

Stress busters for the holidays

December can be a joyous month, but it's also a stressful time for many people caught up in the rush of holiday planning and family issues. Here are some helpful hints for reducing stress during what should be a fun and relaxing time:

- **Recognize the signs of stress**, such as irritability and anxiety. Avoid these by getting a handle on things instead of just letting them happen.
- **Allow yourself to say "No."** Be realistic about what you can and cannot do during this busy month.
- **Watch your diet.** It's easy to overindulge in holiday treats that can affect your mood. Sugar overload will make you sluggish, and the stimulating effect of caffeine may make you overanxious.
- **Exercise.** Not only will it combat those extra calories you're consuming, it will also relieve tension and provide relaxation.

What's inside...

Your Journey	2
Quit Smoking Now	2
The New LOSE	2
Healthy Holiday Tips	2
Creative Gift Giving	3
Tips on Tipping	3
Recovering from Holiday Stress	3
Grief & Loss Support	3
ABCs of Diabetes	4
Diabetes Morning Class	4
Cancer Screenings	4
Save a Date	4

The Journey of a Lifetime

The journey of a thousand miles must begin with a single step! (Lao Tzu). Would you embrace a life-changing journey? In a world of text messaging, no-wait lines, high-speed internet, fast foods, and instant gratification, most want a magic pill or quick-fix for weight loss. However, anyone who believes changing a lifestyle is easy simply hasn't made that journey.

Linda Purdy, paraeducator at Doris Sanders Learning Center, weighed in at 340 pounds while in college. "I had to wear big men's clothes because I was 6' tall and a size 52," she said. "I had elevated blood pressure, and was tired all of the time. I could not walk far; it was hard to carry that bulk around every day," she explained.

Linda's life changed, and this transformation gave her strength to confront issues regarding obesity. "I gave my life to God and He dealt with my low self-esteem." Now Linda is able to stay motivated, and attributes her success to her Divine life-coach. "I just love feeling better physically, spiritually and emotionally."

Her journey began with short walks and eventually turned into multiple laps around Lake Hollingsworth, as well as cycling. "When I started exercising at 330 pounds, I couldn't make it all the way around the lake," she recalls. She has been inspired through fitness challenges with the School Board Wellness Program, including Walking Works, Boot Camp and the New LOSE activity at Gold's Gym.

However, Linda has learned that weight management is truly a balancing act between physical activity and nutrition. "I enjoyed summer Boot Camp, and learned an awful lot about cooking, portion control, eating the right kinds of fats, and limiting salt and fat intake, as well as fitness," she said. Her cooking and eating habits have changed on her journey to weight control. "I cook with fat content and nutrition in mind." She admits that once she would eat a whole pizza—or a cheese burger, French fries and fried mushrooms, but she won't do that anymore. "I go to restaurants and try to get the heart-healthy meal or salads without the heavy dressing." Although she has not abolished any particular food, Linda eliminated most red meat and hot dogs. "I really like hot dogs, and will occasionally eat a low fat variety."

What happened when Linda set realistic goals; practiced portion control; ate more foods like brown rice, whole grains, and fresh fruits and vegetables; and, included daily sessions of strength, aerobic, and stretching exercises? She lost 150 pounds, is down to a size 14, and is aggressively chiseling down the last 20-25 pounds to reach her goal. Linda attributes some of her weight loss success to the nutrition and fitness opportunities through the Wellness Program. She encourages others not to quit, but to work with Wellness coaches focusing on realistic expectations. She said, "I feel great!"

If you are ready to take the first step in your life-changing journey, call your Wellness Team today at 648-3057. This is also your opportunity to register for the New LOSE (Lessons On Sensible Eating/Exercising) classes that begin in January. Please see inside for more details. If you would like to sign up, please email Jennifer (Jennifer.patzkowsky@polk-fl.net) or Allison (Allison.sullins@polk-fl.net).

Your Journey Begins...with a Screening

Thousands of employees have participated in health screenings provided by BlueCross BlueShield and the PCSB Wellness Program. In just 30 minutes, employees receive a snapshot of their overall health. Blood pressure, height, weight, body mass index, cholesterol and glucose measurements are provided, along with a wellness score resulting from the completion of a personal health assessment.

For many, the monetary benefit has been the driving force behind attendance; however, have you considered the diagnostic value of your screening?

Blood pressure 120/80 and above; a body mass index of greater than 25, total cholesterol over 200, HDL under 40 and FASTING glucose over 100 may be red flags signaling that you are “knocking on the door” to costly, debilitating health issues. Know your numbers and heed their warnings. Poor nutrition and inactivity, often the culprits that spearhead flagged readings, are within your control to change... one small step at a time.

Start the New Year off with your health in mind, and take advantage of free activities available through the PCSB Wellness Program. Outline your nutritional plan with a registered dietitian; determine your fitness status with an exercise physiologist; reduce your risks for diabetes and heart disease; and, start your life-changing journey. Wellness Program services are FREE to all employees as well as retirees and family members covered under the PCSB insurance plan. Visit us at www.polk-fl.net (keyword: Wellness) or call 648-3057 for more information.

QUIT SMOKING NOW

Are you ready to quit? Join Quit Smoking Now, a six-week tobacco cessation course offered to all PCSB employees, retirees, and family and community members. Don't miss out!

January 12—February 16, 2011 @ Caldwell EL
3:30–4:30 pm

January 13—February 17, 2011 @ Purcell EL
4:00–5:00 pm

Please contact Jennifer Calhoun or Darcee Mora at 863-648-3057 to register.

The NEW LOSE

Lessons On Sensible Eating and Exercise

The PCSB Wellness Team and Gold's Gyms of Polk County are pleased to offer the **2011 NEW LOSE**

session beginning in January. Register today for this 12-week activity designed to help you learn how to eat sensibly and exercise effectively.

SPRING SESSION: 1/10/11— 4/22/11

Gold's Gym South Lakeland

Mondays, 5 - 6:30 pm

Gold's Gym North Lakeland

Tuesdays, 4:30- 6 pm

Gold's Gym Winter Haven

Wednesdays, 10-11:30 am

Weekly class participation is required and limited to one location! However, you are strongly encouraged to exercise daily at any of the three participating Gold's Gym locations.

Please email jennifer.patzkowsky@polk-fl.net or call 648-3057 to register.

Healthy Holiday Tips

Is it possible to enjoy holiday parties without putting on a single pound? Try some of these helpful tips to avoid holiday weight gain.



- Pick the right plates and glasses. Sip that beverage from a short, squat glass and you will drink more than if you drink it from a tall, skinny glass. Also, choose small plates and bowls and spoons. Adorn the holiday table with small plates and serving spoons.

- Watch the size of food portions you consume. Keeping portions smaller will keep your calories in a healthier range.

- Never go to a party hungry. Avoid empty party-food calories by eating a healthy meal of fruits and vegetables prior to the event. Also, keep a glass in one hand and a napkin or your purse in the other hand so that you don't have as many opportunities to grab calorie-dense snacks.

- Keep a friendly distance from food. The closer you are to food the more likely you will be to snack. If you are at a party or family gathering, get rid of your empty plate; it screams for seconds.

- Be physically active each day. After a meal, take a walk. Even better, encourage other family members to join you, and make it a new holiday tradition. Also, try to fit more activity in your daily routine such as gardening and going up and down stairs.

- When the holidays are a memory and the New Year begins, be ready to make realistic weight-loss resolutions. Don't set yourself up for failure. Healthy weight loss is between one and two pounds a week. This slow and steady method is the most successful long-term approach. Set weekly and monthly goals to monitor your progress.

NEW YEAR'S
RESOLUTIONS

Creative Gift-Giving



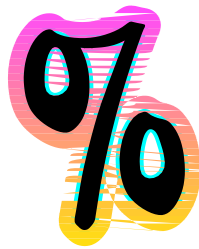
The holiday season traditionally includes giving and receiving gifts. But you don't have to spend a lot of money to show how much you care. Here are some creative ideas for low-cost gifts you can make yourself:

- **Recipe book.** Collect some of your favorite family recipes. Put them together in a small book that highlights your family tree.
- **Photos.** One way to make a special photograph even more special: Carefully cut a picture into four equal squares, and then paste them onto four sheets of canvas or heavy paper. It creates a nifty effect for a four-piece picture that can hang on any wall.
- **Personal gift cards.** Make your own "gift certificates" that the recipient can redeem for personal (or romantic!) purposes: a day free of chores, a back or foot massage, or something similar.
- **Scrapbooks.** Another use for photos: Create your own scrapbook around a family theme, a special place, a variety of activities, or anything else that has significance for your recipient.
- **Calendars.** Create a calendar using photos of family members—many photographic websites and print shops can help you do this. Or take a standard calendar and highlight special days throughout the year: birthdays, anniversaries, important events, etc.
- **Music.** Burn a CD of the person's favorite songs. Or have a child sing his or her parents' favorite song and record it.

Tips on Tipping

Tipping isn't always as simple as calculating a standard 15 or 20%. All sorts of jobs don't automatically take 15% tips—taxi drivers, valet parking attendants, hairdressers, and the like. Hospitality and etiquette experts recommend the following guidelines:

- Taxi: 10-15% of the bill; slightly more for short trips
- Shuttle to or from hotel or airport: \$1-\$2 each way
- Skycap. \$1 per bag
- Valet. \$1 or \$2 per car
- Hotel maid: \$1-\$2 for each night, left at checkout
- Pizza and other deliveries: 10% of bill
- Room service: Usually added into bill at 15-20%
- Barber or hair stylist. 10-15% of bill; double that amount for a holiday bonus



Recovering from Holiday Stress

The holiday season is upon us! Unfortunately, not everyone is shouting a jolly *HO, HO, HO!* If you can't seem to get into the spirit because of anxiety, stress or even depression, help is one phone call away. Meet PCSB's Employee Assistance Program (EAP) provider, Horizon Health. Horizon Health is a FREE, completely confidential resource that exists to ensure peace of mind.

Horizon Health professionals are available 24 hours a day, 7 days a week, to help you cope with life events that can challenge your ability to balance work and family responsibilities effectively.

Horizon Health helps you and members of your household manage the conflicting demands of working, parenting, and care giving. Horizon Health ensures the strictest confidentiality to protect your health information. Help for you and your family members is just one phone call away.

There are times when all of us must balance the competing demands of work and family life. When these demands become too difficult, contact Horizon Health for FREE, confidential services.

800-272-7252

www.horizoncarelink.com

Grief & Loss Support Group

Have you experienced the painful loss of a loved one? Has isolation overcome you? It is never easy to grapple with a tragic passing, but the holidays seem to make life and loneliness even more difficult. Beyond the shock and pain, there is hope. Meet with Horizon Health and a small group of School Board employees. Listen, talk and know that you are not alone.

**December 9
5:00 PM**

**Woodlake Center—Lakeland
RSVP: 648-3057**



ABCs of Diabetes

The *ABCs of Diabetes* is a proactive course through the Wellness Program that provides educations, screenings, and discounts for diabetes supplies and prescriptions. Here are a few of the benefits ABCs of Diabetes participants enjoy:

Benefits:

- Free eye and foot exams
- Free lipid, HbA1c, kidney function, and blood pressure screenings—two times each year
- Free Accu-Check glucose monitor

Reduced Rx Copayments:

- Generic tier copay \$4* retail or mail order
 - Preferred tier copay \$37.50* mail order
 - Non-preferred tier copay \$62.50* mail order
- *90-day supply

**Save \$600
per year!**

Education/Winter Haven:

- Medical Issues in Diabetes 01/06/11
- Nutrition & Exercise 01/13/11
- Advanced Diet Planning 01/20/11
- Hypertension & Heart Disease 01/27/11

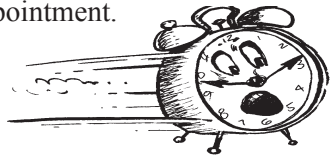
Classes will be held in the main building of the Mark Wilcox Center, 611 Post Avenue SW, Winter Haven 33880. All classes start at 4:30 PM, and registration is required.

Diabetes Screening:

The next diabetes screening will be held January 22, 2011 at Phillips, Salomon & Parrish, 215 First Street North, Winter Haven. Appointments are required.

Please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information or to schedule a diabetes screening appointment.

**Look, morning
classes are
available...**



Save a date...

**Lakeland:
February 26, 2011**

or

**Haines City:
April 30, 2011**



ABCs of Health

Polk County Public Schools
Employee/Retiree Health Fair
www.polk-fl.net
keyword: wellness

More than just a health fair!

Diabetes Morning Classes

Education/Bartow:

- Medical Issues in Diabetes 01/06/11
- Nutrition & Exercise 01/13/11
- Advanced Diet Planning 01/20/11
- Hypertension & Heart Disease 01/27/11

Classes will be held in the John "Sonny" Powell Transportation Service Center, 1430 Hwy. 60 Bypass E., Bartow. All classes start at 10:00 AM; register by calling Allison Sullins at 648-3057

Cancer Screenings Can SAVE Your Life!

On-site cancer and osteoporosis screenings are provided to you by the Polk County School Board (PCSB) Wellness Program in conjunction with Lakeland Regional Cancer Center (LRCC). This **FREE** benefit is available to all employees, retirees and spouses who have PCSB Blue Cross/Blue Shield health insurance. For an appointment, please contact the Cancer Screening Coordinator at each location at least two weeks prior to the screening date. There are no age restrictions for cancer and osteoporosis screenings on the LRCC screening bus.

December 2010

12/1	LAKE GIBSON SR
12/2	TENOROC SR
12/3	GAUSE ACADEMY
12/6	HIGHLANDS GROVE EL
12/7	KINGSFORD EL
12/8	BEN HILL GRIFFIN JR. EL
12/9	MEDULLA EL
12/10	MULBERRY SR
12/13	LOUGHMAN OAKS EL
12/14	LOUGHMAN OAKS EL

12/15	POLK CITY EL
12/16	DAVENPORT SOTA
January 2011	
1/5	PADGETT EL
1/6	DANIEL JENKINS ACAD
1/7	S. HOLLAND EL
1/10	GARNER EL
1/11-12	FROSTPROOF MID/SR.
1/13	ROOSEVELT ACAD
1/14	BARTOW EL ACAD
1/18	DUNDEE EL

1/19	ALTURAS EL
1/20	DENISON MID
1/21	LAKE ALFRED EL
1/24-25	BARTOW MID
1/26	ELBERT EL
1/27	BETHUNE ACAD
1/28	R. BRUCE WAGNER EL
1/31	EASTSIDE EL

Get On The Bus!