



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

How to Avoid the Czech Days Bloat

5:30 pm, Monday, July 22nd 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??? Nutrition Classes are available on DVD--copy at Extension Office, Courthouse & Jail

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. Stephanie will be at the courthouse on:

Friday, July 26th

Friday, August 9th

Friday, August 23rd

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

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

**THE ONLY
WORKOUT
YOU'LL
REGRET
IS THE ONE YOU
DIDN'T DO.**



W A L K I N G

20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



How to Feel Full Faster

Eating healthy, filling foods can help you lose weight without feeling hungry.

Certain foods make you feel fuller — and satisfy you longer — than others. Knowing which healthy foods are the most filling and incorporating them into your diet can help you lose weight. And remember, it's not just what you eat, but how you eat that can make a difference in how full you feel. To help you figure out a strategy that's going to leave you feeling satisfied while eating less, we've interviewed three registered dietitians about filling up while slimming down.

Foods That Help You Feel Full Faster

Fiber

Foods that are **high in fiber** fill you up on fewer calories, says Tanya Zuckerbrot, MS, RD, and author of The F-Factor Diet. Whole grains, such as whole wheat breads and pastas, oatmeal, and brown rice, are complex carbohydrates that have **more fiber** and nutrients, and, typically, fewer calories than simple carbs like those in cake, candy, and soda.

Fruits and veggies

"Many fruits and vegetables have high water and fiber contents, making them the ultimate low-calorie filler," says Zuckerbrot. Grapefruit, apples, pears, berries, broccoli, cauliflower, and asparagus are especially filling. Additionally, says Marisa Moore, RD, National Spokesperson for the American Dietetic Association, you should opt for whole fruit over fruit juice whenever possible. "Whole fruit provides all the benefits of juice with an added bonus — **fiber**, which can keep you feeling full longer," she explains.

Lean protein

Research indicates that protein ranks high on the scale of foods that make you feel full and creates a greater feeling of satisfaction than other foods, according to Moore. The best choices are animal and plant proteins that are high in calories but low in fat. These include fish, white-meat poultry, fat-free dairy products, egg whites, legumes, beans, peas, and lentils.

Healthy fats

In addition to high-fiber whole grains, fruits and veggies, and lean protein, Lona Sandon, MEd, RD, LD, and a National Spokesperson for the ADA, recommends adding healthy fats to your diet. "For instance, you can use a light olive oil-based dressing," Sandon says, "and add a spoonful of nuts or seeds to your salads," because these also contain "good" fats.

Strategies to Help Fill You Up Faster

Start smart. Sandon, Moore, and Zuckerbrot all recommend beginning lunch or dinner with a broth-based, vegetable-filled soup or a salad. "Research suggests that including a broth-based soup or veggie salad with low-calorie dressing may help you eat fewer calories during your meal," says Moore. Zuckerbrot adds that since these foods take longer to eat, they can also help curb your hunger and prevent you from overeating your main dish.

Don't skip meals. To avoid filling up on unhealthy options, fuel your body with healthy foods periodically throughout the day, suggests Sandon. This means no skipping meals. "Eat at regular times spaced evenly throughout the day and try to eat approximately the same amount of food at each meal." Sticking with a schedule, adds Zuckerbrot, will help keep your metabolism working and burning more calories daily.

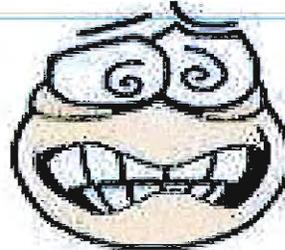
Use a smaller plate. "We tend to eat with our eyes, not our stomachs," says Sandon. "For many people, the sign of fullness is an empty plate." Consuming healthier portion sizes on a smaller plate may have the same effect. For a **balanced meal**, Sandon recommends loading up at least half your plate with veggies and fruit, then filling a quarter of the plate with lean protein and the other quarter with bread, pasta, or a potato.

Slow down. Because it takes about 20 minutes for the brain to realize that the stomach is full, eating more slowly may help prevent overeating, says Moore. "It allows you to get to the point of being satisfied, not stuffed." Additionally, many people tend to ignore common signs of fullness, such as the feeling of tightness in the stomach, says Sandon. "Don't keep eating until your fullness is uncomfortably obvious. Instead, take time out to put your fork or spoon down between bites and have a sip of water while observing the physical sensations of your stomach."

TOP 10

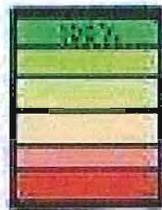
Fitness Facts

1 Exercise
Boosts
Brainpower



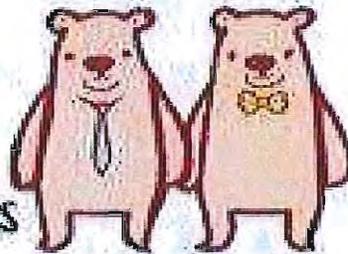
2 Movement
Melts Away
Stress

3 Exercise
Gives You
Energy



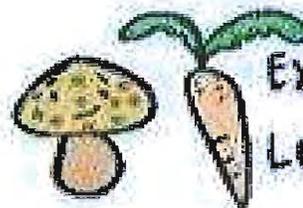
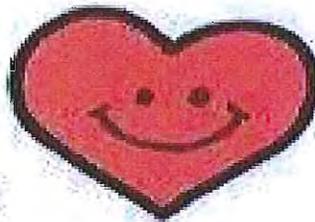
4 It is easy
to find time
for fitness

5 Fitness can
Build
Relationships



6 Exercise
Helps Ward Off
Disease

7 Fitness
Pumps Up
Your Heart



8 Exercise
Lets You Eat More

9 Exercise
Boosts
Performance



10 Weight
Loss is NOT
the Most Important
Goal

Always put your
Health first!

Love

Smoky Ham and Corn Salad



Kem Burris

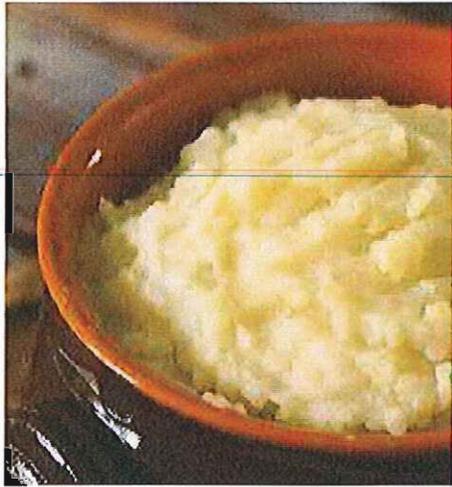
Fresh corn, diced deli ham and crunchy croutons are tossed with a smoky, creamy dressing in this light summer salad. Serve with a crisp glass of rosé and sliced melon.

Ingredients

Prep: 15 Minutes | Total Time: 15 Minutes

- 1/3 cup reduced-fat sour cream
 - 2 tablespoons distilled white vinegar
 - 1 teaspoon paprika, preferably smoked
 - 1/4 teaspoon salt
 - 8 cups trimmed frisée or 8 cups mixed salad greens (about 1 large head)
 - 1 medium tomato, diced
 - 1 cup diced fresh corn kernels
 - 1 cup croutons, preferably whole-grain
 - 3/4 cup diced ham (about 4 ounces)
1. Whisk sour cream, vinegar, paprika and salt in a large bowl.
 2. Add frisée (or salad greens), tomato, corn, croutons and ham; toss to coat

Mashed Potatoes



Your opinion about mashed potatoes is about to be elevated. This succulent side relies on whipping cream, sour cream, butter, brown sugar, chicken bouillon, soy sauce and chicken broth for its appeal. Get bowled over by the best

Ingredients

6 medium potatoes, peeled and cubed
4 tbsp. butter, sliced
1 tsp. extra virgin olive oil
1 large white onion, diced
1/2 tsp. brown sugar
3 tbsp. whipping cream [↗](#)
1/3 cup sour cream
1/2 cup cream cheese
1 tbsp. light soy sauce
1/4 cup freshly grated parmesan cheese [↗](#)
1 tbsp. chicken bouillon granules
1 tbsp. dried parsley
Black pepper to taste
Salt to taste

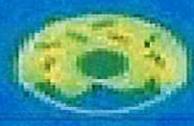
Methods/steps

Using a large pot, cover potatoes with water and bring to a boil over high heat. Simmer on medium-high heat until the center of the potatoes are tender when pricked with a fork (about 25 minutes). Drain, then place potatoes back into pot. Meanwhile, heat butter and olive oil in a large skillet over medium heat. Mix in onions, sprinkle with salt, and cook 5 minutes. Reduce heat to medium low, and cook, stirring occasionally, until onions are a deep golden brown, (about 20 minutes). Mix in brown sugar. Pour whipping cream over the potatoes, and mash with a large fork or potato masher. Mix in sour cream, cream cheese [↗](#), soy sauce, parmesan cheese, bouillon granules, and dried parsley. Mix in caramelized onions, and season with black pepper. Mix with an electric mixer until smooth. Reheat briefly over low heat, and serve.

THINK BEFORE YOU EAT

IF YOU CONSUME

YOU HAVE TO DO



Glazed yeast doughnut
(242 calories)



88 minutes of crunches



Cheeseburger and Fries
(691 calories)



141 minutes on the elliptical



Fried Chicken Breast
(444 calories)



65 minutes on a stationary bike



Slice of Cheesecake
(710 calories)



148 minutes of brisk walking



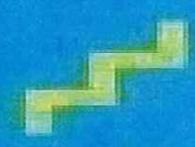
Milkshake
(780 calories)



72 minutes of jumping rope



Two Slices Pepperoni Pizza
(626 calories)



159 minutes of climbing stairs



Chicken Burrito
(1,175 calories)



122 minutes of running



Chips and Queso
(740 calories)



130 minutes of swimming



16-Ounce Frappuccino
(500 calories)



170 minutes of Pilates



21-Ounce Soda
(200 calories)



54 minutes of lunges

8 Ways to Focus on Getting Fit

You know you should exercise more, but that won't always get you going. Here's how to devise and stick to an exercise program.

Forty percent of all chronic diseases can be prevented through a healthy lifestyle, which includes eating a **healthy diet** and **working out** regularly. Yet Americans have become increasingly obese and sedentary. "People just aren't making the connection between unhealthy lifestyle choices and disease risk," says Alice Burron, MS, spokeswoman for the American Council on Exercise and author of *Four Weeks to Fabulous*. Doctors often try to change people's attitudes by emphasizing the health benefits of exercise. But a recent study at the University of Missouri, published in the *American Journal of Public Health*, found that telling people why exercising is good for them doesn't motivate them. People don't "think" themselves into being more active and working out, the researchers concluded after studying data on close to 100,000 participants.

The researchers, led by Vicki Conn, PhD, RN, FAAN, associate dean for research and Potter-Brinton professor in the MU Sinclair School of Nursing, also concluded that rather than focus on why patients should exercise, health experts should be emphasizing how to exercise. They believe that many people would exercise more and lose weight if they knew how to fit working out into their busy schedules.

Personalizing Your Exercise Goals

Burron says the chance of starting and sticking to an exercise regime increases if people personalize their decisions. "For example," she says, "if they have a close friend or family member who has suffered from heart disease, stroke, **diabetes** or cancer, and they resolve to make healthy lifestyle changes to prevent the same fate, success almost always follows."

Wanting to be a role model for your children or others in your life is another good motivation. "I want to teach my four children how to eat well and stay active for life," she says. "Also, being in the fitness industry, everyone watches me closely — my weight and what I eat. I have to be a good example so that I am believable and people will follow my lead."

Here are other ways that you can motivate yourself to lose weight and exercise regularly:

- **Make specific goals.** Don't just say, "I want to **lose weight**." Better: "I want to lose 20 pounds in a year." Your goal needs to have specific timeframes and be something where you can measure your progress, Burron says.
- **Be realistic.** Never expect to lose 20 pounds in two weeks or even three. Set goals that are realistic with the effort and commitment that you can give to them, Burron says. Also, make sure you have the resources available to achieve your goals. Don't choose swimming as your form of exercise if you don't have access to a pool, or running outdoors when it's going to be freezing outside for the next few months.
- **Set reminders.** Post sticky notes where you will see them, reminding yourself of the benefits of exercise and sticking to your goals.
- **Schedule your workout.** Put time for exercising on your calendar, just as you would a doctor's appointment or work. You can use your phone to **set an alarm** when it's time to get moving.
- **Put it in writing.** Keep a journal with your goals for the week along with your results. After working out, write down what you did and for how long. When you look at the numbers and see progress, it will encourage you to keep going.
- **Consider the obstacles.** Think about what might get in the way of your going for a brisk walk or biking at least three times a week. "Then come up with a plan to overcome these obstacles," Burron says. For example, if you have small children that you can't leave and have no one to watch them, buy a good stroller or bike so they can come along. Weather getting you down? Find a fitness center with child care or create a home exercise routine that you can do when the kids are napping or at school.
- **Get a partner.** "If you have the tendency to bail from exercise at the last minute, finding a partner who can keep you accountable might be a good strategy," Burron says.
- **Talk to a trainer.** It's important that your exercise routine be made of activities you like. The more you like them, the more motivated you'll be to do them. However, you may need a personal trainer to teach you how to properly do the exercises you've chosen and set up a routine that you can live with easily.

Making lifestyle changes is similar to remodeling your house, Burron says. "It will go much better if you have a plan." Even making small increases in your physical activities will be beneficial to your overall health.