



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

Carbs: The Good, the Bad, the Ugly

5:30 pm, Tuesday, October 8th 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

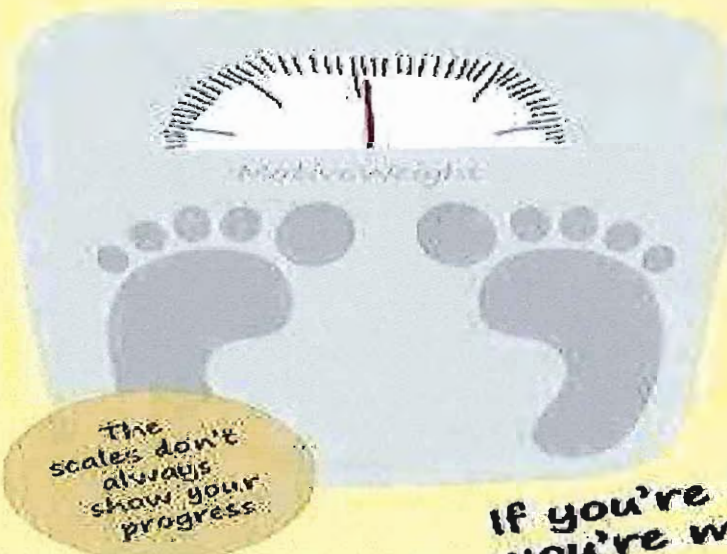
Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour. Stephanie will be at the courthouse on:

Friday, October 18th

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

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

Notice Your Non-Scale Victories



- More determination
- Less overeating
- More persistence
- Greater focus
- Drinking more water
- Eating more veg
- Cutting down on fat
- Cutting down on sugar
- Moving more
- Being more positive

If you're doing any of these
you're making **PROGRESS**

Metiveweight

A BEGINNER'S GROCERY GUIDE TO: **CLEAN EATING**

FRUITS/VEGGIES

apples, bananas, clementines, grapes, strawberries, avocados, peaches, romaine lettuce, celery, blueberries, raspberries, pears, celery, baby carrots, spinach, sweet potatoes, cucumbers, corn, broccoli, bell peppers, kale, tomatoes, frozen fruits (for yummy smoothies)

DAIRY

unsweetened almond milk, horizon organic cheese slices, chobani greek yogurt, cottage cheese, cage-free organic eggs, low-fat shredded cheese

GRAINS

whole grain bread, whole wheat pasta, whole wheat wraps (flat out brand rocks), whole grain english muffins, brown rice,

MEATS

chicken breast, turkey bacon, turkey breast, tuna, any low sodium sliced deli meat

OTHER

lara (or other protein) bars, veggie-gos, annie's fruit snacks, almonds, honey mustard, caesar dressing, kashi cereal, peanut butter, annie's cheddar bunnies, dark chocolate (no sugar added), chocolate covered raisins, vanilla whey protein, crystal light drink mixes

YOU CAN DO IT!
ROCKKATEIKIII @ TUMBLR.COM

Let's Eat Clean!

Eat 5-6 smaller meals throughout the day. This way you'll never be starving and your metabolism burns all day.

No processed foods. No refined flours or sugar. (Put away the white flour and white sugar.)

Complex carbs, lean proteins & healthy fats are given a major thumbs up.

You'll feel more energized: no more energy crashes, tired afternoons, dizzy, sweaty moments.

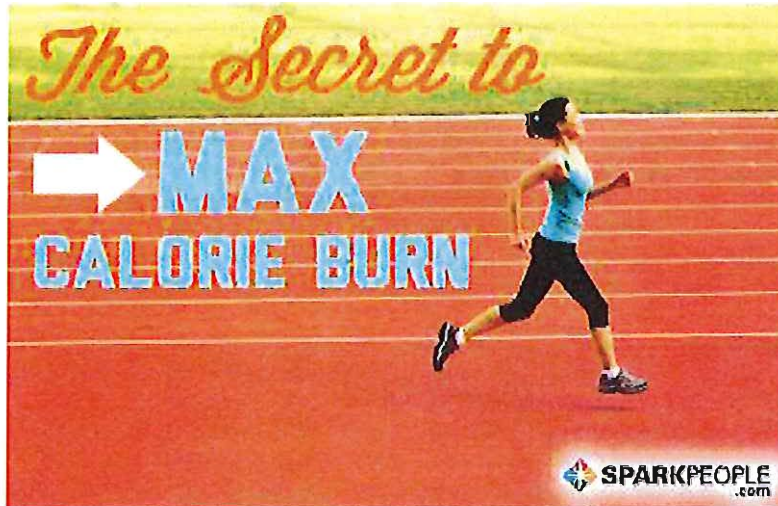
Eating clean is NOT tasteless, but DELICIOUS!

From the Eat-Clean Diet by Tosca Reno

High Intensity Interval Training

Take Your Fitness and Fat Loss to the Next Level

-- By [Dean Anderson, Fitness & Behavior Expert](#)



If I told you that there was a way to burn more calories, lose more fat, and improve your cardiovascular fitness level while spending *less* time doing cardio, you'd probably reach for your phone to report me to the consumer fraud hotline, right?

Well, this is one of those rare times when your natural it's-too-good-to-be-true reaction could be mistaken. If you want to take your fitness and fat loss to the next level—without spending more time in the gym—then **high intensity interval training** (also known as HIIT) could be exactly what you're looking for.

Before getting into the details, notice that I didn't say HIIT would be *easier*, just that it would take less of your time. In fact, the HIIT approach to cardio exercise is **very physically demanding and isn't for everyone**. If you have any cardiovascular problems or other health concerns that limit your ability to exercise at very intense levels, or if you are relatively new to aerobic exercise or not already in good shape, HIIT is not for you—at least for now. If you have any doubts or concerns about whether it might be safe for you, check in with your medical professional before trying HIIT.

What It Is and How It Works

HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide:

- HIIT trains and conditions both your *anaerobic* and *aerobic* energy systems. You train your anaerobic system with brief, all-out efforts, like when you have to push to make it up a hill, sprint the last few hundred yards of a distance race, or run and hide from your spouse after saying the wrong thing.
- HIIT increases the amount of calories you burn during your exercise session and afterward because it increases the length of time it takes your body to recover from each exercise session.
- HIIT causes metabolic adaptations that enable you to use more fat as fuel under a variety of conditions. This will improve your athletic endurance as well as your fat-burning potential.
- HIIT appears to limit muscle loss that can occur with weight loss, in comparison to traditional steady-state cardio exercise of longer duration.
- To get the benefits HIIT, you need to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals.

The key element of HIIT that makes it different from other forms of interval training is that the high intensity intervals involve *maximum* effort, not simply a higher heart rate. There are many different approaches to HIIT, each involving different numbers of high and low intensity intervals, different levels of intensity during the low intensity intervals, different lengths of time for each interval, and different numbers of training sessions per week. If you want to use HIIT to improve performance for a particular sport or activity, you'll

need to tailor your training program to the specific needs and demands of your activity.

General HIIT Guidelines

HIIT is designed for people whose primary concerns are boosting overall cardiovascular fitness, endurance, and fat loss,

- without losing the muscle mass they already have.
- Before starting any HIIT program, you should be able to exercise for at least 20-30 minutes at 70-85% of your estimated maximum heart rate, without exhausting yourself or having problems.
- Because HIIT is physically demanding, it's important to gradually build up your training program so that you don't overdo it. (The sample training schedule below will safely introduce you to HIIT over a period of eight weeks.)
- Always warm up and cool down for at least five minutes before and after each HIIT session.
- Work as hard as you can during the high intensity intervals, until you feel the burning sensation in your muscles indicating that you have entered your [anaerobic](#) zone. Elite athletes can usually sustain maximum intensity exercise for three to five minutes before they have to slow down and recover, so don't expect to work longer than that.
- Full recovery takes about four minutes for everyone, but you can shorten the recovery intervals if your high intensity intervals are also shorter and don't completely exhaust your anaerobic energy system.
- If you experience any chest pain or breathing difficulties during your HIIT workout, **cool down** immediately. (Don't just stop or else blood can pool in your extremities and lightheadedness or faintness can occur.)
- If your heart rate does not drop back down to about 70% of your max during recovery intervals, you may need to shorten your work intervals and/or lengthen your recovery intervals.
- HIIT (including the sample program below) is not for beginner exercisers or people with cardiovascular problems or risk factors. If you have cardiovascular problems or risk factors should NOT attempt HIIT unless your doctor has specifically cleared you for this kind of exercise.

A Sample Progressive HIIT Program

Please adhere to the general HIIT guidelines above for this program. To maximize fat loss, maintain an [intensity level](#) of 60-70% of your maximum heart rate (RPE of 5-6 on the 10-point scale) during warm up, cool down and recovery intervals.

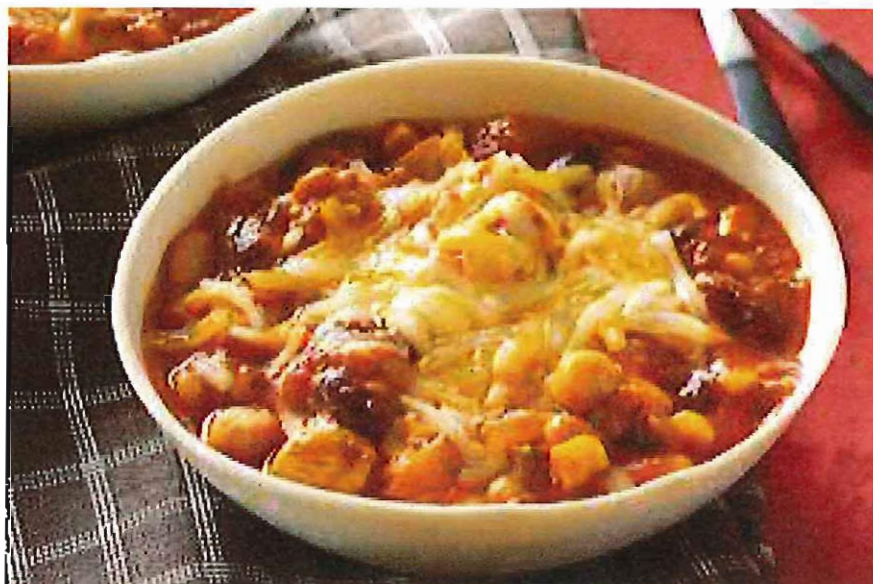
Week	Warm up	Work Interval (Max Intensity)	Recovery Interval (60-70% MHR)	Repeat	Cool down	Total Workout Time
1	5 min.	1 min.	4 min.	2 times	5 min.	20 min.
2	5 min.	1 min.	4 min.	3 times	5 min.	25 min.
3	5 min.	1 min.	4 min.	4 times	5 min.	30 min.
4	5 min.	1.5 min.	4 min.	2 times	5 min.	21 min.
5	5 min.	1.5 min.	4 min.	3 times	5 min.	26.5 min.
6	5 min.	1.5 min.	4 min.	4 times	5 min.	32 min.
7	5 min.	2 min.	5 min.	3 times	5 min.	31 min.
8	5 min.	2 min.	5 min.	4 times	5 min.	38 min.

After completing this eight-week program, you can continue working to increase the number of work intervals per session, the duration of work intervals, or both.

You can adjust this training plan to accommodate your particular needs and goals. If you find that this schedule is either too difficult or too easy for your current fitness level, you can make adjustments to the duration and/or number of high intensity intervals as necessary. For example, if you want to train yourself for very short, frequent bursts of maximum intensity activity, your program could involve sprinting for 20 seconds and jogging/walking for 60 seconds, and repeating that 15-20 times per session.

You don't need to swap all of your aerobic exercise for HIIT to gain the benefits. A good balance, for example, might be two sessions of HIIT per week, along with 1-2 sessions of steady-state aerobic exercise. As usual, moderation is the key to long-term success, so challenge yourself—but don't drive yourself into the ground. Get ready to see major changes in your body and your fitness level!

Slow-Cooker Chunky Chicken Chili



What You Need

- 1 can (15 oz.) dark red kidney beans, rinsed
- 1 can (15 oz.) light red kidney beans, rinsed (or can of Black Beans)
- 1-1/2 cups TACO BELL® Thick & Chunky Mild Salsa (or Great Value Black Bean & Corn Salsa)
- 1 can (15 oz.) no-salt-added tomato sauce
- 2 Tbsp. chili powder
- 1-1/2 lb. boneless skinless chicken thighs, cut into bite-size pieces (or Chicken Breasts)
- 1 onion, chopped
- 1 cup frozen corn (or can of whole corn drained)
- 1 cup KRAFT Mexican Style Finely Shredded Four Cheese

Make It

COMBINE beans, salsa, tomato sauce and chili powder in slow cooker. Top with chicken, onions and corn. (Do not stir.) Cover with lid.

COOK on LOW 6 to 8 hours (or on HIGH 4 to 5 hours); stir.

SERVE topped with cheese.

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Kraft Kitchens Tips

For added color and flavor, top individual bowls of chili with BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream and/or coarsely crushed PREMIUM Saltine Crackers.

Calories 310
Sodium 590 mg

Total fat 10 g
Carbohydrate 31 g

Saturated fat 4 g
Dietary fiber 7 g

Cholesterol 90 mg
Sugars 5 g Protein 26 g

Slow-Cooker Vegetable Lasagna



No boiling required for this slow-cooker lasagna! The uncooked noodles become tender during a long, slow simmer in the vegetable sauce.

What You Need

- 1 Tbsp. oil
- ½ lb. sliced fresh mushrooms
- 2 red peppers, coarsely chopped
- 1 pkg. (6 oz.) baby spinach leaves
- 1 jar (24 oz.) spaghetti sauce
- 1 container (15 oz.) POLLY-O Natural Part Skim Ricotta Cheese
- 1 pkg. (8 oz.) KRAFT Shredded Italian* Five Cheese with a TOUCH OF PHILADELPHIA, divided
- ¼ cup KRAFT Grated Parmesan Cheese, divided
- 1 egg
- 6 whole wheat lasagna noodles, uncooked

Make It

- **HEAT** oil in large skillet on medium heat. Add mushrooms and peppers; cook and stir 3 min. Remove from heat. Add spinach; stir until wilted. Stir in spaghetti sauce.
- **MIX** ricotta, 1-1/2 cups shredded cheese, 2 Tbsp. Parmesan and egg until blended.
- **SPOON** 1-1/2 cups sauce into slow cooker; top with layers of half each of the noodles (broken to fit) and ricotta mixture. Cover with 2 cups sauce. Top with remaining noodles (broken to fit), ricotta mixture and sauce. Cover with lid.
- **COOK** on LOW 4 to 5 hours (or on HIGH 2 to 3 hours) or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until shredded cheese is melted.

*Save 40 calories and 4 g of fat per serving by preparing with POLLY-O Lite Ricotta Cheese and KRAFT 2% Milk Shredded Mozzarella Cheese.

*How to Store Dried Pasta

Dried pasta will last almost indefinitely if stored in an airtight glass or plastic container in a cool dark place. Dried whole wheat pasta can turn rancid, however, so should be used within the recommended time listed on the package.

Calories 380
Sodium 690 mg

Total fat 17 g
Carbohydrate 34 g

Saturated fat 9 g
Dietary fiber 6 g

Cholesterol 65 mg
Sugars 8 g Protein 22 g

How to Keep Fruits and Veggies Fresh

Countertop Storage Tips

There's nothing as inviting as a big bowl of crisp apples on the kitchen counter. To keep those apples crisp and all countertop-stored produce fresh, store them out of direct sunlight, either directly on the countertop, in an uncovered bowl, or inside a perforated plastic bag.

Refrigerator Storage Tips

For produce that is best stored in the refrigerator, remember the following guidelines.

- Keep produce in perforated plastic bags in the produce drawer of the refrigerator. (To perforate bags, punch holes in the bag with a sharp object, spacing them about as far apart as the holes you see in supermarket apple bags.)
- Keep fruits and vegetables separate, in different drawers, because ethylene can build up in the fridge, causing spoilage.
- When storing herbs (and interestingly, asparagus, too), snip off the ends, store upright in a glass of water (like flowers in a vase) and cover with a plastic bag.

How to Properly Store Fruits & Vegetables

Refrigerator	Countertop
<p>Apples (< 7 days) Figs Apricots Honeydew Cantaloupe</p> <p>(Unwashed in a Single Layer) Blackberries Raspberries Blueberries Strawberries</p> <p>(Unwashed in a Plastic Bag) Broccoli Green Onions Carrots Lettuce Cauliflower Peas Corn Radishes</p> <p>(Store in a Paper Bag) Mushrooms Okra Artichokes Lima Beans Asparagus Leafy Vegetables Beets Leeks Brussels Sprouts Plums Cabbage Spinach Celery Sprouts Cherries Summer Squash Grapes Yellow Squash Green Beans Zucchini Herbs (not basil)</p>	<p>Apples (< 7 days) Tomatoes Bananas</p> <p>Basil Mangoes Cucumbers Oranges Eggplant Papayas Garlic Peppers Ginger Persimmons Grapefruit Pineapple Jicama Plantains Lemons Pomegranates Limes Watermelon</p>
	<h3>Cool, Dry Place</h3> <p>Acorn Squash Pumpkins Butternut Squash Spaghetti Squash Onions* Sweet Potatoes Potatoes* Winter Squash *Keep way from each other</p>
	<h3>Counter/Fridge</h3> <p>(Ripen on Counter, then Refrigerate) Avocados Pears Nectarines Plums Peaches Kiwi</p>

High Ethylene Producers: Keep away from other fresh produce to slow down ripening/spoilage.



***More about Ethylene:** Fruits and vegetables give off an odorless, harmless and tasteless gas called ethylene after they're picked. All fruits and vegetables produce it, but some foods produce it in greater quantities. When ethylene-producing foods are kept in close proximity with ethylene-sensitive foods, especially in a confined space (like a bag or drawer), the gas will speed up the ripening process of the other produce. Use this to your advantage if you want to speed up the ripening process of an unripe fruit, for example, by putting an apple in a bag with an unripe avocado. But if you want your already-ripe foods to last longer, remember to keep them away from ethylene-producing foods, as designated in the chart above.



GIVE YOUR Tresses A TREAT

Apple Cider Vinegar

- Deep-Cleans hair and removes styling-product buildup.
- Pour 1 cup over wet, unwashed hair. Then shampoo and condition as usual.
- Use Once a Week



Beer

- Smooths roughed-up, damaged cuticles that make hair look dull and strengthens hair with proteins
- Shampoo and condition, then pour a bottle of dark stout beer over wet hair. Rinse well (you don't want to smell like a brewery!)
- Do this monthly

Pumpkin

- Gently conditions and hydrates parched hair, provides UV protection, strengthens, and prevents future damage
- Mash a can of organic canned pumpkins with 4 ounces of plain yogurt. Apply to damp hair, leave on for 10-15 minutes, then rinse and shampoo.
- Do this twice a month

BLAST YOUR HAIR WITH COLD

HEAT OPENS HAIR'S PROTECTIVE OUTER LAYER, DAMAGING STRANDS AND CREATING FRIZZ. IF YOUR DRYER HAS A COOL-SHOT BUTTON, USE IT TO DELIVER A BLAST OF COLD AIR AFTER DRYING EACH INDIVIDUAL SECTION.

SECRET TO SOFTER HAIR

For Stronger, shinier strands, work conditioner through your hair and leave it while you finish showering (the steam helps it penetrate), then quickly rinse it out. Rinsing for longer than 60 seconds removes the hydrators meant to stay on hair until your next shampoo.

