

Fitness Resolutions

It's a week into the New Year, and already you've chowed down a dozen brownies. And you've only gone to the gym once. Don't be too hard on yourself, but don't give up on the diet and exercise resolution either. Try again, and this time consider the following tips:

1. Be realistic. If you're trying to lose weight, set your sights on losing no more than a pound or two a week. Don't try to lose it all in a month. Also, know that you're human and prone to setbacks. Don't let a failure to stick to a plan derail you from picking up and trying again.

2. Be specific. Don't say you'll exercise more. Instead, commit to walking 30 minutes during your lunch break three days a week. Whenever possible, take the stairs; it's free exercise, and every little bit helps.

3. Find a buddy. It's almost always easier to get any goal accomplished if you have a partner who's trying to reach a similar goal.

4. Log your progress. Writing down how much you've walked in the past week gives you a sense of accomplishment—and the encouragement to keep going. Also, it helps you to spot any trouble areas before they impede your overall progress.

HAPPY
NEW YEAR!



Finding Balance in 2010

"All work and no play makes Jack a dull boy!" This timeless truism is applicable today. Do you wear "busy" as a badge of honor and a favorite excuse as to why you cannot complete an assignment on time? Does this same label dismiss your social responsibilities with family and friends? Does it cause sleepless nights, interfere with healthy living, require medical attention, and sabotage your personal growth? Unfortunately, our high-tech, fast paced society demands immediate attention and current technology has answered that call! Twenty years ago, cell phones and personal computers were ground breaking advances that were owned only by the wealthy.

Welcome to 2010! Most people, including our youth, cannot leave the house without a cell phone, which allows us access to email and the World Wide Web, placing everything at our finger tips. Cell phones now come standard with texting capabilities, which provide an even faster response time. With these constant demands placed on every aspect of our lives, is it no wonder we have a major health care crisis in our country? Do you feel like you are being pulled in every direction?

Wellness is an expanded concept of health. Rather than just being free from disease, we realize that total health involves dimensions of wellness that help to improve balance in life. These dimensions are interdependent and continually influence one another. In order to truly be well, it is important to pay adequate attention to each of the areas without neglecting or placing too much attention on any specific one. The following eight aspects represent an individual's personal decisions that impact well being:

- **Physical wellness** involves everything you do to keep your body in top condition. It is achieved through a balanced nutritional and exercise plan.
- **Social wellness** implies that we contribute to the good of our community rather than focusing on ourselves.
- **Spiritual wellness** is striving for harmony with others while balancing personal needs with the rest of the world.
- **Environmental wellness** involves personal and social responsibilities with regards to your impact on the world around you.
- **Emotional wellness** is the awareness and acceptance of a wide-range of thoughts, feelings and behaviors.
- **Occupational wellness** is the ability to achieve balance between work and leisure time.
- **Financial wellness** is the ability to manage and meet your personal monetary obligations.
- **Intellectual wellness** is achieved by engaging in life-long learning, and pursuing activities that stimulate mental growth and curiosity.

As you resolve for a better New Year, begin by identifying aspects of your personal wellness that need to be fine-tuned for improved health and well-being. As always, look to your Wellness Team professionals and services of Horizon Health for true balance in 2010!

What's inside

8 Dimensions of Wellness	2	ABCs of Diabetes	4
The Mayo Clinic 10-Step Plan	3	LOSE Screening	4
Don't Be a Stress Puppy	3	Cancer Screenings	4

8 Dimensions of Wellness

Those who think they have no time for exercise will sooner or later have to find time for illness. These timeless and inspirational words by Edward Stanley beg the question: **Do you make time for YOU?**

The physical dimension of wellness is a balance between input and output and is measured by overall fitness. Output includes the energy your body uses to survive (basal metabolism and digestion) and exercise. Input is the energy you consume to fuel these activities. Overall fitness is encouraged through lifestyle choices and one's commitment to personal health.

Spiritual wellness includes living with purpose and recognizing the importance of the harmonious interaction between individuals and the dynamic forces of life. Spirituality may be defined by beliefs, values, and morals as well as the ability to cope with obstacles. To measure your spiritual wellness, start by examining your daily actions. Are they consistent with your specific belief system? The more in harmony your actions are with your belief system, the healthier you are in this dimension of wellness.

Intellectual wellness is about exercising our most powerful organ...the BRAIN! Practicing mental aerobics through reading, critical thinking and problem solving will help keep your brain sharp. You can maintain your intellect through the lifelong pursuit of knowledge, growth and understanding.



Your monthly "girl's night out" or "poker night" may be more important than you think! Social wellness, the ability to interact with people, affects your overall state of well-being. Improve your social wellness by participating in community events, using effective communication skills, and establishing a support system made up of family and friends.

Occupational wellness involves finding satisfaction and enrichment in your life through your career. Choosing a path that is consistent with your values and interests will help to provide a sense of personal fulfillment, meaning, and purpose on a daily basis. Achieving a balance between work and leisure time, building relationships with co-workers, and learning to address workplace stressors are also important components of occupational wellness. Make your place of employment continuously rewarding by maintaining a positive attitude, taking personal responsibility, being a team-player and sharing your unique gifts, skills, and talents.

Environmental wellness is an awareness of the precarious state of planet Earth and the effects of your daily habits on the physical environment. It includes maintaining a way of life that maximizes harmony with the Earth and minimizes harm to the environment. This is as easy as recycling your newspapers and shopping bags; turning off the water when washing the dishes or brushing your teeth; and, filling the recycling bins with plastic soda bottles or milk cartons.



Financial wellness is an understanding of your personal economic situation. The financially well person is prepared for short-term, long-term, and emergency expenses. Keeping a balanced budget, limiting credit card use, and focusing on saving rather than spending are ways to enhance financial wellness.

Emotional wellness is the ability to understand ourselves and cope with the challenges life presents. The ability to acknowledge and share feelings, like anger, fear, sadness, and hope, in a productive manner promotes emotional wellness. The path may involve seeking confidential support from a mental health professional when needed or gathering information in order to make informed decisions.



The 8 Dimensions of Wellness relate to balance. If you need assistance balancing life's demands, contact the experts. Horizon Health provides free, professional, and confidential counseling services 24 hours-a-day (1-800-272-7252) for all employees and members of their immediate household. Also contact the PCSB Wellness Team (648-3057 or visit www.polk-fl.net, keyword: Wellness), for free, confidential counseling in nutrition, exercise, and lifestyle modifications.

THE MAYO CLINIC PLAN

10 Essential Steps to a Better Body & Healthier Life

Do you want to look better, feel better and be healthier? That's what *The Mayo Clinic Plan* is all about. It's a healthy lifestyle program that involves eating well, being active, and making health a priority.

The Mayo Clinic Plan spells out in clear, understandable terms the fundamental steps to a healthier

life. The 10-step approach begins with a personal health assessment that lets you identify areas to emphasize in your quest for a better body, improved health, and balance among these Wellness dimensions.

The Wellness Team will present *The Mayo Clinic Plan* during a four-week course on February 2, 9, 16 & 23, 2010 from 4:30 to 5:30 PM. Classes, located at four convenient locations, will focus on medical self care, fitness, stress management, and nutrition.

At the end of the four-week course, participants who have completed all classes will receive *The Mayo Clinic Plan, 10 Essential Steps to a Better Body & Healthier Life*. This \$25 book focuses on fitness, diet and weight, and how to improve your exercise and eating habits. *The Mayo Clinic Plan* provides tools—from exercise plans to menus and recipes—to get you and keep you on a healthy path. The book also addresses often overlooked aspects of a healthy lifestyle—from tobacco use to medical tests, to social connections, stress, rest and relaxation, and safety issues.



Locations	Feb 2	Feb 9	Feb 16	Feb 23
Palmetto Elem	Self Care	Stress	Nutrition	Fitness
Ridge Career Center	Fitness	Self Care	Stress	Nutrition
Spessard L. Holland Elem	Nutrition	Fitness	Self Care	Stress
Lake Gibson Middle	Stress	Nutrition	Fitness	Self Care

Learn the *10 Essential Steps to a Better Body & Healthier Life* and receive the *The Mayo Clinic Plan*, a \$25 value, FREE from the Wellness Team. **Make your reservations today. Visit <http://pds.polk-fl.net/login.asp> or call 648-3057.**

Don't be a stress puppy: Learn the new jargon now

Some of the most creative thinking in the workplace comes from the desire to avoid saying what we really mean. Check out these innovative (and humorous) euphemisms for typical workplace antics:

- **Blamestorm:** A discussion centered around finding an excuse—or a scapegoat—for failure.
- **Data transport system:** A briefcase.
- **Ohnosecond:** The fraction of a moment between hitting “send” and realizing you’ve just sent an embarrassing e-mail to everyone in your organization.
- **Percussive maintenance:** Hitting a computer or other electronic device in an attempt to get it to work.
- **Presenteeism:** The opposite of absenteeism—an obsession with being visible at work regardless of how productive you are.
- **Run it up the flagpole:** Hoping someone with real authority will give you permission to do something if you ask politely.
- **Stress puppy:** Someone who thrives on pressure.
- **Vulcan nerve pinch:** The awkward hand stretch needed to reach all the keys necessary for certain computer commands.
- **Xerox subsidy:** Using the office photocopier for personal reasons.





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

**Save \$400
per year!**

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

Education/Lakeland:

Jim Miles Professional Building, in the Palmetto Room, 5204 US Highway 98 S, Lakeland.

Time: 4:30pm until 6pm

- Medical Issues in Diabetes 2/04/2010
- Nutrition and Exercise 2/11/2010
- Advanced Diet Planning 2/18/2010
- Hypertension & Heart Disease 2/25/2010

New Time & Location:

John "Sonny" Powell Transportation Service Center, 1430 Hwy. 60 Bypass E. in Bartow

Time: 10:00am - 11:30am

- Medical Issues in Diabetes 2/04/2010
- Nutrition and Exercise 2/11/2010
- Advanced Diet Planning 2/18/2010
- Hypertension & Heart Disease 2/25/2010

To register, please email allison.sullins@polk-fl.net or call Allison Sullins, RD, LD/N at 648-3057 for more information.

Save the date...

March 6, 2010



ABCs of Health

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

More than just a health fair!

Cancer Screenings SAVE Lives!

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 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.



Is your health weighing you down?

L.O.S.E. and *ABCs of Diabetes*
screenings

Saturday, January 23, 2010

L.O.S.E. activities provide personalized weight loss assistance from nutrition, fitness and behavioral health professionals.

For more information, visit: www.polk-fl.net/staff/employeeinfo/wellness/loseforlife.htm

1/5	DAVENPORT SOTA	2/1	GRIFFIN EL
1/6	PADGETT EL	2/2	WINTER HAVEN SR
1/7	DANIEL JENKINS ACAD	2/3	WINTER HAVEN SR
1/8	SPESSARD L. HOLLAND EL	2/4	SOCRUM EL
1/11	FROSTPROOF MID/SR	2/5	SLEEPY HILL EL
1/12	FROSTPROOF MID/SR	2/8	HORIZONS EL
1/13	GARNER EL	2/12	RETIREES
1/14	BARTOW EL ACAD	2/16	LEWIS AW EL (Lewis)
1/15	ROOSEVELT ACAD	2/17	LEWIS AW EL (Lewis)
1/19	DUNDEE EL	2/18	GEORGE JENKINS SR
1/20	ALTURAS EL	2/19	OSCAR J. POPE EL
1/21	BARTOW MID	2/22	KATHLEEN MID
1/22	BARTOW MID	2/23	SOUTHWEST MID
1/26	DENISON MID	2/24	LAKE REGION SR
1/27	ELBERT EL	2/25	LAKE REGION SR
1/28	R. BRUCE WAGNER EL	2/26	CLEVELAND COURT EL
1/29	BETHUNE ACAD		