and in-service points, while improving your well-being. [Details](#)

\* **BCBS Wellness Screening Schedule:** All employees are eligible to attend one free annual health screening. Practice prevention by "knowing your numbers." [Details](#)

## 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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