



# SALINE COUNTY WELLNESS NEWSLETTER

## GET FIT, DON'T SIT NO EXCUSES in 2013

### Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

### MONTHLY NUTRITION CLASSES

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

## Eating on the Run

5:30 pm, Thursday, June 13th at the Extension Office

**VICTORIA IS A WONDERFUL SPEAKER--BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!**

Missed a Past Nutrition Class??? March, April & May Classes are available on DVD--Call Jen, Stacy or Kerry

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

## CHAIR MASSAGES ARE BACK

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour.

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

## More Reasons to Eat Fruit



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Cherries help calm your nervous system



Grapes relax your blood vessels



Pinapples help fight arthritis



Blueberries protect your heart



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Kiwis increases bone mass



Mangos protect against several kinds of cancer



Watermelon helps control your heart rate



Oranges help maintain great skin and vision

# WELLNESS WEBSITE

Check out the new Wellness Website!!!

Logon to [www.co.saline.ne.us](http://www.co.saline.ne.us)

Click on the "Saline" Button (2nd to the Right)

From the drop down menu, select "Saline County Wellness"

This is a work in progress, but we have the dates for all scheduled Nutrition Classes, Handouts from Past Classes and Times for all exercise classes in the area.

**MORE INFORMATION WILL BE COMING SOON!!**

## WORKOUT IN A RUT??

The following Fitness DVDs can be checked out in the clerk's office (402-821-2374.)

- |  |   |
|--|---|
| *Jillian Michaels: Kickbox Fastkick      | *Trudie Styler: Weight Loss Yoga          |
| *Jillian Michaels: Ripped in 30          | *Leslie Sansone: Walk Away the Pounds     |
| *Jillian Michaels: 30 Day Shred          | *Leslie Sansone: Walk Your Belly Flat     |
| *Jillian Michaels: Extreme Shed & Shred  | *Leslie Sansone: 5 Day Walk Plan          |
| *Jillian Michaels: Killer Abs            | *Leslie Sansone: Just Walk (3 Mega Miles) |
| *Jillian Michaels: Killer Buns & Thighs  | *Billy Banks: Tae Bo Ripped Extreme       |
| *The Biggest Loser: At Home Challenge    | *Billy Banks: Tae Bo Bootcamp Shred       |
| *The Biggest Loser: 30 Day Power X-Train | *Billy Banks: Tae Bo Express              |
- \*Step Up Revolution Dance Workout

# 10 Commandments

## 1. MAKE IT A LIFESTYLE

This is not a diet, not a short term fix; it's a way of life.

## 2. GET ORGANIZED

Structure your eating & you'll structure your life.

## 3. EAT SMALL

Portion control is crucial for losing weight.

## 4. LEAVE FOOD ON YOUR PLATE

This helps you take control of compulsive eating.

## 5. NEVER FEEL DEPRIVED

Because feeling starved eventually leads to binging.

## 6. MAKE A MEAL OUT OF IT

Make it special, so you appreciate what you've eaten.

## 7. EAT SLOWLY

It takes 20 minutes for your brain to know your stomach is full.

## 8. ENJOY YOUR FOOD

It's one of life's greatest pleasures, not a punishment.

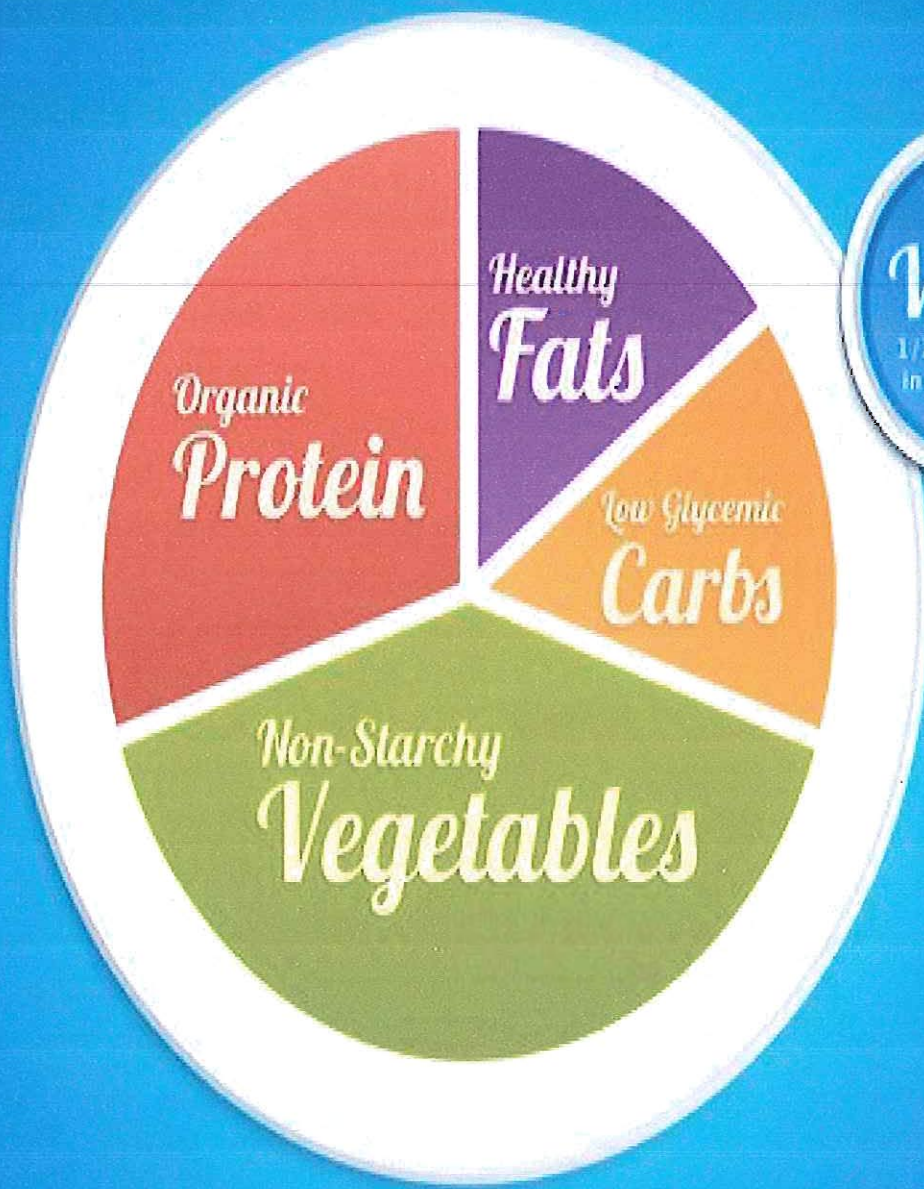
## 9. MOVE IT!

Exercise is a Key essential to losing weight.

## 10. GET ENOUGH SLEEP

Structuring your sleep pattern helps regulate metabolism.

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*Clean*  
**Water**  
1/2 body weight  
in ounces/daily

### Vegetables

40%

- Leafy Greens
- Red Cabbage
- Carrots
- Red Bell Pepper
- Broccoli
- Spinach
- Kale
- Onion
- Cucumber
- Cauliflower
- Asparagus
- Egg Plant
- Zucchini
- Beets

### Protein

30%

- Meat  
(Grass Fed)
- Eggs
  - Wild Salmon
  - Beef
  - Venison
  - Chicken
  - Turkey

### Healthy Fat

15%

- Avocado
- Raw Dairy
- Flax Seeds
- Pumpkin Seeds
- Almonds
- Pecans
- Cashews
- Coconut Milk

### Carbs

15%

- Fruit
- Blueberries
  - Raspberries
  - Strawberries
  - Apples
- Beans
- Kidney
  - Black
  - Garbanzo
- Gluten Free Grains
- Sweet Potato
  - Quinoa
  - Brown / Wild Rice

# BEAT A WEIGHT LOSS PLATEAU

by [downtownn.tumblr.com](http://downtownn.tumblr.com)

Before you stress out, try these!

Possible reasons you're stuck	Fix it!
<b>You're being repetitive.</b> The same moves and exercise schedule cause your body to become used to it all, thus slowing down or stopping any further results. That really stinks!	<b>Add Variety!</b> Mix up your workouts by changing up the moves or completely replacing them with new ones. Next week, change them again!
<b>You aren't doing enough.</b> Yes, you feel like you're doing enough and maybe that was working for a while. But when it stops working, what do you do?	<b>Add More!</b> "More? Really?" Yes! It's as simple as doing more reps to exercises or adding cardio into your day.
<b>You're doing too much, too fast.</b> It's possible that you're giving your body too much to comprehend.	<b>Slow Down!</b> Give your body time to adjust to new diets, and new habits.

FoodieGirlFitness.com

**SIMPLE  
TIPS** ♡

**INCREASE YOUR PROTEIN INTAKE.**  
**KNOW YOUR BMR.**  
**ADD MORE WEIGHT WHEN EXERCISING.**  
**DRINK MORE WATER.**  
**EAT MORE METABOLISM BOOSTING FOODS.**  
**DON'T GIVE UP!**



## Couch to 5k Running Plan

Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> <li>• 60 seconds of jogging</li> <li>• 90 seconds of walking</li> </ul>	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> <li>• 60 seconds of jogging</li> <li>• 90 seconds of walking</li> </ul>	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> <li>• 60 seconds of jogging</li> <li>• 90 seconds of walking</li> </ul>
2	Brisk five minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 2 minutes of walking</li> </ul>	Brisk five minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 2 minutes of walking</li> </ul>	Brisk five minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 2 minutes of walking</li> </ul>
3	Brisk five minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 90 seconds of walking</li> <li>• 3 minutes of jogging</li> <li>• 3 minutes of walking</li> </ul>	Brisk five minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 90 seconds of walking</li> <li>• 3 minutes of jogging</li> <li>• 3 minutes of walking</li> </ul>	Brisk five minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> <li>• 90 seconds of jogging</li> <li>• 90 seconds of walking</li> <li>• 3 minutes of jogging</li> <li>• 3 minutes of walking</li> </ul>
4	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> <li>• 2 1/2 minutes of walking</li> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> </ul>	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> <li>• 2 1/2 minutes of walking</li> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> </ul>	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> <li>• 2 1/2 minutes of walking</li> <li>• 3 minutes of jogging</li> <li>• 90 seconds of walking</li> <li>• 5 minutes of jogging</li> </ul>
5	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> </ul>	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 8 minutes of jogging</li> <li>• 5 minutes of walking</li> <li>• 8 minutes of jogging</li> </ul>	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking.
6	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 5 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 8 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 5 minutes of jogging</li> </ul>	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> <li>• 10 minutes of jogging</li> <li>• 3 minutes of walking</li> <li>• 10 minutes of jogging</li> </ul>	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking.
7	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.
8	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.
9	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.	<b>The final workout. Congrats!</b> Brisk five minute warmup walk, then do 30 minutes of jogging.

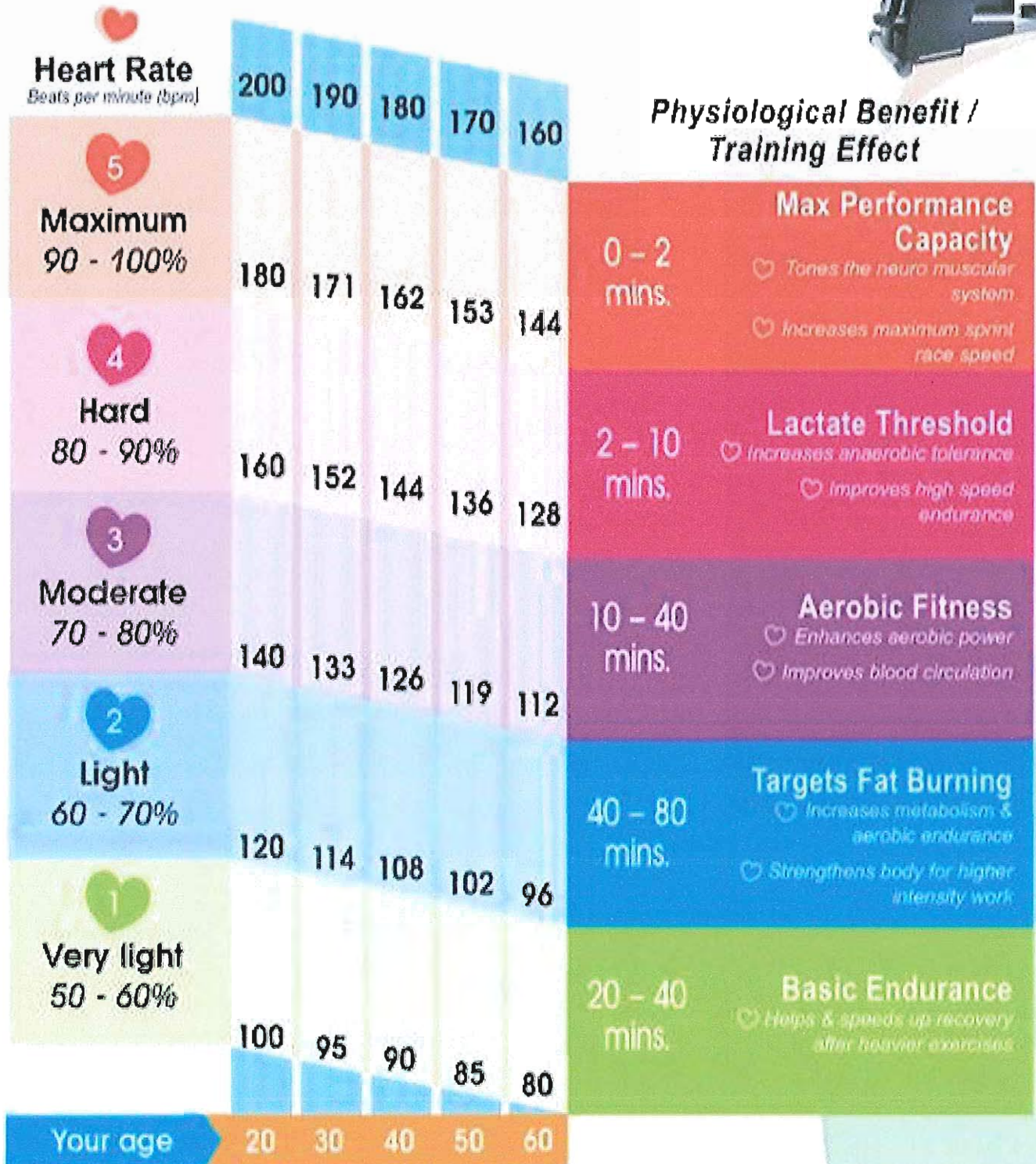
# HOW HARD are you working?



My  
Exercise  
Zones

220 - Age =  bpm

(Maximum Heart Rate, MHR)





## Overnight, No-Cook Refrigerator Oatmeal

- Assemble Ingredients in a half pint (1 cup) mason jar:
  - \* 1/4 Cup Uncooked Old Fashioned Rolled Oats (not instant, quick, or steel-cut)
  - \* 1/4 Cup Low-Fat Greek yogurt (regular yogurt is thinner; if you use it, you'll need to reduce the amount of milk)
  - \* 1/3 Cup Skim Milk, Almond Milk or Soy Milk
  - \* 1 ½ Teaspoons Dried Chia Seeds
- Put a lid on the jar and shake to combine
- Add fruit and stir gently until combined (See Recipes below)
- Place in fridge overnight and up to 2 days; maybe longer depending on the type and ripeness of the fruit.
- During the overnight soak, the oats and chia seeds absorb the liquid and soften. They have a great eating texture by the next day.

### Mango Almond Refrigerator Oatmeal

207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 1/4 teaspoon almond extract
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced mango (approx. half of a small mango)

### Blueberry Maple Refrigerator Oatmeal

215 calories, 4g fat, 48g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

## Apple Cinnamon Refrigerator Oatmeal

210 calories, 4g fat, 48g carbs, 8g fiber, 11g protein; Weight Watchers PtsPlus: 7

- 1/2 teaspoon cinnamon
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup unsweetened applesauce, or enough to fill jar

## Banana Cocoa Refrigerator Oatmeal

*(A healthy way to eat chocolate for breakfast. Feel free to squeal with delight!)*

245 calories, 5g fat, 56g carbs, 10g fiber, 13g protein; Weight Watchers PtsPlus: 8

- 1 tablespoon cocoa powder
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

## Banana Peanut Butter Refrigerator Oatmeal

264 calories, 5g fat, 55g carbs, 8g fiber, 15g protein; Weight Watchers PtsPlus: 8 (using PB2 and no honey or sweetener)

- 1 tablespoon peanut butter (may substitute PB2 powdered peanut butter)
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

## Raspberry Vanilla Refrigerator Oatmeal

230 calories, 4g fat, 51g carbs, 8g fiber, 11g protein; Weight Watchers PtsPlus: 7

- 1/4 teaspoon vanilla extract
- 1 tablespoon raspberry jam, preserves, or spread
- 1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar

## Mandarin Orange Refrigerator Oatmeal

236 calories, 4g fat, 53g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1 tablespoon orange marmalade
- 1/4 cup drained canned mandarin oranges (or fresh chopped orange)

## Cherry Chocolate Chunk Refrigerator Oatmeal

274 calories, 8g fat, 55g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 9

- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/2 teaspoon vanilla extract
- 1 tablespoon finely chopped dark chocolate
- 1/4 cup chopped cherries (fresh or frozen)

## Pumpkin Pie Refrigerator Oatmeal

216 calories, 4g fat, 48g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 1/2 teaspoon pumpkin pie spice
- 2 teaspoons maple syrup (or substitute any preferred sweetener)
- 1/4 cup pumpkin puree (unsweetened canned pumpkin)