

SMART START Newsletter



Visit www.pcsb.org/wellness or contact Kara Hager, Employee Wellness Coordinator at 588-6031 or hagerk@pcsb.org

Nov. 14, 2016



Last day to register for the PCS Holiday Maintain step challenge!

Did you know that Most Americans gain an average of about one pound during the holidays according to the National Institute of Health? While this might not seem like much, they usually don't lose it, and over time it adds up!

10,000 steps a day meets the Surgeon General's recommendation to accumulate 30 minutes of activity most days of the week. It should be enough to reduce your risk for disease and help you maintain your weight this holiday season. So grab a friend and join the PCS Holiday Maintain step challenge to maintain 10,000 steps per day!

Challenge details:

Create a team of two people and work together to maintain a team average of 10,000 steps per day over 6 weeks from November 15—December 27. Steps will be capped at 12,000 steps per day.

All teams who maintain a team average of 10,000 steps per day at the end of the challenge will be entered into a drawing. Three teams will be randomly chosen from the drawing to receive a \$100 gift card for each team member.



+100 Humana Vitality Points!

How to register:

Humana Members: Find 'PCS Holiday Maintain' on your Humana app or online under 'Sponsored Challenges'. Create a team of two people. Detailed instructions are on page 3.

Non-Humana Members: Track your steps using any tracking device from November 15—December 27 and send a summary of your steps to hagerk@pcsb.org by December 29. If you maintain an average of 10,000 steps per day, you will be eligible for the prize drawing. You will not be able to join or create a team.

Registration deadline: November 14

Challenge begins: November 15

Challenge ends: December 27 at midnight

Questions:

Call Jessica O'Connell, your HumanaVitality Representative: 727-588-6134 or pcs.oconnellj@pcsb.org

WHEN TRYING TO QUIT SMOKING, SUPPORT CAN MAKE ALL THE DIFFERENCE.



November 17 is the Great American Smoke Out!

Every year, on the third Thursday of November, smokers across the nation take part in the American Cancer Society Great American Smokeout event. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting – even for 1 day – smokers will be taking an important step toward a healthier life and reducing their cancer risk.

Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help. Getting help through counseling or medications can double or triple the chances of quitting successfully.

Please see page 3 with the upcoming FREE quit tobacco classes in Pinellas County offered by Tobacco Free Florida AHEC Cessation Program. There are actually two classes being offered on the Great American Smoke Out, November 17th. See below:

Thursday, November 17, 2016 | 10:00am – 12:00pm
Northside Hospital – Medical Office Building
6006 49th Street North, St. Petersburg

Thursday, November 17, 2016 | 5:00pm – 7:00pm
Florida Hospital North Pinellas
1395 S. Pinellas Avenue, Tarpon Springs

Coming January 2017! PCS will be holding 6-week programs for employees who are ready to quit smoking. These classes will be offered at three locations around the county. More information will be announced in January.

FREE Nicotine replacement patches, gum and lozenges + \$50 for completed all 6 classes!

Healthy activities for when you need to unplug

From missing out on face to face conversations to feeling frazzled to getting lost down an internet rabbit hole for more time than you would ever admit, there are many reasons to intentionally disconnect from time to time.

If you're unable to leave your devices in your pocket or bag, or even walk away from your gadgets, here are a few tips to try:

- Switch your phone or tablet to airplane mode, which means you can still listen to music, but won't be interrupted or tempted to log onto Facebook.
- Create tech-free zones in your house and stick to it. Pick a drawer or other out-of-sight place to stash your phone, and enjoy the peace and quiet.
- Leave your phone at home if you can, or at least in the car when you arrive at your destination. It's accessible if needed, but won't be as tempting as if it was in your bag or pocket.

Many of us are so used to turning to our phones or other devices multiple times an hour, it can be hard to think of how to fill the time when we don't have that option. Scary, right? Here are a few fun and healthy ideas to help refocus your mind, stretch your legs and truly power down:

- Get moving (outside) – whether you go for a walk or run or hike or bike, take the time to enjoy your surroundings. Breathe in the fresh air, listen to the sounds of the environment, and take a good look at the sights. It will help you feel more connected and refreshed.

- Try yoga or meditating – Both activities can help you feel calmer and more centered. Some people also advocate for meditating while running if you are looking to take either to the next level.
- Spend time in your backyard – Whether you enjoy gardening, puttering in the garage, reading in a hammock or on the deck (with a real book!), or grilling a healthy meal, giving yourself permission to truly enjoy and lose yourself in that activity will do wonders for your mental and even physical well-being.
- Float along – For many people, there is something very therapeutic and calming about spending time on the water. Rent a canoe or kayak or even try fishing.
- Peruse the farmers' market – This is a great chance to get ideas for new healthy recipes – and instead of checking your phone, talk to the vendors or fellow shoppers!

Unplugging has many benefits on its own, such as reducing your stress and helping you focus, but swapping screen time for a healthy activity can maximize those benefits. Try powering down for a few hours this week to find out for yourself!

HealthAdvocate
Always at your side

EAP+Work/Life: Confidential Support for Personal & Work/Life Issues.

The PCS EAP+Work/Life program gives you access to Licensed Professional Counselors, who can provide confidential, short-term support with a wide range of personal issues. Up to 8 sessions per issue per year are available.

Who is covered? You, your spouse, and family members living in your household.



Pumpkin Soup

(Serving size: 1 cup)

Ingredients

- 3/4 cup water, divided
- 1 small onion, chopped
- 1 can (15 ounces) pumpkin puree
- 2 cups unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup fat-free milk
- 1/8 teaspoon black pepper
- 1 green onion top, chopped

Directions

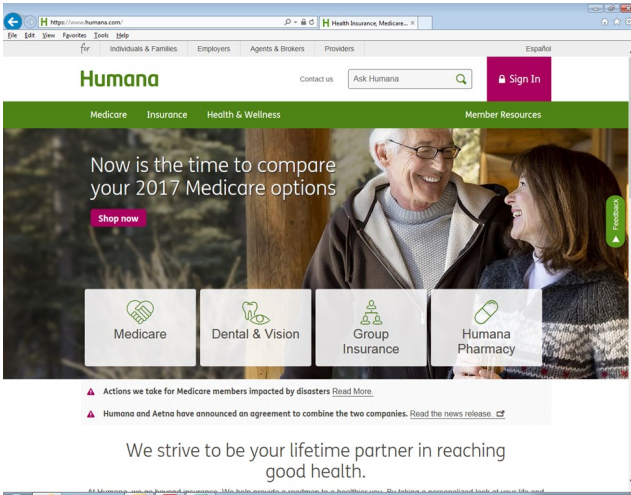
In a large saucepan, heat 1/4 cup water over medium heat. Add onion and cook until tender, about 3 minutes. Don't let onion dry out. Add remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle soup into warmed bowls and garnish with black pepper and green onion tops. Serve immediately.

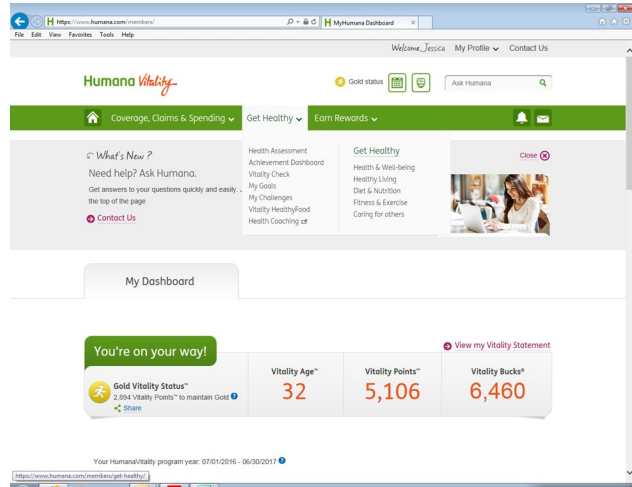
Nutrition Info Per Serving: 77 calories, 1 g total fat, 0 g saturated fat, 3g protein, 14g carbohydrate, 4 g dietary fiber, 0 g sugar, 1 mg cholesterol, 57 mg sodium

How to join a HumanaVitality Sponsored Challenge

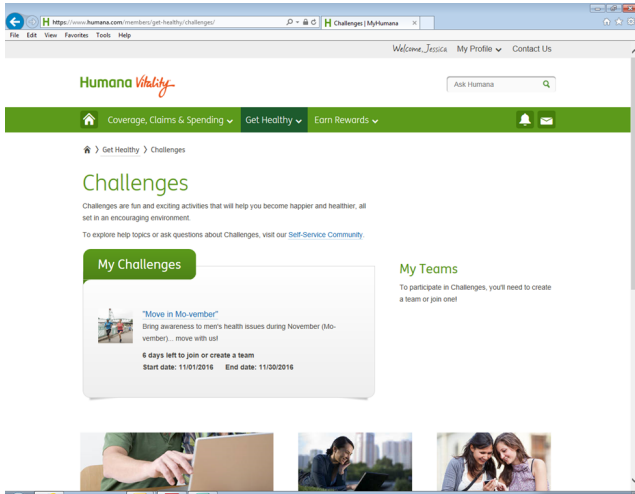
1. Log onto your HumanaVitality account (Humana.com):



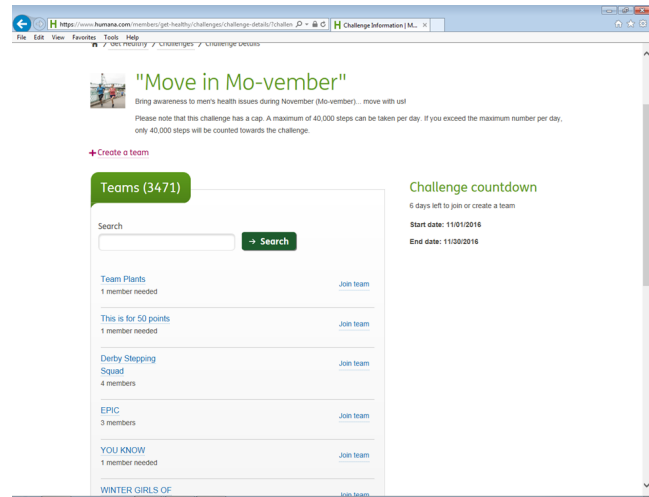
2. Hover over the "Get Healthy" tab. Click on "My Goals":



3. Click on the name of the challenge:



4. Create or join a team:



About the BeSMART Employee Wellness Program

When it comes to wellness, PCS has you and your family covered! Whether you are earning Vitality Points (and spending your Vitality Bucks at the HumanaVitality Mall) or participating in one of the many Be SMART onsite wellness programs, there is something for everyone. When employees and their families are healthier, our student engagement increases. Go to pcsb.org/wellness to learn more!

This newsletter is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or condition. Always check with your doctor before changing your diet, altering your sleep habits, taking supplements, or starting a new fitness routine.

