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Please share this information with staff who may not have computer access!

## New Fitness Classes!

**Registration begins today!**

**Registration ends November 3 at midnight. NO LATE REGISTRATION**  
Classes begin week of November 7.

**Go to**

[www.wellnessprograms.ticketleap.com](http://www.wellnessprograms.ticketleap.com)  
**for class schedules and to enroll.**

All classes must have 8 participants enrolled or will be cancelled. This opportunity is only for PCS employees. No refunds unless a class is cancelled. You must register and pay during the registration to be eligible to attend the classes. No substitutions.

**PLEASE NOTE:** The district fitness program is a work in progress and we are still working to add additional classes. We realize this schedule does not accommodate all of our 15,000 staff, their schedules and their locations and should be viewed as a supplement to other offerings. Many schools will also have fitness programs available coordinated by their Wellness Champion as part of our wellness program, depending on interest from the staff survey. We also offer fitness center discounts.

## Hydration Challenge!

There are five big boxes next to my desk full of water bottles just waiting to be sent out to the 100 lucky winners of the hydration challenge! I hope you are participating and have noticed some differences in how you feel, how you look and how you think!



Keep these facts in mind as you work on hydrating yourself daily:

- Your brain tissue is mostly made of water so if you're dehydrated, your body and your mind will be stressed.
- Dehydration makes you feel fatigued so if you are drained, reach for water instead of coffee, energy drinks or sodas.
- Check your hydration level by checking the color of your urine. Most often individuals who are hydrated have clear or pale urine. Be aware though that certain vitamins and medications can change the color.
- Being well hydrated helps reduce the appearance of fine lines and wrinkles by plumping up the skin cells of your face.
- Hydration also helps keep your skin looking good by improving circulation and flushing out impurities.
- Some studies have shown that individuals who are well hydrated consume fewer calories since they already felt full, resulting in weight loss.

If you have committed to drinking water and are not a winner of one of our water bottles, please consider purchasing a water bottle to use every day in place of purchasing water bottles that are thrown away or recycled. Even recycling the water bottles uses a huge amount of resources from production of the bottles, shipment, etc. Plus when you consider the cost is much more than we pay for gasoline per gallon and that 40% of bottled water is tap water anyway, it makes the convenience factor diminish significantly! A good water bottle is worth the investment! See the short article on things to consider when choosing a good water bottle in this issue!

A random drawing will be held from the completed challenge calendars and **100 water bottles** will be given away after the challenge ends on October 31!

## Now That's Determination!

Do you ever read something or see something on the news and become absolutely inspired?

Something that makes you reevaluate yourself, your choices, your motivation? That happened for me this week when I read about Fauja Singh, a marathon finisher. I know, I know...many of you are thinking that you'll never run a marathon but wait! This man and his story teach a lesson greater than running 26.2 miles. After all, Fauja is 100 years old and just started running 11 years ago at the age of 89 after his wife passed away.

While being in the spotlight and breaking eight Guinness Book of World Records was most likely rewarding, Fauja's coach stated that "running has given him a new focus in life".

If you're wondering what Mr. Singh's secret is for long life, it may or may not come as a surprise. For stamina, he credits ginger curry, tea and being happy. Mr Singh said: "The secret to a long and healthy life is to be stress-free. Be grateful for everything you have, stay away from people who are negative, stay smiling and keep running." Great words of wisdom from someone who has been around the block a few times!



## IMPORTANT INFO

### Flu Shot Benefit Outside of PCS Clinics

Pinellas County School employee's that have Humana medical insurance under the HMO Staff or HMO Select plans have no out of network coverage, Humana participating providers must be used to guarantee coverage and payment. Member's who couldn't utilize the Pinellas County Schools work site Flu Shot Program should be directed to their Primary Care Doctor for the vaccination. Community resources such as the Health Department or clinics at Walgreens or CVS should be used as a last resort as members may be required to pay for the service out of pocket and submit claims for reimbursement. Humana members can contact **Michael Kingsley, Humana** Representative with further questions about the Flu shot benefit at **(727) 588-6367**.

## Choosing a Good Water Bottle

To find the perfect water bottle for you, consider the following:

- How often do you want to refill?
- Do you want it to stay cold or even really cold?
- Do you care what material it is made from? Many bottle are now BPA free, which is preferred.
- Do you have a preference in how the water comes out? Some have a straw, a large opening, a push-up valve (normally for cycling), etc .
- Do you want it to be leakproof? Look for a rubber seal inside although this is not always a guarantee.
- Does it need to be durable and if so, to what extent?
- Do you want it to be squeezable, semi-rigid or rigid?
- Does it need to fit into your car drink holder?
- How much are you willing to spend? This should not be a big factor if you are spending money on throw away water bottles already!

While I paid \$20 for my Thermos stainless steel water bottle, I consider it to be one of the best purchases I have ever made! Find a water bottle right for you!

# A program for individuals affected by cancer.



**LIVESTRONG**

A strength/ fitness program for cancer patients and survivors  
based on the curriculum developed by Stanford University

## An Overview of LIVESTRONG at the YMCA?

The YMCA of the USA and the Lance Armstrong Foundation has formed a partnership to look for opportunities to provide meaningful and successful wellness options for Cancer Survivors.

The YMCA of the Suncoast is working to serve individuals and families affected by cancer through individualized Wellness Consultations, a series of group exercise classes and focus groups designed to offer advice and guidance. Group classes such as Live Strong at the

YMCA and Beginning Yoga will enable individuals to develop muscle tone and strength, increase flexibility and endurance, reduce severity of therapy side effects and help build support within the group.

- **LiveStrong for Survivors:** This class is limited to our members affected by cancer and is an ongoing class. It is motivating, encouraging, fun and non-competitive.
- **Beginning Yoga:** Hatha style Yoga for all members, experienced and those just beginning. Yoga will help you become more flexible, increase stamina & relax your body.
- **LiveStrong at the YMCA Exercise Program;** LiveStrong at the YMCA is designed for our members affected by cancer. This class is a 12-week progressive course that meets twice a week. There will be an option to attend an aerobics class if you wish. Pre-registration is required.



James P Gills Branch  
8411 Photonics Dr.  
New Port Richey, FL 34655  
727-375-9622

North Pinellas Branch  
4550 Village Center Dr.  
Palm Harbor, FL 34685  
727-772-9622

Greater Palm Harbor Branch  
1600 16<sup>th</sup> St.  
Palm Harbor, FL 34683  
727-787-9622

Bardmoor Branch  
8787 Bryan Dairy Rd  
Largo, FL 33777  
727-394-9622

Hernando County Branch  
1300 Mariner Boulevard  
Spring Hill, FL 34609  
(352) 688-9622



1986 **25** 2011

- ◆ The top 5 individual fundraisers will receive a \$100 gift card from



- ◆ The first 250 paid registrants will receive a \$5 gift card from Pollo Tropical!

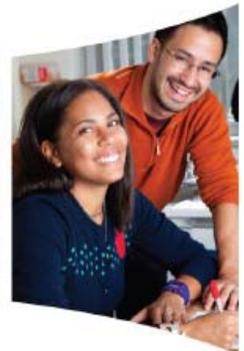
## Register Today!

You can start your own team or join our Doorways Dream Team and help students right here in Pinellas County achieve their dream of a college education. All proceeds will remain in Pinellas County to purchase Florida Prepaid scholarships for economically disadvantaged students in Pinellas County Public Schools.

### LOCALLY SPONSORED BY



Take Stock In Children's  
**STRIDES FOR EDUCATION**  
5K Walk/Run



**Saturday, November 19<sup>th</sup>**

**Registration: 8am • Run Starts: 9am**

**Eagle Lake Park  
1800 Keene Road  
Largo, FL 33771**

Be part of a statewide effort to help raise awareness and college scholarships for Florida's low-income and deserving youth. Take Stock in Children helps break the cycle of poverty through college scholarships, caring volunteer mentors and hope for a better life. So, put on your sneakers and invite your friends and family to take strides for education!

## Doorways - Your Local TSIC Partner



For event details and sponsorship opportunities,  
call (727) 588-4816 or visit [Give.TakeStockInChildren.org](http://Give.TakeStockInChildren.org)