



# 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

## "Kicking" Cholesterol

5:30 pm, Wednesday, September 11th 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

Presentation will last about 1 hour with Q&A to follow.

10 Points--Crazy 8 Challenge

## 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:

1 Point--Crazy 8 Challenge

Friday, September 6th

Friday, September 20th

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

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

# TODAY IS YOUR DAY

To **START** Fresh.

To **EAT** Right.

To **TRAIN** Hard.

To **LIVE** Healthy.

To **BE** Proud. - Bonnie Pfiester



**Saline County Fitness Center  
Open House  
Monday, September 23, 2013  
11:00 am – 1:30 pm**



**Tom Sweeney will be on hand to educate employees on the fitness equipment & train on our NEW (coming soon) Elliptical Cross Trainer.**

**FOOD ~ DRINK ~ PRIZES**

**Victoria Rethmeier will be here to discuss nutrition.**



**Stop over for a healthy lunch**

10 Points—Crazy 8 Challenge

# 6 Healthy Breakfast Ideas

WWW.PROJECTNEXT.NET

 WHOLE WHEAT TORTILLA -80 cal  
 1 SCRAMBLED EGG -70 cal  
 CHOPPED VEGGIES -50 cal  
 2 TBSP SALSA -10 cal  
**230 calories total**

 6 OZ GREEK YOGURT -110 cal  
 MIXED BERRIES -50 cal  
 1/2 CUP KASHI GO LEAN CEREAL -15 cal  
**285 calories total**

 WHEAT ENGLISH MUFFIN -100 cal  
 POACHED EGG -75 cal  
 1/2 SMALL AVOCADO -130 cal  
**305 calories total**

 MULTIGRAIN MUFFIN -110 cal  
 HARD BOILED EGG -75 cal  
 MELON -60 cal  
**325 calories total**

 1 CUP INSTANT OATMEAL -100 cal  
 1 GRATED APPLE -100 cal  
 CINNAMON -10 cal  
 1/2 CUP BROKEN WALNUTS -50 cal  
**360 total calories**

 WHOLE WHEAT WAFFLE -110 cal  
 1 TBSP PEANUT BUTTER -90 cal  
 SLICED BANANA -100 cal  
**360 calories total**



## Charity Miles

This is a FREE app that empowers you to earn money for charities while walking, running or biking-- everyday. Just choose a charity and hit the streets. As you walk, run or bike, the app will track your distance and you'll earn money for your charity: 10¢ per mile for bikers; 25¢ per mile for walkers and runners, all up to \$1,000,000 courtesy of their corporate sponsors. (Must have Facebook to use this app)

## Download this Free App Today

### Sponsored Charities:





# CARBS vs CARBS!

For quite some time carbohydrates have been given a bad name due to the popular low-carb diets around at the moment. It's important to know that not all carbs are bad...

## GOOD (complex) CARBS

Oatmeal

Sweet potato

Brown rice

Quinoa

Barley

Beans, nuts & seeds

## BAD (simple) CARBS

Cane sugar

White bread

White rice/pasta

Bottled sauces

Cakes, biscuits etc

Soda & Juices



# Turkey Burgers with Swiss and Garlic Mushrooms

Submitted by: [THEMNEMOSYNE](#)



## Introduction

A lighter version of a favorite burger.

Minutes to Prepare: 5

Minutes to Cook: 10

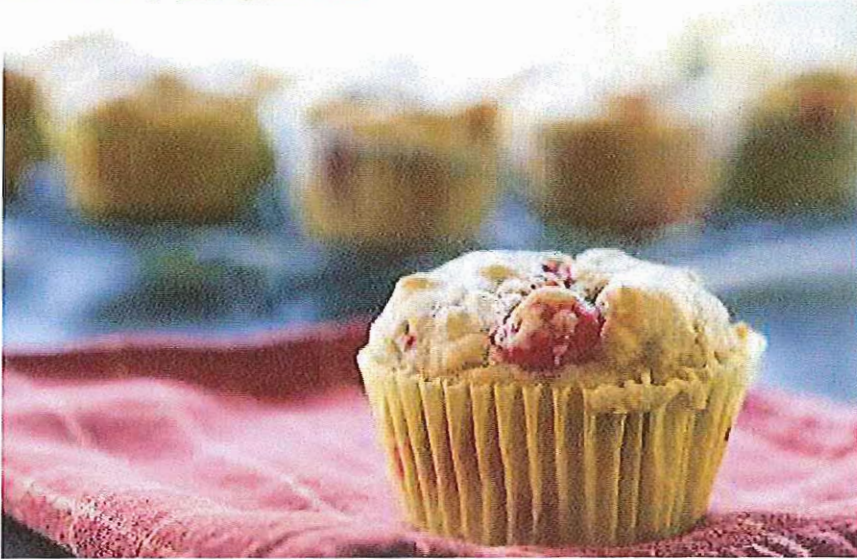
Number of Servings: 4

## Ingredients

- 1 package (about 1 pound) 93% lean ground turkey
- 1/4 cup seasoned breadcrumbs
- 1/2 teaspoon seasoning salt (such as Morton's Nature's Seasons seasoning blend)
- 1 clove garlic, minced
- 1 (8-oz) package pre-sliced mushrooms (about 2 1/2 cups)
- 1 tablespoon butter or margarine
- 2 slices reduced-fat Swiss cheese, torn in half
- Whole-wheat or whole-grain hamburger buns

# Better Berry Muffins

Submitted by: [CHEF\\_MEG](#)



## Introduction

Raspberry, strawberry, blueberry, blackberry--choose any berry you want. You can't go wrong with these healthy, tasty muffins.

Minutes to Prepare: 15

Minutes to Cook: 15

Number of Servings: 12

## Ingredients

- 1 T flax seeds
- 1 c berries
- 1 c quick oats
- 1 c lowfat buttermilk
- 1 c whole wheat flour
- 1 t baking powder
- 1/2 t baking soda
- 1 t salt
- 1 whole egg
- 1/4 c unsweetened applesauce
- 3/4 c brown sugar
- 1 t vanilla extract

## Directions

Preheat oven to 375 degrees. Spray muffin pans with nonstick spray or line with paper liners. Use a clean coffee grinder to roughly grind the flax seeds, trying not to process them into a mealy texture. (You can use pre-ground flax if that's what you have on hand.) Hull (remove the leaves) and chop the strawberries. In a small bowl, combine the oats and buttermilk, and let stand at room temperature for five minutes. In a medium bowl, combine the flour, baking powder, baking soda, and salt. In a large bowl, use a handheld mixer to beat the egg, applesauce, and brown sugar for 3 minutes at medium speed. Add the vanilla and combine. Blend in the oat-buttermilk mixture. Stir in the flour mixture just to combine. Try not to overwork the mixture. Fold in the strawberries. Fill muffin cups 3/4 full and top with a sprinkle of flax seed. Bake 15 minutes or until a toothpick inserted into the center comes out clean.



# Make Little Changes for Big Results

1. Eat protein at breakfast-- like eggs! Protein keeps you fuller longer than that bagel or blueberry muffin. You'll be less likely to eat more later on.
2. Eat more fresh fruit and veggies... skip the canned version for a healthier choice.
3. Park your car far away so you'll walk more steps and burn more calories (or walk instead of drive!)
4. Switch to 100% whole grains... who needs white bread when you have so many whole grain options?
5. Get more fiber. It also keeps you fuller and helps with digestion.
6. Drink at least 8 glasses of water. You'll eat less and feel better. No more soda and sugary fruit juice... and that's final!
7. Don't eat in front of the TV. You'll be more likely to eat mindlessly.
8. Cook with heart healthy olive oil not butter or other fats.
9. Start with soup or salad-- you'll eat less of your entree.
10. Keep a little dark chocolate on hand to satisfy your sweet tooth-- so you won't dig into that pint of ice cream.
11. No more fast food. No excuses. That goes for processed foods too!
12. Add strength training to your exercise regimen. More muscle=more calories burned all day long.
13. Use a pedometer, try to walk more steps every day!
14. Log your calories in a food and fitness journal to stay accountable.
15. Put your workouts on your calendar; you'll be more likely to do them.
16. Move more-- take the stairs, do squats while you're watching TV, stand at your desk, do toe raises while you brush your teeth.
17. Plan active outdoor activities instead of watching TV or seeing a movie.
18. Skip the sugar in your coffee or cereal.
19. Snack smart-- choose fruit, low fat yogurt, nuts, or veggies and hummus to stay satisfied.
20. Take a walk after dinner.
21. Order salad dressing on the side and add a little bit on your fork when you want some flavor.
22. Chew minty gum to ward off cravings.
23. Get at least 7 hours of sleep. Being tired makes you more likely to eat more.
24. Flavor your food with spices and herbs instead of salt and sugar.
25. Bring your own lunch. You'll know exactly what's in it!



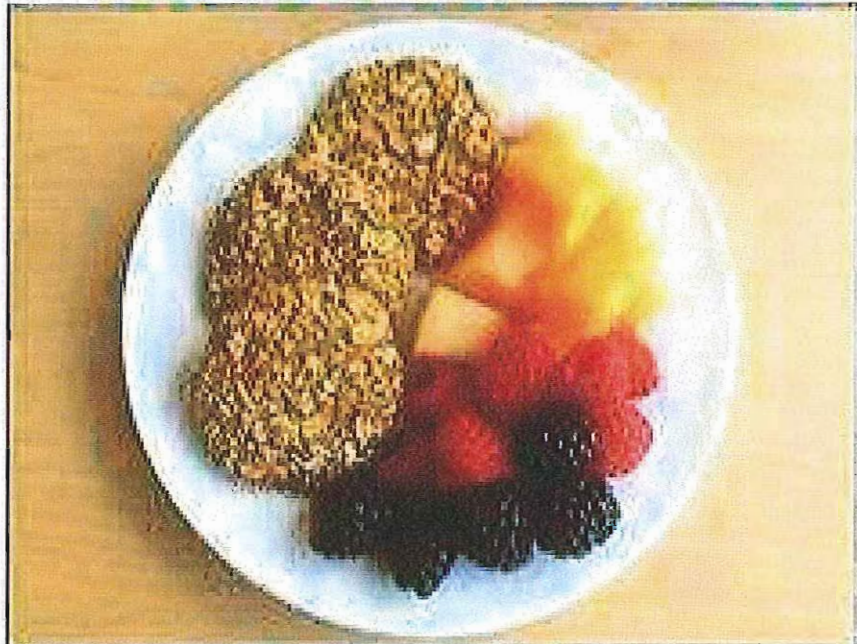
**26. Participate in a Saline County Wellness Challenges for extra support**



# CLEAN EATING FOR BEGINNERS

ORIGINALLY BY [www.downtownmag.com](http://www.downtownmag.com)  
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## SHOPPING LIST



### BREADS

- Ezekiel Brand breads (frozen sett)
- Alvarado Street Bakery Brands
- Trader Joe's Brand Whole Grain
- Al Mak (Whole Crackers)

### DAIRY & NONDAIRY

- Fat free or 1% Milk
- Low Fat Cottage Cheese
- Greek Yogurt
- Fat-free or plain yogurt
- Cheese (usually avoided due to high fat content!)
- Unsweetened Almond Milk
- Unsweetened Rice Milk (made from brown rice, not white)
- Unsweetened (Organic) Soy Milk
- Unsweetened Light Coconut Milk

### POULTRY

Avoid the carton white eggs, opt for brown organic. Egg whites are essential! Boneless, Skinless Turkey OR B/S Chicken Breast

### BEEF & MEATS

- Venison
- Bison
- Buffalo
- (Beef is normally not part of a clean diet)
- Fish
- Duck

### PRODUCE

Any fresh fruit/veg you like.

### THE AISLES

- Tea (green)
- Raw Nuts
- Coffee (decaf)
- Seeds
- Oatmeal (steel cut, plain)
- Beans (black, lentils, etc.)

### CONDIMENTS

- Sugar Free Mustard
- Honey
- Pure Maple Syrup
- Herbs & Spices (organic)

### FLOURS & GRAINS

- Whole Wheat Flour
- White Whole Wheat Flour
- Whole Wheat Pastry Flour
- Gluten-Free Flour
- Brown Rice
- Whole Grains