



Health e-Links

Health Education & Lifestyle Management Newsletter

D.E.W. Celebrates Weight Loss Success!!!!!!

Stanton College Preparatory Winter Weight Loss Challenge

Stanton College Preparatory recently completed their winter Weight Loss Challenge with 27 employees participating in W.A.S. (Weight Loss at Stanton) from January until Spring Break.

There were 3 teams of 9 for a friendly competition and support. The three teams combined lost 206.7 pounds!!! Individually competing for a cash prize (everyone paid a \$10 fee to join the group) rewarding the team that lost the most overall weight and then the individual who lost the largest % of total body weight (from start weight to end weight).

Stanton's overall "biggest loser" was **Laureen Burke** who won \$180 to buy some new clothes for her slimmed down figure! Happily everyone in the group lost at least a little weight and we had 7 members who lost more than 11 pounds each!!!

Transportation Rocks!!!

Staff at #3067 participated in *Why Weight DCPS?* with GREAT results!

8 staff members participated & completed the 12 week challenge for a total weight loss of 55.7 pounds.

The winner of the challenge was **Joann Harris** who lost 15.6 lbs!

National Health Observances for MAY

Visit the links below for more information

American Stroke Month

www.americanheart.org/presenter.jhtml?identifier=3073279

Mental Health Month

www.mentalhealthamerica.net/go/may

National Physical Fitness and Sports Month

www.fitness.gov

National High Blood Pressure Education Month

www.nhlbi.nih.gov/new/press/mayhbpmo.htm

Highlands Middle School 2nd Annual Biggest Loser Contest

Highlands Middle School held their 2nd Annual Biggest Loser Contest.

23 participants lost a total of over 80 lbs.

The winner, **Ms. K. Rankin**, lost 8% of her starting body weight.

The a challenge winner, **Ms. L. Jones**, was recognized for winning challenges that ranged from keeping a daily food and exercise journal, calculating her BMI, drinking 64 oz. water per day, etc.

The contest ran 3/1/10 through 3/31/10 and was a huge success.

Stroke Awareness Month takes place in May every year. Stroke is the third leading cause of death and a leading cause of disability in America, but many people do not realize how educating themselves and others will help reduce the incidence of stroke.

Tip of the Week 1 – Know Stroke Symptoms

Stroke strikes F.A.S.T. and you should, too! Many people don't know that if you can recognize the symptoms of a stroke you can save not only your life, but maybe the life of someone else. Being able to recognize symptoms and to understand that they signal an emergency, you are able to seek medical attention quickly. Treatment exists to minimize the effects of stroke; however it must be given within 3 hours of the first symptom. It is easy for people to recognize stroke symptoms by learning to act **F.A.S.T.** and by calling 9-1-1.

F=Face, Ask the person to smile. Does one side of the face droop?

A=Arms, Ask the person to raise both arms. Does one arm drift downward?

S=Speech, Ask the person to repeat a simple sentence. Are the words slurred?

T=Time, If you observe any of these signs, then it's time to call 9-1-1.



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May 31: World *No Tobacco Day*

It's no surprise that the number one risk factor for a host of chronic and deadly diseases is using tobacco products. In 2009 alone, there were five million deaths worldwide caused by tobacco products, and the World Health Organization estimates that number to rise to eight million each year by the year 2030 if current trends continue.

That's why the organization passed a resolution in 1989 for an annual World No Tobacco Day on May 31st to promote awareness of the dangers of tobacco use and how quitting can improve your health. We encourage you to use this day as your first step in being tobacco free.

Get Help

If you need help quitting smoking, you can enroll in WebMD's Lifestyle Improvement Program on Smoking Cessation by logging into MyBlueService at www.bcbsfl.com. To get started, follow the links: Living Healthy > Health Management Centers > Tobacco Use.

For additional support on quitting smoking, contact the Next Steps program at 1-800-477-3736 or email them at NextSteps@bcbsfl.com.

Source: www.WebMD.com

Celebrate National *Physical Fitness and Sports Month*

Do you ever wonder if the reason some adults don't like physical activity is that we've forgotten how to play? Watch a group of kids with a few implements (such as a couple of balls or sticks) and they will invent a game and be entertained for hours. Perhaps we adults are preoccupied with too many responsibilities or we think we're too mature to take the time to "play," or we've forgotten how much fun it is to get out and move and make up our own rules.

Whatever our reason for not being active, it's killing us. As a nation we have one of the highest obesity rates accompanied by a long list of chronic and preventable diseases. So instead of accepting these diseases as inevitable, lace up your sneakers and go outside and play!

Learn to Play Again!