

SALIMO COUMTY WOLLMOSS HOWSLOTTOR

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

Healthy Holidays: How to Survive Holiday Feasting

5:30 pm, Wednesday, November 20th 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.

One space on NOVEMBER BINGO

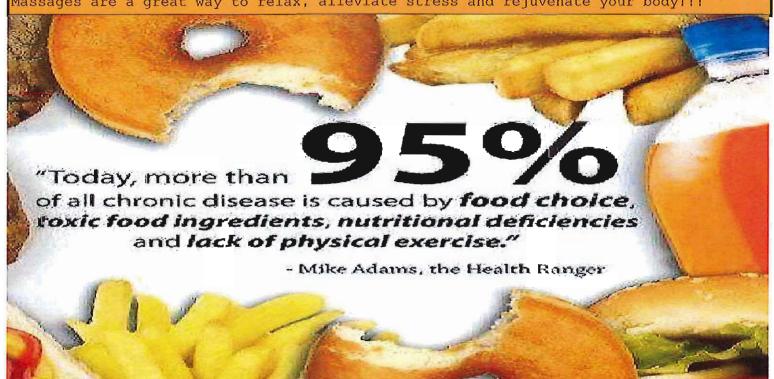
CHAIR MASSAGES ARE BACK

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, November 1st Friday, November 15th

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

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





SALINE COUNTY 3RD ANNUAL HEALTH FAIR

COMING IN MARCH 2014

Saline County will once again be offering FREE Health Screenings to all employees and their spouses. The individual health screenings are PRIVATE AND COMPETELY CONFIDENTIAL and the results are NOT reported to insurance, nor will they affect your insurance.

Plan your annual physical or doctor visits around this annual event so that you can take advantage of this FREE Opportunity!!!

Test Results will be supplied to you and faxed to your doctor.

Included in the Wellness Health Screening:

*Body Mass Index (BMI)

*Height & Weight

*Blood Pressure

- *Comprehensive Metabolic Panel CMP (Albumin, Alkaline Phosphatase, ALT, AST, Total Bilirubin, BUN, Calcium, Carbon Dioxide, Chloride, Creatinine, Glucose, Potassium, Total Protein, Sodium
- *Lipid Panel (Cholesterol, Triglycerides, HDL, LDL, Cholesterol/HDL Ratio)
- *Complete Blood Count CBC (White Blood Count (WBC), Red Blood Count (RBC), Hemoglobin (HGB), HCT, MCV, MCH, MCHC, RDW, PLT, MPV)
- *TSH (Thyroid Stimulating Hormone) Available for FREE Upon Request
- *PSA (Prostate Specific Antigen) Available for FREE Upon request for Men
- *A1C (Hemoglobin A1C) Available for FREE Upon Request

Saline County's goal is to help facilitate early detection of any serious health issues or illnesses; aid in prevention of additional complications, and also reduce medical costs. **FLEASE TAKE ADVANTAGE OF THIS FREE OPPORTUNITY!**



Blue Cross Blue Shield of Nebraska

Representatives from Blue Cross Blue Shield of Nebraska will be at the extension office on Thursday, November 14, 2013 at 5:30 pm to discuss

the Patient Protection and Affordable Care Act and answer questions

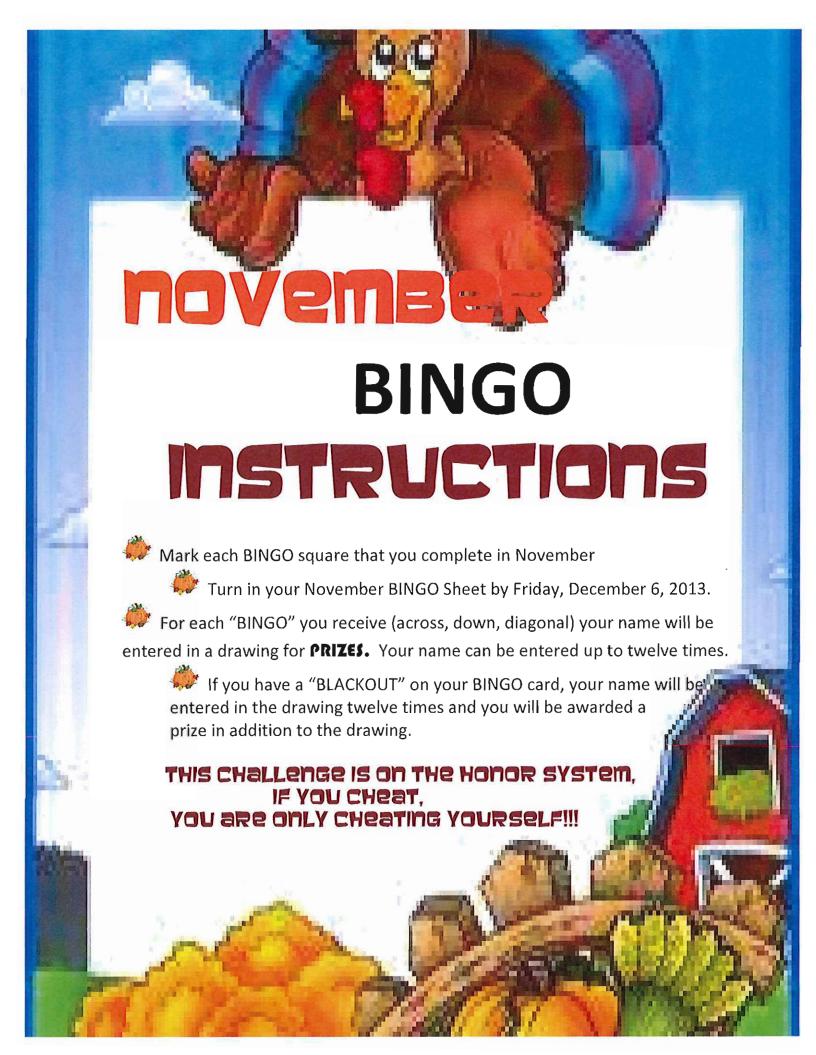
about your insurance. This is open to all county employees and their spouses.

Please contact Sharon or Brandi at 402-821-2588 if you plan to attend

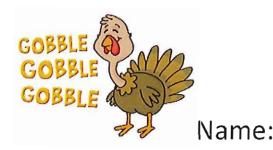
TURN YOUR WORKOUTS INTO REWARDS With the Nebras Cross and R

With the Nebraska Moves! Program from Blue Cross and Blue Shield of Nebraska

It's about time you were rewarded for your healthy lifestyle! With EveryMove, your everyday activities generate points that turn into great rewards from brands and merchants who want to cheer you on. All you have to do is... well, do something! Run, bike, mow the lawn, walk the dog, it all counts.



ember No sweets Attend the three 7 6 exercise Keep a food November November consecutive sessions of 30 journal for a nutrition class Nutrition days twice this minutes or more week (or watch the Letter month this month video) Eat 3 or 4 Do 20 squats Try a new No alcohol 3 or use the New servings of Eat a healthy exercise class, lunch all week DVD or do a consecutive Step machine dairy daily (do for 20 minutes this 8 times new exercise days each week routine 4 times 5 days this this month) month this month Drink at least Track your Eat 5-6 small Get a flu shot 8-8 oz glasses steps on a meals 3 (in October or of water 3 pedometer or consecutive days each November) the New Step days week machine every day for a week Relax and Take a walk or ride a bike over Do a good spend an hour No pop 3 Eat an average deed for a with friends or consecutive days of 4 cups of your lunch hour family 4 times twice this month fruits and/or twice this stranger this month veggies daily month No fast food Get 7 or more Work out at Involve your Maintain your hours of sleep the Fitness for an entire family or a friend weight during Center 5 times week in your fitness 4 days each the holidays this month routine at least week (or lose weight) once each week





Pumpkin Season is Upon Us...

Enjoy these Festive Fall Recipes



Pumpkin Harvest Bread Pudding

Nutrition Info

Calories: 164.9

• Fat: 0.8g

Carbohydrates: 34.1g

• Protein: 8.8g

Ingredients

Cook and Serve Sugar Free/Fat Free Vanilla Pudding Mix 3 cups Fat Free Milk

1-15 ounce can pumpkin (unsweetened)

1 teaspoon vanilla extract

2 teaspoons Pumpkin Pie Spice

1/2 cup Splenda Granular

6 slices Light Bread (40 calories or less)

Directions

Preheat oven to 350 degrees. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray. In a large saucepan, combine dry pudding mix and milk. Cook over medium heat until mixture starts to thicken and begins to boil, stirring often. Remove from heat. Stir in pumpkin, pumpkin pie spice, Splenda, and vanilla extract. Add bread pieces. Mix gently to combine. Spread mixture evenly into prepared baking dish. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

Number of Servings: 6



Pumpkin Chocolate Chip Muffins

Nutrition Info

Calories: 174.6

• Fat: 6.7g

Carbohydrates: 32.5g

Protein: 2.2g

Ingredients

1 1/2 C packed brown sugar

1/2 C vegtable oil

4 eggs

1 15 oz can pumpkin

1/2 C water

3 C flour

1 1/2 tsp baking powder

1 tsp baking soda

1 tsp ground cloves

2 tsp ground cinmamon

1/2 salt

1 tsp ground nutmeg

1 C semisweet chocolate chips

Directions

Preheat oven to 400 degrees F. Spray muffin pan with non-stick spray or use paper liners.

Mix sugar, oil, eggs, pumpking and water until smooth. In a separate bowl mix flour, soda, powder, spices and salt. Combine wet and dry ingredients until smooth - stir in chocolate chips.

Fill muffin cups 2/3 with batter. Bake at 400 20-25 minutes.



2-Ingredient Pumpkin Muffins

SparkRecipes

Easy Pumpkin Chocolate Chip Cookies



Healthy Pumpkin Banana Bread

Nutrition Info

Calories: 106.2

Fat: 2.3g

Carbohydrates: 19.9g

Protein: 3.1g

Nutrition Info

Calories: 113.8

Fat: 0.4g

Carbohydrates: 24.4g

Protein: 2.9g

Ingredients

1 box spice cake mix

1 (15-ounce) can pure pumpkin puree

Directions

Simply mix the pumpkin and the spice cake mix powder together and drop by heaping tablespoons into greased muffin cups.

Bake at 350 18-22 minutes or until a knife comes out clean

Nutrition Info

Calories: 85.3

Fat: 2.6g

Carbohydrates: 15.2g

Protein: 1.1g

Ingredients

1 box spice cake mix 15 oz. canned pumpkin 1 cup chocolate chips

Directions

Combine all ingredients and drop by teaspoons onto cookie sheet. Bake for 12 minutes at 350 degrees. Super Easy!!

Number of Servings: 36

Ingredients

2 cups all-purpose flour

2 cup whole wheat flour

1 teaspoon baking soda 4 teaspoons baking powder

1 tsp salt

1 Tbsp pumpkin pie spice

1 cup granulated sugar

1/2 cup brown sugar 1/4 cup olive oil

4 eggs, lightly beaten

1 cup lov/fat (2%) milk 1 (15-ounce) can pumpkin

2 ripe bananas, mashed

Directions

Preheat oven to 350

Combine flour and next 4 ingredients (through pumpkin pie spice) in a large boyd; make a well in center of mixture. Combine sugar and all wet ingredients in a medium bowl; stir with a whisk until smooth. Add to flour mixture, stirring just until moist.

Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool loaves completely.

Yield: 2 loaves, 16 slices per loaf (serving size: 1 slice) Number of Servings: 32



Why More?

Eating more fruits and veggies everyday – at every meal and for snacks – does matter to your health and can help protect the body from disease. Research supports that individuals eating more fruits and vegetables - as part of a healthy diet - are more likely to have reduced risk of heart disease, stroke, diabetes, and some cancers. Additionally, eating more fruits and vegetables instead of high-fat and high-calorie foods may make it easier to achieve and maintain a healthy weight.

How Much More?

Every small step toward eating more fruits and vegetables counts! And all forms of fruits and vegetables count – fresh, frozen, canned, dried, and 100% juice. Use the following chart to know the amount you need each and every day:

Women		
Age	Fruits	Vegetables
19 - 30	2 cups	2.5 cups
31 - 50	1.5 cups	2.5 cups
51+	1.5 cups	2 cups

Men		
Age	Fruits	Vegetables
19 - 50	2 cups	3 cups
51+	2 cups	2.5 cups

Girls		
Age	Fruits	Vegetables
2-3	1 cup	1 cup
4-8	1 cup	1.5 cups
9 - 13	1.5 cups	2 cups
14 - 18	1.5 cups	2.5 cups

Boys		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1.5 cups	1.5 cups
9 - 13	1.5 cups	2.5 cups
14 - 18	2 cups	3 cups

These amounts are for less active people. Visit www.fruitsandvegglesmatter.gov to see the amounts needed by more active people.

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fresh or canned fruit or ½ cup of dried fruit can be considered as 1 cup from the fruit group. Go easy on 100% fruit juice. While 100% juice can count towards your intake, the majority of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber. ½ cup (4 fluid ounces) of 100% fruit juice does count as ½ cup of fruit in meeting your requirements.



A Rainbow of Color

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Lead the Way!

Be a leader in making the healthy choice easier for yourself, your family and your community. Eating more fruits and veggies is an easy choice when they are available, affordable, convenient, and taste great. Take time at home, at work, and in your community to support healthy eating. Here are some suggestions:

Home	Keep fruits and veggies always available - in arms reach Plant a garden Get family members involved in picking out and preparing the fruits and veggies
School	 Suggest a fruit and vegetable fundraising event Plant or organize a school garden Join (or start) a school wellness team to address fruit and veggie access and promotion where ever food is sold/offered at school
Work	 Assist in establishing "Healthy Meeting Guidelines" for work events to include fruits and vegetables whenever food is served Ask for more fruit and vegetable options in your worksite cafeteria or vending Join (or start) a worksite wellness group to address fruit and veggie access and promotion where ever food is sold/offered in the work place
Community	Visit your local farmers market regularly Encourage healthy food at community events and functions Request more fruits and vegetables at your grocery or convenience store

Optimize your Health

Eating fruits and vegetables is one of six national strategies supported by research to protect health and prevent disease. The other strategies include, being physically active, breastfeeding, drinking less sugar-sweetened beverages, reducing food portions, and watching less TV. To learn more, visit: www.dhhs.ne.gov/nafh

Resources

www.fruitsandveggiesmatter.gov www.fruitsandveggiesmorematters.org







