



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 Vicki Rethmeier and Tom Sweeney

Nutrition and Fitness Discussion

5:30 pm, Tuesday, May 27th at the Extension Office

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

NIRMA ONLINE CLASSES

The following classes are offered FREE from April 1 - June 30: (25 WELLNESS POINTS)

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

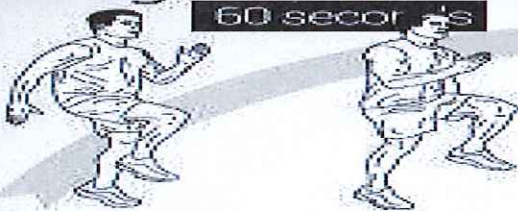
20 minute

Circuit Workout

4 sets

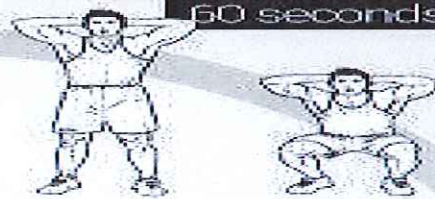
1. high knees

60 seconds



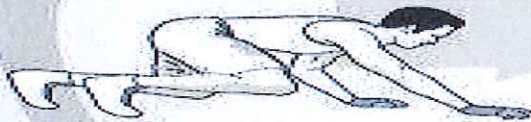
2. squats

60 seconds



6. bear crawl

20 seconds



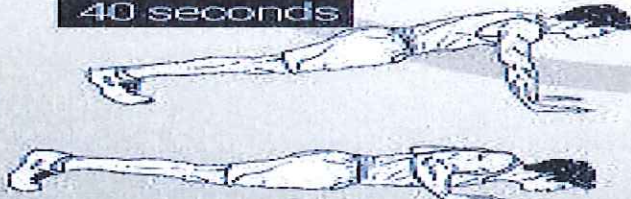
3. forward lunges

60 seconds



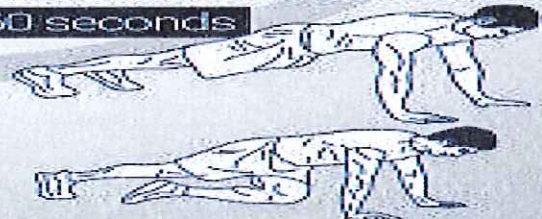
5. push ups

40 seconds



4. cross-body mountain climbers

60 seconds



Free Body Pump/Body Flow Class

Saturday, April 26 8:30 AM--Body Pump, 9:30 AM--Body Flow (Wilber Physical Therapy)

All Fitness Levels Welcome

Fun, Prizes, And GREAT Workout!! Free Guest Event

Tennis
Shoes



Rehab for Dirty Sneakers:

1. Remove Sock Liner (If Possible)
2. Spot Clean with a Mixture of Warm Water and a Little Mild Soap or Laundry Detergent.
3. Use a Damp Sponge to Remove Any Extra Soap.
4. Repeat the Process with Sock Liner
5. Let Both Air-Dry. To Speed Up the Process, Stuff Shoes with Newspaper.

Did You Know?

Juggling pairs = one-third fewer injuries.
Runners who swapped out their shoes regularly, wearing an average of 3.6 different styles during one 22-week training period, reduced their risk of injury by 39 percent compared with those who stuck with the same pair.



HEALTH AT A GLANCE

TAKING ON TOBACCO...Are You Ready?

ACROSS THE UNITED STATES:

Nearly 1/2 million people (440,000) die each year from tobacco related diseases
Tobacco use is the number one cause of preventable death in the United States

HOW IS NEBRASKA DOING?

20% of Nebraska adults (age 18 and above) use tobacco
24% of Nebraska adults are former tobacco users
15% of Nebraskans under age 18 years of age smoke (or chew)
2,000 kids under age 18 become daily smokers each year

IS TOBACCO MAKING YOU SICK?

Tobacco Use Increases Your Risk Of:

- Heart disease and stroke by 4 times of that of a non-smoker
- Lung cancer (for men) by 23 times of that of a non smoker
- Lung cancer (for women) by 13 times of that of a non smoker
- Dying from chronic obstructive lung diseases by 13 times of that of a non smoker

Your blood pressure & triglycerides increase with tobacco use & your healthy cholesterol (HDL) goes down...you want this number to increase.

BENEFITS OF SAYING GOODBYE TO TOBACCO:

Nearly 3 out of 4 tobacco users want to quit. Are you one of them?
No matter how long you have smoked (or chewed) your health will improve once you quit. You will feel better, cough less, smell better, save money, have more energy and your risk of developing cancer and heart disease will drop -- a lot!

HELPFUL TIPS FOR QUITTING:

- Track your current tobacco use (for at least one week)
- Identify your tobacco triggers
- Reduce tobacco use each week
- Establish a quit date
- Select a nicotine replacement product
- Work through each craving
- Take One Day at a Time

KEY WEBSITES & APPS:

- QuitNow.net
- SmokeFree.ne.gov
- [Centers for Disease Control \(CDC.gov\)](http://Centers for Disease Control (CDC.gov))
- [American Heart Association \(heart.org\)](http://American Heart Association (heart.org))
- [American Cancer Society \(cancer.org\)](http://American Cancer Society (cancer.org))
- [MyQuit Coach Livestrong \(iPhone\)](#) or [Quit Smoking \(Android\)](#)

Health At A Glance is brought to you by Madonna Fit for Work

GREAT AMERICAN SMOKEOUT

Thursday, November 21, 2013

By going tobacco free for 24 hours you save enough money to buy 1.5 gallons of gas and save more than 3 hours of your time. You will also save \$1,938 (per year) if you smoke one pack a day.



FIT FOR WORK
Occupational Health and Wellness

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READY TO QUIT SMOKING? IS CHANTIX RIGHT FOR YOU?

What is CHANTIX?

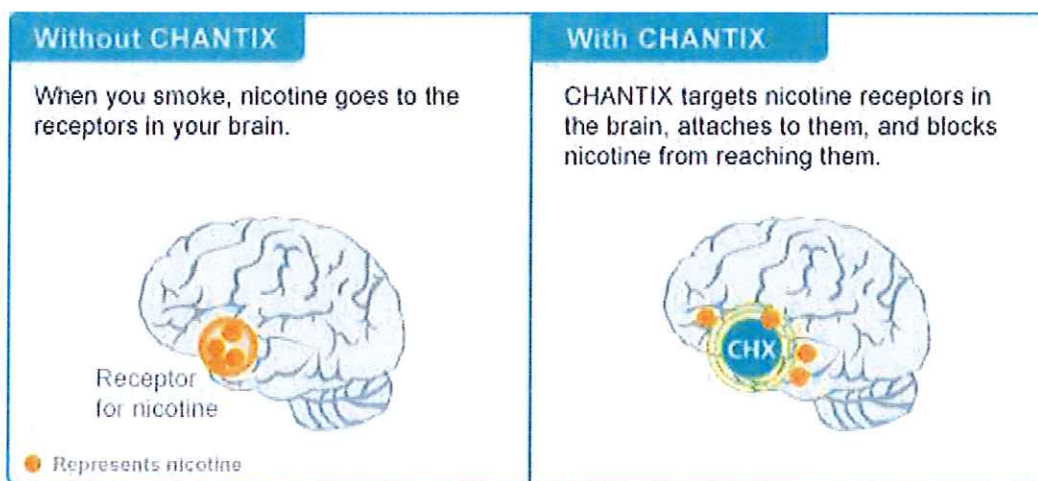
CHANTIX is a prescription medicine that, along with support, helps adults 18 and over stop smoking. You may benefit from quit-smoking support programs and/or counseling during your quit attempt. It's possible that you might slip up and smoke while taking CHANTIX. If you do, you can stay on CHANTIX and keep trying to quit.

Over 9 million people in the U.S. have received a CHANTIX prescription.*

If you're a smoker, your doctor may have already told you about the risks of smoking. But did you know that they have information about quit-smoking treatment options, as well?

CHANTIX contains no nicotine. You may wonder how a non-nicotine pill could help you quit smoking. Well, first you have to know how nicotine works.

There are receptors for nicotine in your brain. When you smoke, the nicotine you inhale attaches to these receptors. This sends a message to a different part of your brain to release a chemical called dopamine. Dopamine gives you a feeling of pleasure. But it does not last long. That's why your body craves more nicotine. This can become a vicious cycle.



CHANTIX is different from most other quit-smoking products. It targets nicotine receptors in the brain, attaches to them, and blocks nicotine from reaching them. By activating these nicotine receptors, it is also believed that CHANTIX causes less dopamine – compared to nicotine – to be released.

Prescription-- CHANTIX is only available by prescription so you must speak to your doctor before using it as a treatment for quitting smoking. To get started on the road to quitting smoking with CHANTIX, it's important that you speak to your doctor. They can tell you if CHANTIX is right for you.

Health Insurance—If you are covered by Blue Cross Blue Shield of Nebraska, Chantix is FREE. BCBS of NE covers up to 8 prescriptions per calendar year for Chantix.

Side Effects—The most common side effects of CHANTIX include nausea (30%), sleep problems, constipation, gas and/or vomiting. If you have side effects that bother you or don't go away, tell your doctor. You may have trouble sleeping, vivid, unusual or strange dreams while taking CHANTIX. Use caution driving or operating machinery until you know how CHANTIX may affect you.

CHANTIX is one option, and if you're considering taking it to quit smoking, you should talk to your doctor. Discuss your medical history and available quit-smoking treatment options to see if CHANTIX is right for you.

1000 Wellness Points awarded at the end of the year if you are tobacco/nicotine/illegal substance free for 6 months or more!!

CHILDHOOD OBESITY



If you are a parent, a grandparent, or simply know a child that you care about, it is important to be aware of the increased risk of cardiovascular disease that childhood obesity presents. Studies show that children who are obese are likely to carry that obesity through to adulthood and, consequently, are at a greater risk of developing heart disease.

The National Center for Health Statistics publishes data that indicate the percentage of obese children is increasing at an alarming rate. Major contributors to this disturbing trend are an increase in high fat diets among children and a corresponding decrease in exercise levels. Children and adolescents who consume large amounts of snack and "junk" foods have less energy and desire to exercise and compound the damage that high fat consumption does to their cardiovascular system. As they move into their teens, many young people believe that cigarette smoking will enable them to control their weight, thereby adding another substantial risk factor to their profile.

SOLUTIONS

- 1 in 3 CHILDREN OVER WEIGHT
- 33% WATCH 3 HOURS TV
- EAT 50% VEGETABLES
- 1 MEALS 3 FAST FOOD
- 30% HEALTH COST
- PORTIONS 2 TO 5 BIGGER
- SNACK GROWN
- POP WATER LESS
- HEALTHIER CHOICES
- INCREASE PLAY 60 MINUTES
- LIMIT THE JUNK!
- Love Them Unconditionally and be Supportive!
- Sit down for HEALTHY family meals as often as possible.
- GET MOVING! 60 mins. DAILY
- EAT BREAKFAST DAILY!
- Parents and kids should eat more fruits, veggies and whole grains.

CHILDHOOD OBESITY

INCREASED RISK OF: Heart Disease, Diabetes, Stroke, Cancer

Children 8 to 18 years old spend an average of **3 Hrs. Per Day** in front of the television.

2/3 of high school kids consume soda or sports drinks 1+ times a day.

NEGATIVELY IMPACTS: Learning, Sleep, Self Esteem

"Americans need to understand that overweight & obesity are literally killing us"
 -SECRETARY TOMMY G. THOMPSON

Overweight adolescents have a **70 PERCENT** chance of becoming overweight adults.

1/3 of all children and adolescents are overweight or obese.

brought to you by:

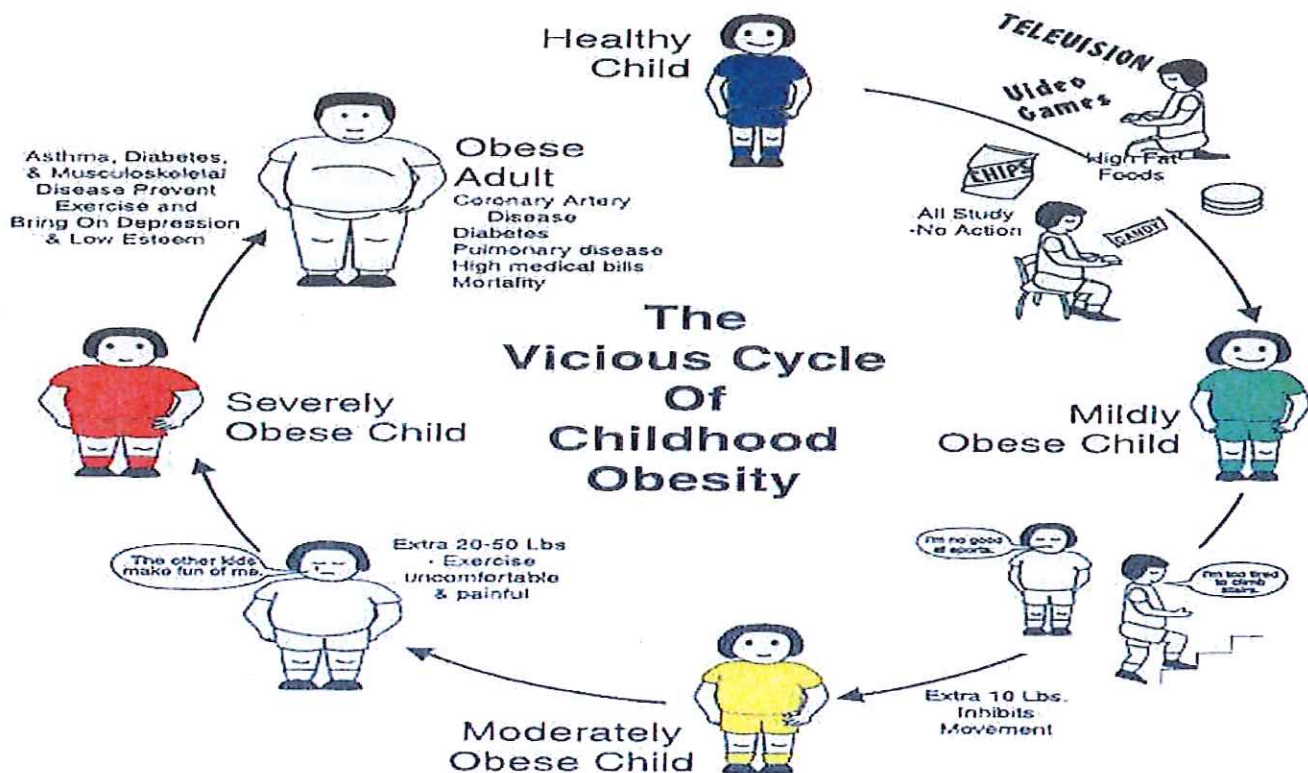
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GOURMANDIA
 www.Gourmandia.com

Helping children maintain an appropriate body weight is one of the best lifelong gifts an adult can give to a young person. As with most things in life, moderation is the key. Making lifestyle alterations that focus on small but permanent changes usually works better than short-term measures that are seldom sustained.

- Reducing dietary fat consumption is key to a heart-healthy lifestyle for children. This doesn't mean that favorite foods must be eliminated from a child's diet, only that their intake should be controlled. Paying attention to the nutrition information available on most foods will help moderate the amount of fat in a diet. If children are taught to read this information, it will enable them to assume a level of personal responsibility for their health. By consuming smaller and less frequent servings of foods containing saturated fat, cholesterol, and sodium, cravings can be satisfied while diet and weight are maintained.
- Creating an environment that encourages and supports physical activity will result in children spending less time being sedentary and more time being active. Even modest levels of exercise are beneficial. In addition to building and maintaining healthy bones, muscles and joints, physical exercise improves a child's psychological well-being, disposition, and overall health.
- Adults that interact with children can be instrumental in helping them develop healthy lifestyles by being positive role models. Healthful eating habits and an active lifestyle that includes regular physical activity as practiced by adults will have a positive effect on children.

The growing number of obese children in the United States presents a serious long-term health risk. More and more young people are being diagnosed with cardiovascular disease, diabetes, and high blood pressure. Experts warn that this trend will continue, predisposing today's youth to a cardiovascular event in their adulthood. By helping children eat right, exercise often, and avoid becoming overweight, adults can make a significantly positive contribution to future generations.

Healthy Living, Bryan Health



Grilled Chicken and Mango Salad



Time prep: 25 min

total: 40 min

servings total: 4 servings

1 cup prepared GOOD SEASONS Italian Dressing Mix, divided
4 small boneless skinless chicken breast halves (1 lb.)
1 cup sliced fresh strawberries

6 cups torn fresh spinach
2 mangos, peeled, sliced
½ cup sliced red onions

Make It

HEAT greased grill to medium. Pour 1/2 cup dressing over chicken in shallow glass dish; turn chicken over to evenly coat both sides of each breast. Refrigerate 15 min. Remove chicken from marinade; discard marinade. **GRILL** chicken 5 to 7 min. on each side or until cooked through (165°F). Slice chicken. **COVER** platter with spinach; top with chicken, fruit, onions and remaining dressing.

Kraft Kitchens Tips

Variation

Prepare using 1 pkg. (10 oz.) salad greens and substituting seedless red grapes for the strawberries.

Storage Know-How

Keep strawberries refrigerated and wash just prior to use. Discard any molding berries.

Grilled Chicken or Turkey Wrap



Ingredients:

1 Flatout Wrap (Multi-Grain With Flax)
2 ounce of smoked turkey (Plainville) or chicken
1/2 slice sharp american cheese
2 slices cooked bacon** (Applegate farms)
1 tablespoon Ranch yogurt dressing (Wegman's Brand)
2 Tomato Slices
Romaine Lettuce or Baby Spinach

Easy Grilled Chicken Salads



Time prep: 5 min total: 19 min servings total: 4 servings

Take 4 small boneless skinless chicken breasts (1 lb.) and mix & match your recipe from these options ...

salad green options	KRAFT Dressing choices	add-in possibilities
spinach	Light Raspberry Vinaigrette Reduced Fat	1 mango, seeded, chopped; 1 avocado, pitted, chopped; 1 small red onion, chopped
iceberg blend	Peppercorn Ranch	1 can (11 oz.) whole kernel corn, drained; 1/4 cup TACO BELL® Thick & Chunky Salsa; 1/2 cup KRAFT Four Cheese Mexican Style Shredded Cheese; 1/4 cup crushed tortilla chips
romaine blend	Classic Caesar	1/2 cup KRAFT Shredded Parmesan Cheese, 1/4 cup OSCAR MAYER Real Bacon Bits
mixed lettuce blend	Greek Vinaigrette	1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese; 1/2 cup sliced cucumber; 1 small red onion, chopped; 1 medium tomato, chopped; 1/2 cup pitted black olives

Then follow our 3 simple steps:

PREHEAT grill to medium-high heat. Pour 1/4 cup **KRAFT Dressing** over chicken in shallow dish; cover and marinate 5 min. Remove chicken from dressing; discard dressing. Grill chicken 6 to 7 min. on each side or until chicken breasts are tender and no longer pink in centers (170°F). **TOSS** 1 bag (10 oz.) **salad greens** with **add-ins** and additional 1/3 cup **KRAFT Dressing**. Spoon evenly onto 4 dinner plates. **TOP** each salad with 1 chicken breast, sliced.

Kraft Kitchens Tips

Substitute Prepare as directed, using KRAFT Light Dressing.

Easy Cleanup For no-mess marinating, place chicken breasts and dressing in a resealable plastic bag, then marinate as directed. Discard bag after use.

Creative Leftovers Spoon leftovers into flour tortilla shell for a wrap the next day.