The human body is approximately 60% water which research has shown is crucial to health. Most experts agree that the amount of water needed for health and ideal weight is half of a person’s body weight. For example, a person weighing 160 pounds needs 80 ounces (10 cups) of water daily. The amount needed is increased for physically active individuals, when the temperature or humidity is up, and for pregnant or breastfeeding mothers. Thus, one can be sure that you are getting enough is clear urine. Once you have determined your H2O (water) needs, the challenge moves to getting it done! Some tips include making it a ritual, adding citrus for flavor, accounting for the liquid from other beverages and water-rich foods and keeping it handy. Keep in mind that keeping this thirst can be disguised as hunger. So drink up for health. More...

ARE YOU A Turophiliac?

If you say mmmmm to cheese, then you could be a Turophiliac! Did you know that the average American consumes 1/2 pound of cheese per week, that cheese contains about one third of all annual milk production and that cheese is known to reduce the risk of tooth decay? Did you know that the majority of dairy delivery from scratched was found in 1851, in Rome, New York by Jesse William. While all cheese is made from various milk sources, aging and manufacturing processes can differ. The basic process: Milk is coagulated or curdled; stirred and heated; the whey or watery part drained; and the remaining curd ball pressed, and sometimes ripened—resulting in 1/10 the volume of the milk from which it was made! Cheese can be made form any combination of whole, 2% or 1% milk. More than one-third of all annual milk production in the U.S. is used for this favorite food.

A cheese is high in calcium and phosphorus—a benefit for bones and teeth, and a good source of protein. Cheese is also high in fat and salt, and some cheese, particularly cheddar, are very high in saturated fat. The solution: balance your cheese intake and include other calcium-rich foods

Wellness Wednesday Archives • Wellness Matters Archives

Supporting employees with two
New Florida Blue clinics in Haines City and Winter Haven!

Class Schedule

- August 28th, Sept. 4th, Sept. 11th, 2012 at the Jim Miles Center
- August 7th, Jim Miles Palmetto
- August 17th, 2:00 — 3:30 pm at the Jim Miles Palm Room

HIGHLIGHTS

- Dehydration
- Asthma
- Homeostasis
- Prof Dev

PAY NEED TO SUMMER THIRST

Florida residents are no strangers to heat and humidity—summer is here! So heed the weather reports and pay attention to others state this summer! Nonetheless, the Polk County Health Department has advised citizens to stay cool and hydrated to avoid heat-related illnesses. More...

PCSB Employee Summer Health E-News

- HIGHLIGHTS
- PAY NEED TO SUMMER THIRST
- ARE YOU A Turophiliac?
- BOOMERS BEWARE

HEALTH

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Questions or Comments? Contact your Wellness Team here (scroll down)

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