



## Love Yourself Enough to Work Harder in 2014

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 EDUCATIONAL CLASS

Our Monthly Education Class featuring Maximized Living will be

#### Lose 20 in 30

5:30 pm, Tuesday, April 22nd at the Extension Office

Presentation will be taped. 25 Wellness Points for Class Attendance or watching video

### NIRMA ONLINE CLASSES

You will receive 25 Wellness Points for each NIRMA Online Class that you successfully complete. If you do not successfully pass the class the first time, you can retake the class. You will not receive the 25 points until the class is successfully completed.

The following classes are offered FREE from April 1 - June 30:

**Walking Your Way to Health & Fitness**  
**Understanding Pre-Diabetes**  
**Diabetic Emergencies**



# "Lucky 7" Poker Challenge

The "Lucky 7 Poker Challenge" will start on March 31<sup>st</sup> and run through May 18<sup>th</sup>. There will actually be two options for this poker challenge. Option 1: will be a walk/run challenge and Option 2: will be a wellness challenge similar to the current Crazy 8 challenge.

**OPTION 1:** The participant will walk or run at least 7 miles per week to obtain a Poker card.

**OPTION 2:** The participant will have to attain 300 points each week to obtain a Poker card.

Here are the categories and points associated:

1. Water - 1 point for each 8 oz glass of water
2. Exercise - 5 points for each 15 minutes worked out - maximum of 1 hr per day
3. Sleep - 1 point for each night of sleep 7 or more hours
4. Fruits/Vegetables - 1 point for each serving of fruits or vegetables
5. Stress Relief - 1 point for each day you do something to relieve stress
6. Alcohol - 10 points per day if you do not drink alcohol and 0 points if you do drink alcohol. \*\*  
*This part has changed from the previous challenge.*
7. Caffeine - 10 points per day if you do not have any type of caffeine (ie. Pop/tea/coffee/chocolate) and 0 points if you do have caffeine.
8. Tobacco/Nicotine/Illegal Substance - 10 points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do have tobacco/nicotine/illegal substance.

Participants will choose which option they are going to participate in and continue with that option for the full 7 weeks. They are not allowed to switch challenges once they begin.

The challenge will run from Monday thru Sunday. Participants will be required to bring in their sheet with totals to Sharon, Kory or Bruce by the following Wednesday. Once a participant chooses who they turn in their numbers to, they must stick with that person for the full challenge. When numbers are verified, the participant will draw a poker card. This card will be recorded on a spreadsheet for the end of the challenge.

The participant will then be required to turn in the final numbers by May 21<sup>st</sup> at 4 p.m. After all cards have been drawn, the committee will review the "hands" and determine the Best and Worst poker hand for each option during one of their meetings. Those winners will then receive a "Movie Night Out" for 2 at the Isis Theater in Crete. Each Participant will need to complete the weekly challenges at least 5 out of the 7 weeks to qualify for this challenge and to qualify for the 25 wellness points.





# Lucky 7 Poker Challenge



Record your daily points

Option 2	Water	Exercise	Fruits/ Veggies	Stress Relief	Alcohol	Caffeine	Tobacco	Total
April 21								
April 22								
April 23								
April 24								
April 25								
April 26								
April 27								
<b>Week 4</b>								
April 28								
April 29								
April 30								
May 1								
May 2								
May 3								
May 4								
<b>Week 5</b>								
May 5								
May 6								
May 7								
May 8								
May 9								
May 10								
May 11								
<b>Week 6</b>								
May 12								
May 13								
May 14								
May 15								
May 16								
May 17								
May 18								
<b>Week 7</b>								

"One should always play fairly when one has the winning cards".



# ADVANCED WORKSHOP



## LOSE 20 IN 30

THE WEIGHT LOSS CHALLENGE

### WEIGHT LOSS THAT WORKS

Join your co-workers and thousands of people across the country as we lose the crash diets, gym binges and guilt that fuel typical weight loss plans. We will replace them with a practical, deprivation-free nutrition plan, an exercise program that fits into your busy schedule and a level-headed approach to developing real health that lasts all year!

**Don't miss out on an amazing opportunity to maximize your life!**

- Unlock the real key to weight loss: **hormones.**
- Get in amazing shape in only **12 minutes a day.**
- Bust the "weight loss diet" myths with a practical results-driven **nutrition plan.**
- Join the **20 in 30** Weight Loss Challenge.

#### WORKSHOP INFO

**DATE:** Tuesday, April 22nd

**TIME:** 5:30-6:30PM

**LOCATION:** Extension Office

#### REGISTER NOW

**CONTACT:** Sharon Jelinek

**PHONE:** 402.821.2588

**EMAIL:** [sjelinek@diodecom.net](mailto:sjelinek@diodecom.net)

306 W 3<sup>rd</sup> St Wilber, NE | Extension Office

April 22nd, 2014

EVENTS & RESOURCES POWERED BY



MaximizedLiving

# Backyard Quesadilla with Fiesta Fruit Salad



## INGREDIENTS

### For the fruit salad:

1 fresh mango, peeled, pitted and cut in ½ inch cubes  
½ cup fresh blueberries  
2 tablespoons fresh lime juice

1 ½ cups fresh strawberries, sliced  
1 tablespoon dark honey

### For the quesadilla:

1 whole wheat tortilla  
½ medium green Bell pepper, seeded and diced  
1 garlic clove, minced  
1 ounce chicken breast (boneless and skinless), diced

1 cup white onion, chopped  
½ medium red Bell pepper, seeded and diced  
½ tablespoon cooked black beans  
1 slice reduced fat Provolone cheese

### Garnishes:

2 tablespoons fat free salsa verde  
2 tablespoons light sour cream

## DIRECTIONS

### Fruit Salad:

In a medium mixing bowl, combine the fruit. In a small bowl, stir the honey and lime juice together. Pour over the fruit and toss gently. There will be about 3 cups of fruit salad. Set aside while preparing quesadilla.

### Quesadilla:

Place medium nonstick sauté pan over medium high heat. Add diced onion and bell peppers and cook for three to four minutes or until vegetables are soft, stirring regularly.

Add diced chicken and garlic and cook for a few minutes longer, stirring until chicken is just cooked and no longer pink. Add black beans and stir to combine.

Place tortilla on a sheet pan and carefully spoon the chicken mixture over it. Top with cheese and bake in preheated oven for about 7 minutes or until the cheese is melted.

Remove from oven and allow to cool for one to two minutes. Fold quesadilla in half and cut into four wedges.

Transfer to a dinner plate and place salsa and sour cream on the side. Add ¾ cup of the fruit salad. Serve immediately.

### Nutritional information (per serving):

Serving size: 404g	Calories 280	Fat calories 50	Total fat 6 grams	Sat fat 2 grams
Cholesterol 10 mg	Sodium 280 mg	Total carbohydrates 47 grams	Fiber 8 grams	Iron 6%
Sugars 27 grams	Protein 12 grams	Vitamin A 40%	Vitamin C 230%	Calcium 15%

# the LiveWell! newsletter

ON-LINE  
HEALTH MAGAZINE

# EatWell



**EatWell • MoveWell • WorkWell**

Partnering with businesses to help people

**LiveWell!**

We make more than 200 food-related decisions daily, and aren't aware of 90 percent of them, according to Brian Wansink, Ph.D. and former director of the Cornell University Food and Brand Lab.

For breakfast alone, we may choose how much milk to pour on cereal, whether to have a second piece of toast, how much sugar to add to our cereal, and so on. "Most of us don't overeat because we're hungry," says Dr. Wansink in his book, *Mindless Eating: Why We Eat More Than We Think*. We overeat, according to Wansink, because of such influences as family, friends, packaging, plate size, convenience, and container type.

Wansink's studies suggest we can eat 20 percent more without being aware of it. Becoming more "mindful" about even one eating practice can be significant. Eating an excess of 100 calories daily can result in a weight gain of 10 pounds a year!

Take this 5-question quiz to learn more about Dr. Wansink's research on mindless eating.

**Question 1: How much more soup did people eat when their soup bowl kept filling up without their knowledge?**

- A. 13%
- B. 53%
- C. 73%

**Question 2: How did the size of plate or bowl influence the amount of food people ate?**

- A. Size of plate or bowl made no difference in the amount they ate.
- B. People ate more from a large plate or bowl.
- C. People ate more from a small plate or bowl.

**Question 3: How did the number of chocolates people ate from covered, desktop candy dishes compare when the dishes were clear vs. when the dishes were white?**

- A. They ate the same amount from both dishes.
- B. They ate more from the white dish.
- C. They ate more from the clear dish.

**DO YOU  
KNOW  
How Much  
You REALLY Eat?**

by Alice Henneman, MS, RD,  
UNL Lancaster County Extension

**Question 4: People ate more candy from which candy dish location?**

- A. Corner of desk
- B. Top left-hand desk drawer
- C. On a file cabinet six feet from the desk

**Question 5: The grocery shopper & food preparer can influence the household's food intake by what percentage?**

- A. 26%
- B. 61%
- C. 72%

Now check to see how well you did and get some pointers for improving eating habits.

**Answer 1: C.** The people with the bottomless soup bowls *thought* they ate the same amount as the people eating from the regular bowls. **In reality, they ate an average of 73 percent (and 113 calories) more.**

**Plan:** It's important to see the total amount you're eating. It's easy to overeat when we keep reaching into a bag or container and never see how much we're really putting into our mouths. We're likely to eat more than we realize if we keep dipping into a bag, so remove the amount of food you plan to eat from the bag **BEFORE** you start eating.

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## Put Color in Your Life!

**WORKWELL**  
WORKSITE  
WELLNESS

ON-LINE  
HEALTH MAGAZINE

Fruits and vegetables are broken down in color categories – red, green, blue/purple, yellow/orange, and white. All fruits and vegetables are healthy to eat. Eating colorful fruits and vegetables daily helps us benefit from phytochemicals which offer protection against disease.

Phytochemicals act as antioxidants, stimulate detoxification enzymes, stimulate the immune system, positively affect hormones, and act as antibacterial or antiviral agents. Studies show they may also reduce the risk of cataracts, diverticulosis, lung disease and bone loss.

At the 2,000 calories per day level, a person should eat 2 ½ cups of vegetables and 2 cups of fruits. For more specifics about how many cups of fruits and vegetables you need at other calorie levels, check [www.mypyramid.gov](http://www.mypyramid.gov).

One cup of vegetables is equivalent to two cups raw, leafy greens and one cup tomato or mixed vegetable juice. While two cups of "raw" spinach are equivalent to one cup of vegetables, once spinach is cooked, one cup of cooked spinach counts as one cup. One cup of fruit is equivalent to one-half cup dried fruit and one cup juice. Make sure to select 100% fruit juice. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber. Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

The following websites are excellent sources for more information on fruits and vegetables, their benefits and how to include them in your daily diet.

<http://www.mypyramid.gov>

<http://www.fruitsandveggiesmatter.gov>

<http://www.fruitsandveggiesmorematters.gov>



### Do You Know How Much You REALLY Eat?

**Answer 2: B. As the size of the dish increased, the size of their servings tended to increase.** For example, people ate an average of 31 percent more ice cream when they scooped ice cream into larger bowls resulting in 137 more calories. People also unknowingly drank more liquid from short wide tumblers than from tall skinny glasses.

**PLAN:** The larger dish and wider glassware made servings look smaller by comparison, resulting in people helping themselves to more food. Changing the shape of your glassware and size of your plates, etc. may be enough to help you significantly reduce your calorie intake.

**Answer 3: C.** Staff with clear desktop dishes ate 71 percent more (77 more calories each day) than staff that ate candies from white dishes. That increased calorie intake could lead to over five pounds of extra weight in a year.

**PLAN:** We tend to eat more of visible foods because we think about them every time we see them. Eventually, our resistance is likely to weaken. Store foods like candy out of sight or in non-clear containers to keep from overindulging.

**Answer 4: A.** People tended to eat the most when it was more convenient. They ate an average of nine candies when the candy dish was on their desk, compared to six candies when in the desk drawer, and only four candies when they had to walk six feet. When people had to walk a distance for a piece of candy, they had more time to think twice and talk themselves out of it.

**PLAN:** If you have a food you'd like to eat less of, make it less convenient to eat. Move it to a harder-to-reach cupboard shelf, store it in the basement, or just don't bring it into the house.

**Answer 5: C.** The household grocery shopper and food preparer is the "nutritional gatekeeper." They can influence everyone's food intake as much as 72 percent.

**PLAN:** If you are a "nutritional gatekeeper," be aware of your influence on your family's eating habits. Make less healthy foods inconvenient to eat and healthy foods more convenient. Promote reasonable portion sizes through the size and shape of dinnerware. Encourage people to measure out and see the total amount they're eating rather than eating directly from a container.