

Wellness Matters

Polk County Schools
September 2007

Win Wheels with Wellness

How would you like to own a brand new Chevrolet AVEO in 2008? You can through Win Wheels with Wellness and Michael Holley Chevrolet!

This contest is designed to encourage all Polk County School Board (PCSB) employees to be more proactive with their personal health. To be eligible, PCSB employees should complete an entry form after participating in any Wellness activities including:

- † Cholesterol screenings
- † Diabetes screenings
- † Cancer screenings
- † L.O.S.E. for Life (Plus & Too)
- † Fitness Extravaganza
- † Educational programs
- † Health Plus Challenge
- † Others to be announced!

To learn more about **Win Wheels with Wellness and Michael Holley Chevrolet**, visit www.polk-fl.net/wellness.



Focus on Success

Gain Control and Feel Great!

What is the key to success? Why do some people reach their goals while others look back in failure? Is there a mental wall preventing victory? Is there a secret ingredient for winning?

For millions of Americans, these and other questions surround weight loss. For Cyndi Wolf, Director of Systems Applications, the numbers just didn't add up. Most of her adult life has been spent dieting. Like the proverbial yo-yo, the scales have seen some bitter highs and short-lived lows. In June of 2005, Cyndi made the commitment to change; she began L.O.S.E. for Life.

L.O.S.E. (Lessons On Sensible Eating) for Life is a weight management program designed by and offered through the Polk County School Board Wellness Team. L.O.S.E. emphasizes daily doses of nine fruits and vegetables, a minimum of 64 ounces of water, 25 to 35 grams of fiber, and physical activity.

Cyndi believes the L.O.S.E. program was the spring board to her successful weight loss of 80 pounds in one year. Empowered with survival skills she learned in L.O.S.E. classes, she was able to overcome short-term plateaus that would usually sabotage her dieting efforts. Computer programs like BalanceLog enabled her to record calories, water and exercise on a daily basis. She is well-aware of caloric deficit—the need to burn more calories than consumed.

Cyndi believes keeping a daily journal makes her accountable and more aware of hidden calories. Her exercise log highlights her need to improve her daily activities. Stepping on the scale regularly helps her respond to small weight changes before they get out of control. However, having just celebrated one year at her goal weight, she feels the real difference is commitment to a lifestyle change that she can maintain for the rest of her life.

"I was crazy to think I that I could get different results doing the same thing I'd done diet after diet after diet," Cyndi said recently. She made a commitment to change both her eating habits and her mental habits. "I made the commitment to myself that I would be successful; enjoy the rewards of achievement, and the satisfaction that I am in control of me."

This year the L.O.S.E. for Life and new Fitness Extravaganza will begin on October 1, 2007 and continue through March 31, 2008. Participation in either or both programs will help you overcome obstacles that have traditionally sabotaged your dieting and fitness plans. Plus, each monthly L.O.S.E. or Fitness log that you submit will afford you an extra opportunity to **Win Wheels with Wellness and Michael Holley Chevrolet**.

Cyndi loves the control in her life. "I eat to live rather than living to eat. Now I can walk into any department store and purchase an outfit that fits me and looks great. All the positive feedback from family and friends feels great, too!" You too can gain control and feel great. Learn more in this edition of *Wellness Matters*.

2007-08 Fitness Extravaganza

October 1, 2007-March 31, 2008

The Wellness Program is pleased to offer the Fitness Extravaganza to encourage all School Board employees to dust off their bicycles, lace up walking shoes and make physical activity part of daily life! From yard work to weight training, if you are moving, you will earn points. Therefore, no employee will be left behind regardless of fitness level. The Fitness Extravaganza will run for six months—October 1st to March 31st, giving you more time to set goals and develop new healthy habits.

To keep motivation high, we have lots of exciting prizes, which will be randomly awarded just for participating! You heard it right! In addition to your personal gift of renewed health, you may be the winner of a free membership to either Gold's Gym, Curves of Lakeland, the Lake Wales YMCA

or Community Rehab in Lakeland or Ft. Meade. Other random prizes include a gift certificate to Leading Edge Physical Therapy, passes to Kelly Recreation Center (KRC), swim passes to KRC Pool, a Fitness Extravaganza t-shirt provided by Mid-Florida Credit Union, a pair of South African socks from Fit Niche or your choice of a bike or elliptical from Play It Again Sports. To sweeten the pot, each month you participate in the Fitness Extravaganza, you will earn one entry to *Win Wheels with Wellness and Michael Holley Chevrolet*. A new AVEO could be yours! Plus, prizes will also be awarded to individuals and teams with the most points.

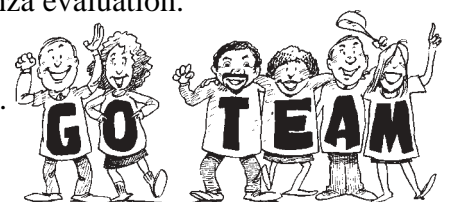
Official Forms Available Online
www.polk-fl.net/wellness

Follow these simple rules:

- Download the Fitness Extravaganza registration form at www.polk-fl.net/wellness.
- Submit the completed registration form via courier to Jan Calder, Wellness, Route D, or email to jan.calder@polk-fl.net.
- Register as an individual or as part of a team. Teams may consist of either 2-5 members or 6-10 members.
- Download a monthly record keeping calendar. Record your daily number of minutes spent engaged in any type of physical activity (i.e., walking, raking, mowing grass, basketball, etc).
- At the end of each month, submit your completed and tallied log sheet along with a *Win Wheels with Wellness* ticket (download from website or call 648-3057) to Jan Calder, Wellness, Route D.
- One point is earned for each 15 minutes of any physical activity (i.e., yard work).
- Two points for every 15 minutes of exercise (i.e., brisk walking, running, swimming or biking).
- One point is earned for every 2,000 pedometer steps. A maximum of 6,000 pedometer steps (3 points) are allowed during working hours.
- 10 points are awarded for any extra event (non-profit group activity).
- 10 points are awarded for participation in L.O.S.E. for Life. Contact Barbara Roberts, MS, RD, LDN.
- 25 points are awarded for participation in the ABCs of Health Employee Health Fair, with an additional 25 points if you volunteer a minimum of four hours at the Health Fair. That's an extra 50 points for the day!
- 10 bonus points awarded for completion of the post Fitness Extravaganza evaluation.

Awards:

Top 3 females with highest total points • Top 3 males with highest total points.
 Top 5 teams with 2-5 members • Top 5 teams with 6-10 members.
 Random drawing every week for all participants!



L.O.S.E. for Life Contest ***October 1 to March 31***



We all know the statistics, and they aren't pretty! In the United States, we are suffering from an obesity epidemic that is associated with diseases such as Type 2 diabetes, cardiovascular disease, high blood pressure, arthritis, and several cancers. There are psychological consequences linked to obesity such as depression, low self-esteem and self-confidence, and lower levels of happiness in many people. The good news is that proper nutrition can help avoid the development of these diseases and related psychological effects.

PROPER NUTRITION!!! Yes, proper nutrition—not a crash diet—can stop the obesity cycle. Unfortunately, there is so much media hype in the annual billion-dollar diet market that it is hard to sort through reality. Weight management is a continuous struggle; prevention and treatment must be comprehensive and incorporated in lifestyle behaviors for long-term success.

The Polk County School Board's Wellness Team has developed a contest to motivate employees to make changes that will result in better physical and mental health. In the contest, points will be awarded for incorporating healthy habits on a daily basis.

L.O.S.E. for Life (Lessons On Sensible Eating) encourages a healthy eating plan including a variety of nutrient-dense foods from all food groups. A healthy eating plan emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and equivalent milk products. A healthy eating plan includes lean meats, poultry, fish, beans, eggs, and nuts. It is low in saturated and trans fats, cholesterol, salt, and added sugar. Most importantly, a healthy eating plan balances calorie intake with calorie needs.

L.O.S.E. for Life (L.O.S.E.) includes a healthy eating plan and emphasizes daily intake goals for water, fruits and vegetables as well as fiber. Specific targets include:



Drinking Water (64 oz. daily). Water has no calories and improves weight control by decreasing appetite. Adequate water consumption has a positive effect on lowering the risk of developing kidney stones, certain cancers, and heart disease. (Please note that coffee, tea, sports drinks and sodas are not a substitute for water.)

5-9 Fruits & Vegetables A Day. Eating these low-calorie, high fiber foods reduces your risk for developing heart disease, stroke, cancer, and high blood pressure.

Fiber. Adequate fiber intake (25-35 grams daily) has been shown

to decrease the development of heart disease, diabetes and obesity by improving blood sugar and insulin levels, as well as body weight.

Physical Activity. Regular physical activity promotes healthy weight management. A combination of aerobic exercise (to burn calories) and weight training (for good muscle tone) are recommended. (See Fitness Extravaganza.)

Record Keeping. Research indicates that people underestimate their food intake by about 20%. Those individuals who keep food and activity records are more successful at changing eating patterns, maintaining exercise, and successfully managing their weight.

Weight management is a lifetime choice. Start the **L.O.S.E.** contest October 1, and see how you can make it through the holidays with more confidence and control.

Fiber Comparison Chart

Food Source	Serving Size	Fiber (g)
Fiber One cereal	1/2 cup	14
Lentils, cooked	1/2 cup	7.8
Pinto beans, cooked	1/2 cup	7.7
Baked potato with skin	1 medium	4.4
Apple, fresh	1 medium	3.4
Strawberries, fresh	1 cup	3.3
Navel orange, fresh	1 medium	3.1
Winter squash, cooked	1/2 cup	2.9
Sweet potato, canned	1/2 cup	2.3
Grapefruit, fresh	Half	2
Oatmeal, cooked	1/2 cup	2
Bread, whole wheat	1 slice	1.9

Visit www.fiberone.com for additional food items.

L.O.S.E. Points

10 points

- Join the Fitness Extravaganza
- Be on a team (either 2-5 or 6-10 members)
- Eat 5 servings of fruits & vegetables a day
- Drink 64 ounces of water a day
- Eat 25 grams of fiber everyday for a week
- Submit a food diary for the week
- Attend a L.O.S.E. class, tour, etc.
- Submit a recipe for cookbook (max 50 pts)
- Set a monthly goal
- Achieve a monthly goal
- Lose 1 pound
- Eat 5 servings of fruits or vegetables on a holiday*
- Get 25 grams of fiber on a holiday

Rules & Registration:

1. To register, send your name, worksite, and email address via email to barbara.roberts01@polk-fl.net or courier to Barbara Roberts, MS, RD, LDN, Wellness Program, Woodlake Center, Rt D by October 1.
2. Record your points daily on a L.O.S.E. for Life log sheet (see website) and submit monthly log sheet to Barbara Roberts at the above address (see #1) to be eligible for monthly prizes and entry into *Win Wheels with Wellness and Michael Holley Chevrolet!*
3. Submit your total points to Barbara Roberts at the above address (see #1) by April 4, 2008.

Prizes will be drawn on a weekly and monthly basis.

50 points

- Keep a food diary on a holiday* (possible 400 points!)
- Don't gain weight between Oct. 31 and Jan. 2
- Set a 6-month goal in October
- Achieve your 6-month goal in March!

25 points

- Volunteer at Annual Health Fair March 8
- Participate in Health Fair March 8

*Halloween, Thanksgiving, Christmas, Kwanza, Hanukkah, New Year's Day

Official Forms Available Online
www.polk-fl.net/wellness

L.O.S.E. Classes:

Getting Started/Intuitive Eating Weight management tools & tips to get you started on your health journey in addition to an overview of the *Intuitive Eating* book:

Oct 11	Jim Miles Center	4:30-6:00 PM
Oct 16	Mark Wilcox Center	4:30-6:00 PM
Oct 30	Sleepy Hill Elem.	4:30-6:00 PM

Tour de Aisles Learn how to choose fresh produce, save money shopping, and avoid buying things you don't need!

Oct 18	Grove Park Publix Hwy 98—Lakeland	4:30 PM
Oct 23	Cypress Gardens Publix 6031 Cypress Gardens Blvd	4:30 PM

Future classes:

Make it through the holidays 10 pounds lighter!

Recipe makeovers & building a balanced meal.

Dining out without growing out.

Tour de Aisles for Men Only!

All classes are worth 10 points and you will receive exciting incentives for attending! Plus, you will also receive an entry to *Win Wheels with Wellness and Michael Holley Chevrolet!*



ABCs of Diabetes Schedule

Diabetes Educational Classes

Mark Wilcox Center

611 Post Avenue SW, Winter Haven

Diabetes—Medical Issues	10/4
Diabetes—Nutrition & Exercise	10/11
Advanced Diet Planning	10/18
Hypertension/Heart Disease	10/25

Register online at www.polk-fl.net/wellness. Plus, you will also receive an entry to *Win Wheels with Wellness and Michael Holley Chevrolet!*

Diabetes Screening—November 3, 2007

Phillips, Salomon & Parrish
4337 S. Florida Avenue
Lakeland 33813

Screenings include: dilated eye exam, cholesterol & triglycerides, HbA1C, kidney function test, body mass index (BMI), blood pressure and foot exam. Call Janet Armitage, RD/LDN at 648-3057 for an appointment.