

## Join the Nation-Wide Challenge

The **Beat the Holiday Bulge Challenge** is truly about not gaining weight throughout the holidays. Each week of the program focuses on a new dietary and exercise concept. It provides examples, information, tips, videos, interactive activities and tasks to assist each user in the understanding and execution of healthy lifestyle habits. But, there is much more.

By joining this nation-wide **Challenge**, the Polk County School Board is competing against 17 other large employers for a grand prize—12 months of free wellness tools including:

- Weight management
- Diabetes prevention
- Cardiac disease prevention
- Stress management
- Exercise & nutrition
- Smoking cessation

Please, help us win this invaluable grand prize! With more than 13,000 employees, Polk County Schools could easily take first place, and think of the fun and benefits for ALL!

Get your school involved. Get your department involved...do not accept "no" for an answer!!! We want to win, but we need your help. **Beat the Holiday Bulge** with your Wellness Team!

## Beat the Holiday Bulge Challenge!

No one can argue that the holidays present blissful opportunities to enjoy family, friends and festivities—all of which are surrounded by specialty foods that can be hard to resist! Who would imagine that one itty bitsy cookie could pack a 500-calorie punch?

If you are like many, the splurge may begin in October when Halloween candy appears in mass quantities on grocery store shelves. You purchase extra bags of treats for neighborhood ghosts and goblins. The "candy of choice" is the one you enjoy most since someone must eat leftovers! When finally reaching the bottom of the last bag of peanut M&Ms, you are faced with your school/office Thanksgiving pot-luck dinner. Unlike your family turkey-day feast with traditional foods, the office gathering is a culmination of multi-cultural specialty selections. There are so many choices that a little taste of each will feed the hungry for a week. (Wow, there are still five more weeks of holiday treats, eats, and cheers!) Is it no wonder that we need to unbutton our expandable waistlines?

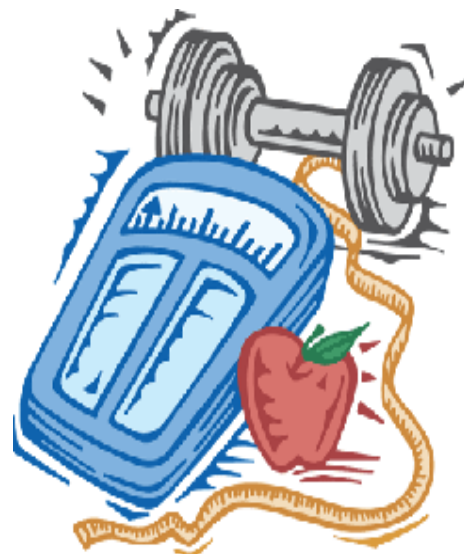
Winter holiday weight gain has been the focus of attention for many years. From surveys that report the average American gaining from seven to 10 pounds, to research studies that argue a more realistic weight increase of less than five, the bottom line is the same. Celebrating Americans do gain weight during winter holidays, and this is contributing to the rising prevalence of obesity. However, this year will be different!

Now is your opportunity to **Beat the Holiday Bulge!**

Yes, fight the fat with our 12-week interactive **Beat the Holiday Bulge Challenge**. The **Challenge** is a free, all-inclusive wellness tool that promotes health, wellness, and weight management through a series of fun, interactive activities. You'll learn essential dietary and exercise habits that can keep you and your family members on the path to weight management success, not only during the holiday season, but throughout your everyday life as well! Take advantage of this opportunity and learn how to:

- Recognize the keys to long-lasting success
- Establish and maintain a cardiovascular workout routine
- Understand and implement healthy eating habits including:
  - Knowledge of the components of a healthy diet
  - Portion control
  - Nutrition label reading
  - Grocery shopping
  - Healthy cooking
  - Healthy dining out

Join the Wellness Team as we **Beat the Holiday Bulge**. You and your family can develop methods for overcoming pitfalls, plateaus, time restraints, and setbacks (both physical and emotional). **Get your team members ready as kick-off is Monday, October 12<sup>th</sup>**. Look for more information in upcoming **Wellness Wednesday** publications—and **Beat the Holiday Bulge!**



## Following Doctors' Orders

Have you ever left a doctor's office and asked yourself, "What the heck did that doc just say?" If so, you're not alone, say researchers at the University of Rochester Medical Center. In fact, it's common for patients to forget half of what they've been told during a medical visit, according to Jordan Silberman, lead author of the study. Poor recall makes it unlikely the patient is going to comply, he says, because if the patient can't remember what he or she is supposed to do, it makes it highly unlikely that he/she is going to do it.

However, doctors play a part in their patients' poor recall. In the study, only about one-third of the physicians wrote down instructions for their patients. About half of the physicians repeated their recommendations, but some repeated only about 10 percent of the information the patients needed. Very few of the doctors asked the patients to repeat the information back to them, a technique that has been recognized as one of the best ways to make sure that patients recall medical advice. The results of the study were originally published in the *Journal of General Internal Medicine*.

What can you do to make sure you remember what you're supposed to do? Take a notebook and title it, "Medical Instructions," write down what your doctor tells you, and before you leave read it back to your doctor. Ask him or her if you've got it right, and if there's anything you've left out.

## Got a 'Skeleton In Your Closet'?

Hundreds of years ago when English physicians wanted to learn about the human body, it was difficult because there were numerous regulations to follow. Doctors were typically allowed to dissect only one body over the course of their education—and once the dissection had been accomplished, the physicians were reluctant to relinquish their prized skeletons. But it wasn't socially acceptable to keep the skeletons, according to Webb Garrison in *Why You Say It* (Grant Press). Consequently, doctors often hid them in a dark corner of a closet where they wouldn't be discovered easily. Eventually the phrase came to mean hidden evidence of any kind.



### Halloween Chuckles

**Q:** Why was the skeleton afraid to cross the road?

**A:** He had no guts.

**Q:** How do witches keep their hair in place when they fly?

**A:** With scare spray.

**Q:** What is a vampire's favorite sport?

**A:** Casketball.

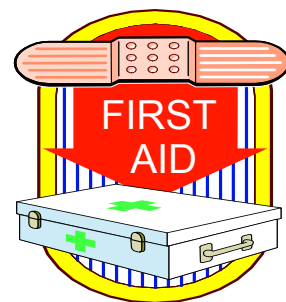
**Q:** What is Dracula's favorite kind of coffee?

**A:** Decoffinated.

## Be Ready for Any Minor Medical Emergency

You never know when you'll need first aid. Accidents happen, and though you can't predict them, you can be ready. Here's what to keep in a well-stocked first aid kit:

- Adhesive bandages (at least 25, different sizes and shapes)
- Antibiotic ointment
- Antiseptic wipes
- Aspirin, acetaminophen, ibuprofen
- Sterile gauze pads (different sizes)
- Non-latex gloves
- Scissors
- Oral thermometer
- Burn ointment
- Eyewash solution
- Tweezers
- Safety pins
- Ice pack/heating pack
- First-aid instruction booklet

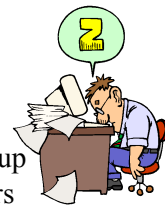


## Need a Better Night's Sleep?

Most people need seven to eight hours of sleep a night (though children and teens need more and older adults frequently sleep less).

So when you sleep poorly—or not at all—you'll suffer from the effects. We all have trouble falling asleep occasionally, but you should talk to your doctor if you start exhibiting these symptoms of insomnia:

- Trouble falling asleep when you need to
- Waking up during the night more than once
- Waking up earlier than you want to
- Difficulty getting out of bed once you wake up
- Extreme drowsiness during the daytime hours
- Falling asleep at inappropriate moments
- Physical sensations keeping you awake at night (pain, the need to urinate, etc.)
- Nightmares or stress keeping you awake at night



Medication is one option for better sleep, but before going that route, try some of these behavioral tips:

- Go to bed at the same time every night, and get up at the same hour in the morning.
- Reserve your bed for sleep and relaxation; don't eat or do work in it.
- Relax before bedtime; avoid any strenuous physical activity for two hours before going to sleep.
- Don't drink caffeine or sugared beverages in the evening. Alcohol can actually interfere with your ability to get a restful sleep.
- Avoid heavy meals at least two hours before bedtime.

# Seasonal Flu Shot Schedule

School	Date	Time	Room
Ridge Career Center	5-Oct	7:00am - 11:00am	Culinary Dining Room
McLaughlin Middle	5-Oct	1:30pm - 5:30pm	Cafeteria
Traviss Career Center	6-Oct	7:00am - 11:00am	Health Science Conference Room
Haines City Senior	6-Oct	1:30pm - 5:30pm	School Clinic
Teneroc High	7-Oct	1:30pm - 5:30pm	Main Office Conference Room
Boswell Elementary	7-Oct	7:00am - 11:00am	Main Building
Palmetto Elementary	8-Oct	7:00am - 11:00am	Cafeteria
Ridge Community Senior	8-Oct	1:30pm - 5:30pm	School Clinic
Bartow Transportation	9-Oct	7:00am - 12:00pm	Portable #3
Mulberry Senior	9-Oct	1:30pm - 5:30pm	Media Center
Florida Southern College	10-Oct	6:00am - 12:00pm	Branscomb Memorial Auditorium
Sikes Elementary	12-Oct	7:00am - 11:00am	Cafeteria
North Lakeland Elementary	12-Oct	1:30pm - 5:30pm	Office Conference Room
Polk City Elem	13-Oct	7:00am - 9:00am	TBD
Karen M. Siegel	13-Oct	1:30pm - 5:30pm	Cafeteria
Chain of Lakes Elementary	14-Oct	7:00am - 11:00am	Media Center - Group Project Room.
Frostproof Middle-Senior	14-Oct	1:30pm - 5:30pm	Teacher's Lounge
Mark Wilcox Center	15-Oct	7:00am - 11:00am	Conference Room
Winter Haven High	15-Oct	1:30pm - 5:30pm	Cafeteria
District Office	16-Oct	8:00am - 4:00pm	Human Resources Conference Room
Lake Wales Transportation	19-Oct	9:00am - 12:00pm	Training Room
Dundee Ridge Middle School	19-Oct	1:30pm - 5:30pm	Library Conference Room
Scott Lake	20-Oct	7:00am - 11:00am	Main Office Meeting Room
Kathleen Senior	20-Oct	1:30pm - 5:30pm	Media Center
Bartow Middle	21-Oct	7:00am - 11:00am	Media Center
Fort Meade Middle-Senior	21-Oct	1:30pm - 5:30pm	Cafeteria
Sandhill Elementary	22-Oct	7:00am - 11:00am	Library Training Room
Boone Middle	22-Oct	1:30pm - 5:30pm	Room 22
Dr. NE Roberts	23-Oct	8:00am - 12:00pm	TBD
Lake Gibson Middle School	23-Oct	1:30pm - 5:30pm	Media Center
Bartow Airbase	26-Oct	8:00am - 11:00am	Amelia Earhart Room
Lake Marion Creek Elementary	26-Oct	1:30pm - 5:30pm	Media Center
District Office	27-Oct	8:00am - 12:00pm	Human Resources Conference Room
Highlands Grove Elementary	27-Oct	1:30pm - 5:30pm	Teacher's Dining Room

## Guidelines:

- No appointment is necessary
- All shots are given by trained RNs provided by The Doctors Center Health Services
- Seasonal flu shots cost \$18.25 each; pneumonia shots are \$35.00
- Accepted payments include cash, checks, Visa, and MasterCard
  - A \$.50 processing fee for Visa or MasterCard (\$18.75 or \$35.50)
  - If paying with cash, please have exact change
- The cost of both shots can be applied to your Flexible Spending Account

**NOTE: The flu vaccine is for seasonal flu, not the H1N1 Swine Flu virus. The 2009 H1N1 vaccine is currently in production and may be ready for the public later in the fall according to the Centers for Disease Control and Prevention.**





## 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/Winter Haven:

- Medical Issues in Diabetes 10/1/09
- Nutrition & Exercise 10/8/09
- Advanced Diet Planning 10/15/09
- Hypertension & Heart Disease 10/22/09

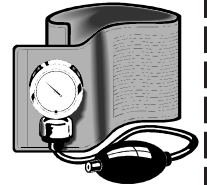
Classes will be held in the main building of the Mark Wilcox Center, 611 Post Avenue SW, Winter Haven 33880.

All classes start at 4:30 PM, and registration is required. Please email [janet.armitage@polk-fl.net](mailto:janet.armitage@polk-fl.net) or call Janet Armitage, RD, LD/N at 648-3057 for more information.

## Don't Miss BC/BS Health Screenings & \$500 HRA Contribution

Employees who are enrolled in the new 3160/3161 HRA Insurance Plan will receive an additional \$500 contribution into their Health Reimbursement Arrangement (HRA) by completing a health screening\* provided by BlueCross/BlueShield and the PCSB Wellness Program. After work and Saturday screening dates are being added to the schedule on a daily basis. Please visit <http://www.polk-fl.net/staff/employeeinfo/wellness/default.htm> to schedule your screening appointment.

If you are unable to access the online screening tool, please call 800-545-6565, ext. 37832.



*\*Please fast for 2 hours prior to your screening.*

## Have a Healthy Baby



Are you thinking about having a baby, or are you in your first trimester of pregnancy? If so, you need *Babies & You!* This March of Dimes program is offered to all School Board employees at no cost, *plus you will receive free prenatal vitamins\* and \$100 after the birth of your baby!* *Babies & You* is a nine-hour course designed to promote healthy pregnancy and prevent birth defects.

**October 13, 20, 27, 2009**

**Mark Wilcox Center 4:30 pm—7:30 pm**

For more information, visit:  
[www.polk-fl.net](http://www.polk-fl.net) (keyword: Wellness)  
or call 648-3057

\*Free prenatal vitamins require a prescription from your physician.

## 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 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.

10/1	ROCHELLE SOTA	10/29	BARTOW SR
10/5	POLK LIFE & LEARNING	10/30	BARTOW SR
10/6	CALDWELL EL	11/2	STAMBAUGH MID
10/7	ALTA VISTA EL	11/3	LAWTON CHILES MID
10/8	JAMES STEPHENS EL	11/4	BOSWELL EL
10/12	JAMES STEPHENS EL	11/5	LAKE ALFRED EL
10/13	EASTSIDE EL	11/6	DR. N.E.ROBERTS EL
10/14	LAKE SHIPP EL	11/9	KATHLEEN SR
10/15	SPOOKHILL EL	11/10	LAKELAND HIGHLANDS
10/19	SANDHILL EL	11/11	LENA VISTA EL
10/20	DUNDEE RIDGE MID	11/12	AUBURNDALE CTR EL
10/21	GARDEN GROVE EL	11/16	PHILIP O'BRIEN EL
10/22	FLORAL AVENUE EL	11/17	INWOOD EL
10/26	LAKELAND SR	11/18	BLAKE ACADEMY
10/27	LAKELAND SR	11/19	PURCELL EL
10/28	SLEEPY HILL MID	11/30	CRYSTAL LAKE MID

**Get On The Bus!**