



Welcome Back!!

Save the date...

October 4th-October 20th, 2010

Flu Shots

Look for a notice at your worksite for
Clinic Schedule!!

National Health Observances for
August

Visit the links below for more information

National Immunization Awareness Month
www.cdc.gov/vaccines/events/niam/default.htm

Cataract Awareness Month
www.geteyesmart.org/eyesmart/diseases/index.cfm

Children's Eye Health and Safety Month
www.preventblindness.org

DCPS wins the Silver Healthy District Award!

Coordinated School Health Partnership (CSHP) and Florida Action for Healthy Kids (FLAFHK) are pleased to announce DCPS as one of the eight districts recognized as Healthy School Districts for 2010—2012.



Weight-loss Testimonial

“Life Saving Dr. Capasso and staff,

Thank you so much for guiding me with you expertise and caring. You are helping five of my colleagues and one spouse change their lifestyles. After they watched me lose 65 pounds and 56 inches, they decided to sign up too”.....

Leslie B.

School Safety Tips

Maintain a clean work area. Not only will you remove many hazards from a work area by keeping it clean, but you will also provide a more productive work environment for you and your students.



Time to Team Up!!!!

D.E.W. in Partnership with Community Involvement calls for a competition among all DCPS worksites for the biggest teams to participate in the Financial Fitness 5k Sponsored by Financial Planning Association of Northeast Florida.

Sunday, October 10, 2010

5K * 5:00 PM

I Mile Fun Run * 6:00 PM

San Marco Wachovia Bank
1562 Atlantic Blvd.

- DCPS Employee Entry Fee - \$15.00 per person/ 1 mile run \$12.00
- Make checks payable to: **FPA of Northeast Florida** and mail with entry form to: 3931 Baymeadows Rd. Jacksonville, FL 32217 (Identify as DCPS employee)
- For information contact: Terrie Cicero Cice-roT@duvalschools.org or Tonya Hill hill-willt@duvalschools.org

Physical Fitness

Here are some common symptoms of overtraining:

- Feeling tired, drained, and lacking energy
- General body aches or mild muscle soreness
- A decrease in performance
- Inability to complete workouts
- Headaches
- Insomnia
- Lack of motivation

If you have been overtraining, it's not too late to get back on track! Follow these three steps:

1. *Your first priority should be rest.* Just a day or two probably won't do it. Depending on how severely you've been pushing yourself, three to five days should give your body enough time to recover—both physically and mentally.

2. *Get plenty of sleep and make sure you're eating well,* particularly during this recovery period. Focus on getting adequate amounts of protein, complex carbohydrates, and lots of fruits and veggies.

3. *When you are ready to return to your exercise routine, start off slowly.* Most research shows that it is okay to return to that same level of intensity, but you may need to cut back on the length and frequency of your workouts for the next few weeks. After that, you should be able to resume normal activities.



CCW Is on the Scene

Our EAP program is always current with topics relative to our lives. Corporate Care Works give on-site group seminars as well as one-on-one counseling. There are many topics to choose from, such as:

- *Anger Management
- *Becoming More Assertive
- *Building Positive Self-Esteem
- *Conflict Resolution
- *Coping with the Storms of Life
- *Creating Work & Life Balance
- *Dealing with Difficult People
- *Depression in the Workplace
- *Financial Fitness

Call CCW at 904-296-9436
to schedule seminars at your worksite.

Nutritional tips

From the flowers blooming in your garden to the vegetables for sale at the farmers market, bright colors abound during summer. Spread that variety to your diet with a healthy dose of different-colored fruits and vegetables. The food will taste great, and the presentation will be livelier.

- Orange – oranges, peppers, carrots, peaches
- Yellow – apples, peppers, bananas, corn
- Red – apples, peppers, tomatoes, strawberries
- Purple – blueberries, grapes
- Green – peppers, kiwi, broccoli, peas, leafy greens
- White – cauliflower, water chestnuts

Eliminating soda has enormous benefits to your diet. Replacing it with water would be preferable, but if you really crave that sweet taste in your drink, go for the spring and summertime favorite, unsweetened iced tea. It will quench your thirst on a hot day for fewer calories and less caffeine than soda. Or, give water a shot, but slice up a cucumber, lemon, lime or orange and drop the pieces in a pitcher to add some refreshing flavor.



Ask the Coach

I have trouble sticking to an exercise plan once I start. How can I exercise more consistently?

People who struggle to be physically active on a regular basis often cite reasons such as lack of time, boredom or dislike for traditional exercise. While these issues appear to be true challenges, they are often only *symptoms* of the real problem, which is a mismatch between a person's approach to exercise and their personality.

Understanding and embracing your fitness personality is the best way to maximize your success with consistent fitness. Consider your natural strengths, preferences and tendencies. Do you like to exercise alone or with others? Do you need to have fun while exercising or would you approach it in the same manner as work? Would you rather be indoors or outdoors? Do you like physical activity to be obvious or disguised as something else?

Use the answers to these questions to choose activities you'll most enjoy and find rewarding. Keep in mind that all forms of physical activity – from treadmills and gyms to dancing lessons, gardening, or skiing – improve fitness and health. Let your personality lead the way.

Discover your fitness personality by taking an eight minute quiz based on the Myers-Briggs personality test by visiting www.the8colors.com. You'll use personalized information to create an exercise plan you'll never quit!



Grilled Pineapple Beef Kabobs

Ingredients

1 can (6 oz) unsweetened pineapple juice	1/3 cup honey
1/3 cup soy sauce	3 TBSP cider vinegar
1 1/2 tsp minced garlic	1 1/2 tsp ground ginger
1 1/2 lb beef top sirloin steak, cut into 1 inch pieces	1 fresh pineapple, peeled and cut into 1 inch pieces
12 large fresh mushrooms	1 medium sweet red pepper, cut into 1 inch pieces
1 medium sweet yellow pepper, cut into 1 inch pieces	1 medium red onion, cut into 1 inch pieces
2 1/2 cups uncooked quick brown rice	

Directions

In a small bowl, combine the first six ingredients. Pour 3/4 cup of mixture into a large re-sealable plastic bag, saving the rest for later. Add beef and seal bag; turn to coat. Refrigerate 1 to 4 hours. Cover and refrigerate remaining marinade for basting.

Spray cold grill rack with cooking spray. Drain and discard marinade. On 12 metal or soaked wooden skewers, alternately thread the beef, pineapple, mushrooms, peppers and onions. Grill covered over medium heat for 8 to 10 minutes or until meat reaches desired doneness, turning occasionally and basting frequently with reserved marinade.

Cook rice according to package directions. Serve with kabobs.

Yield: 6 servings.

Nutrition Facts: 1 serving: 2 kabobs with 3/4 cup rice; 412 calories; 5 g fat (2 g saturated fat); 46 mg cholesterol; 534 mg sodium; 60 g carbohydrate; 4 g fiber; 31 g protein