



**HEAR YE!
HEAR YE!**

Save the date...

October 1-30, 2009
Flu Shots

Visit the Wellness website for flu schedule
http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/wellness_events.asp

Fitness Tip

Shoulder Exercises

The American Academy of Orthopedic Surgeons offers these suggested exercises:

- Stand facing a closed door. Tie an elastic tube to a doorknob. Then gently pull the tubing toward you, hold for five seconds, and repeat five times. Switch arms and repeat. Do this twice each day.
- Stand in front of a wall at arm's-length, resting your hands on it. Make sure feet are separated to shoulder-width. Do a push-up while leaning against the wall, holding for five seconds. Do this five times, twice each day.
- Sit in an armchair (without wheels) with your feet on the floor. Place your hands on the armrest, and push your body slowly up off of the chair, holding for five seconds. Do this five times, twice each day.

National Health Observances for
October
Visit the links below for more information

Healthy Lung Month
www.lungusa.org

National Breast Cancer Awareness Month
www.nbcam.org

National Dental Hygiene Month
www.adha.org

Talk About Prescriptions Month
www.talkaboutrx.org

Mental Illness Awareness Week
www.nami.org

5-11

National Depression Screening Day
www.mentalhealthscreening.org

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Northeast Florida AHEC
1-877-QUIT-IT-NOW

If you are interested in Smoking Cessation sessions at your worksite, Please speak with your Wellness Ambassador or go to:

<http://www.duvalschools.org/static/wearedcps/employeeinfo/wellness/index.asp>

How do I control stress-induced weight gain?

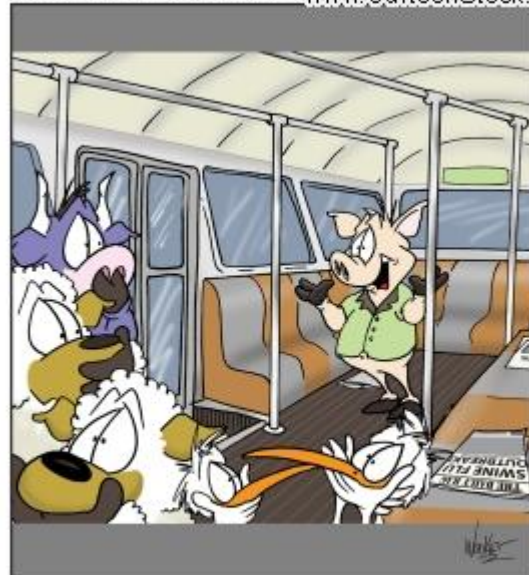
Answer from Edward T. Creagan, M.D., Mayo Clinic

To combat weight problems during stress and reduce the risk of obesity, you need to get a handle on your stress. When you feel less stressed and more in control of your life, you may find it easier to stick to healthy-eating and exercise habits. Try these stress management techniques to combat stress-related weight gain:

- Recognize the warning signs of stress, such as anxiety, irritability and muscle tension.
- Before eating, ask yourself why you're eating — are you truly hungry or do you feel stressed or anxious?
- If you're tempted to eat when you're not hungry, find a distraction.
- Don't skip meals, especially breakfast.
- Identify comfort foods and keep them out of your house or office.
- Keep a record of your behavior and eating habits so that you can look for patterns and connections — and then overcome them.
- Learn problem-solving skills so that you can anticipate challenges and cope with setbacks.
- Practice relaxation skills, such as yoga, massage or meditation.
- Engage in regular physical activity or exercise.
- Get adequate sleep.
- Get encouragement from supportive friends and family.

If you try stress management techniques on your own but they don't seem to be working, consider seeking professional help through psychotherapy or counseling.

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A Herd of LAUGHTER. www.CartoonStock.com



"What?.....I was just clearing my throat."

Why WEIGHT DCPS....why wait?

Step One – Taking Stock

The first thing you need to do is ask yourself what you are trying to accomplish.

Step Two – Setting Realistic Goals

Set up a plan that you will stick to.

Step Three – Planning Ahead

Literally write your workout into your day planner. Do the same with meals.

Step Four – Tracking Your Work

Make sure you log every workout and every meal (Yes, I'm serious) in a daily planner of some sort.

Step Five – Revising and Re-Energizing

Every month or two months, start back at step one to readdress the direction of your weight loss program.

Health Tip

Laugh: It's Good for You

- Laughter increases relaxation
 - As laughter subsides, so does tension
 - The decrease in tension can last as long as 45 minutes
- A good belly laugh can improve breathing and help digestion
- Laughter increases oxygen in the blood, benefiting your entire body