



Wellness Wednesday

DID YOU EXERCISE TODAY?

Health E-News

Volume 4 • Issue 6 • February 8, 2012

HIGHLIGHTS

- ♥ Heart to Heart
- ♥ Wellness Opps
- ♥ Cancer Research
- ♥ Valentine
- ♥ Literacy

Thinking of
Quitting Tobacco?
Aromatherapy and
other tips...

TAKE THE FEBRUARY WELLNESS CHALLENGE

and be entered into a random prize drawing!

Thank you to all who participated in the Wellness January challenge! Congratulations to the randomly selected winners who won a clip magnet and a stress relaxation CD—being delivered via courier.

- Anjanette Jones—Denison Middle**
Michelle Smith—Lakeland Senior
Louise Shaffer—Lake Region Senior
Therese Farris—Human Resources
Susan Tripp—Ridge Community Senior

Heart to Heart

A growing body of evidence indicates that *heartfelt* emotions literally affect one's heart health. As stress from challenging events, depression, anxiety, anger, hostility and social isolation play a significant role in your risk for heart disease; learning to master coping mechanisms is at the heart of the matter. Common sources of stress include work, money, people and time. Virtually any situation, whether internal or external may be a stressor if one allows.



Simple steps you can take to increase your resiliency or threshold against stressors include: getting enough sleep, exercise and proper nutrition. Diligent planning helps to make these steps a reality. Consider trying something new for 2012, such as yoga to foster relaxation, as well as muscular strength, flexibility, balance and concentration. Email to schedule a 20 minute chair yoga session at your worksite that is suitable for everyone, check out the stress management webpage or call the PCSB Employee Assistance Program to help you de-stress! More...

Wellness Opportunities

ABCs OF DIABETES—REDUCE YOUR HEART DISEASE RISKS!

February 2012 classes: 4:30 - 6:00pm at the Mark Wilcox Center, 611 Post Ave. SW, Winter Haven

- Nutrition and Exercise 02/09/2012
- Advanced Diet Planning 02/16/2012
- Hypertension & Heart Disease 02/23/2012

BRUSH UP ON PARENTING SKILLS THIS MONTH

Reduce your risk of heart attack by learning the ins and outs of dealing with toddlers and teenagers with the PCSB—*Teach Your Toddlers* on February 16th and *Survive Teenage-hood* on February 23rd! Details / Register

EASE INTO FITNESS

Strengthen, stretch and relax using a chair; March 1st, 4:30-5:45pm in the Jim Miles Citrus Room! Register...

THE PCSB—BC/BSFL 11TH ANNUAL HEALTH FAIRS

Registration is in full swing! Choose between two Health Fair locations and dates—**Lakeland on March 24th and Haines City on April 28th!** Protect your health AND your life with simple, yet critical health screenings including lab work (cholesterol profile, triglycerides, glucose), blood pressure, body mass index, lung function, hearing, vision, memory, cancer, balance, body composition and P.A.D. Learn more about PAD. Enjoy food samples, receive prizes and be eligible to win hundreds of random raffles. Please inform your co-workers without computer access to phone 648-3057 to register, so that all PCSB employees know their numbers!

Bartow Fitness Center to Re-Open

Thanks to the support of fellow School Board employees, the Bartow Fitness Center located in the yellow building across from the high school, will re-open Monday, February 13th. Hours of operation will be 3:00-7:00pm, Mon-Thurs and 4:00-6:00pm Friday. The Fitness Center is being staffed by PCSB volunteers with CPR/AED certification and one-hour of time to donate! Volunteers are still needed for Tuesday 6:00-7:00pm and Thursday from 3:00-4:00pm. Please email if you are interested in helping.

Cancer Research Update

Fitness and fiber are key players in cancer prevention, according to the American Institute for Cancer Research (AICR). A recent study showed that marching in place during the television commercials of a 60-minute program can add up to 25 minutes or over 2,000 steps of activity; an easy way to burn 250+ calories. In addition to reducing the risk for many cancers, risks for heart disease, stroke, type 2 diabetes, hypertension and obesity are also reduced with activity. Show your support for fighting cancer with physical activity—join Bartow Middle on the Trail of Hope, March 31st, 9am at Bartow Ford.



What about fiber? This is the indigestible part of plant foods that helps maintain a healthy digestive system—fruit, vegetables and whole grains. Recent studies reported by the AICR suggest that adequate fiber intake may also reduce the risk of breast cancer. Schedule a nutrition education at your worksite with a PCSB dietitian to learn more.

Think Outside the Chocolate Box

With Halloween candy, Thanksgiving turkey, Christmas treats and Super Bowl wings behind us, one would expect to breathe a weight management sigh of relief! But NO; Valentine's day is just around the bend. For many, a taste of chocolate sets off a sweet, but vicious trigger. Perhaps this is the year for confectionary alternatives. How about a manicure, a facial, a massage, a healthy dinner out or some other non-food item?

However, if cocoa is non-negotiable, and you can spell C-O-N-T-R-O-L in the same sentence, know your chocolate! Much to the chocolate lovers delight, studies correlate chocolate consumption with a reduced risk of heart attack, stroke and cognitive decline due to a reduction in platelet clotting and increased blood flow to the brain. More... "*Just how much may I have?*" is the standard question. According to an Italian study, a small square or 20g of dark bittersweet chocolate every three days is the ideal dose for cardiovascular benefits. However, eating more does not provide additional benefits! Read more...

The Gift of Literacy

Imagine being unable to read food labels, street signs or even your favorite book. According to Read Lakeland, Inc., 24% of Lakeland residents are functionally illiterate. Established in 1995, the mission of Read Lakeland is to change these alarming statistics by recruiting volunteers to teach people to read. Read Lakeland is an active member of READ Polk, another non-profit organization focused on adult literacy. Help "spread words." Get involved.



The National Education Association (NEA) strives to promote youth literacy across America with an array of resources and a celebration of reading on March 2nd, the birthday of Theodor Seuss Geisel—alias Dr. Seuss. Blake Academy in Lakeland is playing it's part in this event on March 9th. Volunteer to read your favorite Dr. Seuss story to the children in the media center between 9am and 1pm. RSVP if you are interested. Please share your activities with us... literacy is Wellness!

Wellness Wednesday Archives • Wellness Matters Archives

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