



# Saline County Wellness Newsletter

## 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 Stacey Brandt (Wilber Physical Therapy)

## Body Pump & Body Flow

5:30 pm, Thursday, June 19th at Wilber Physical Therapy

Wilber Physical Therapy, 209 W. 3rd Street, Wilber, NE 68465

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

**Please contact Linda Kastanek at 402-821-2374 to sign up for these classes**

30 minute body pump class and 30 minute body flow, short education class to follow

## NIRMA ONLINE CLASSES

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

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

# 7 Side Effects of Soda

Phosphoric Acid - Weakens bones and rots teeth

Excessive artificial sweeteners makes you crave more

Carmel Color - Made From the chemical caramel, is purely cosmetic, it doesn't add flavor yet is tainted with carcinogens

Formaldehyde - Carcinogen, it is not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol = Formic acid + Formaldehyde (diet sodas)

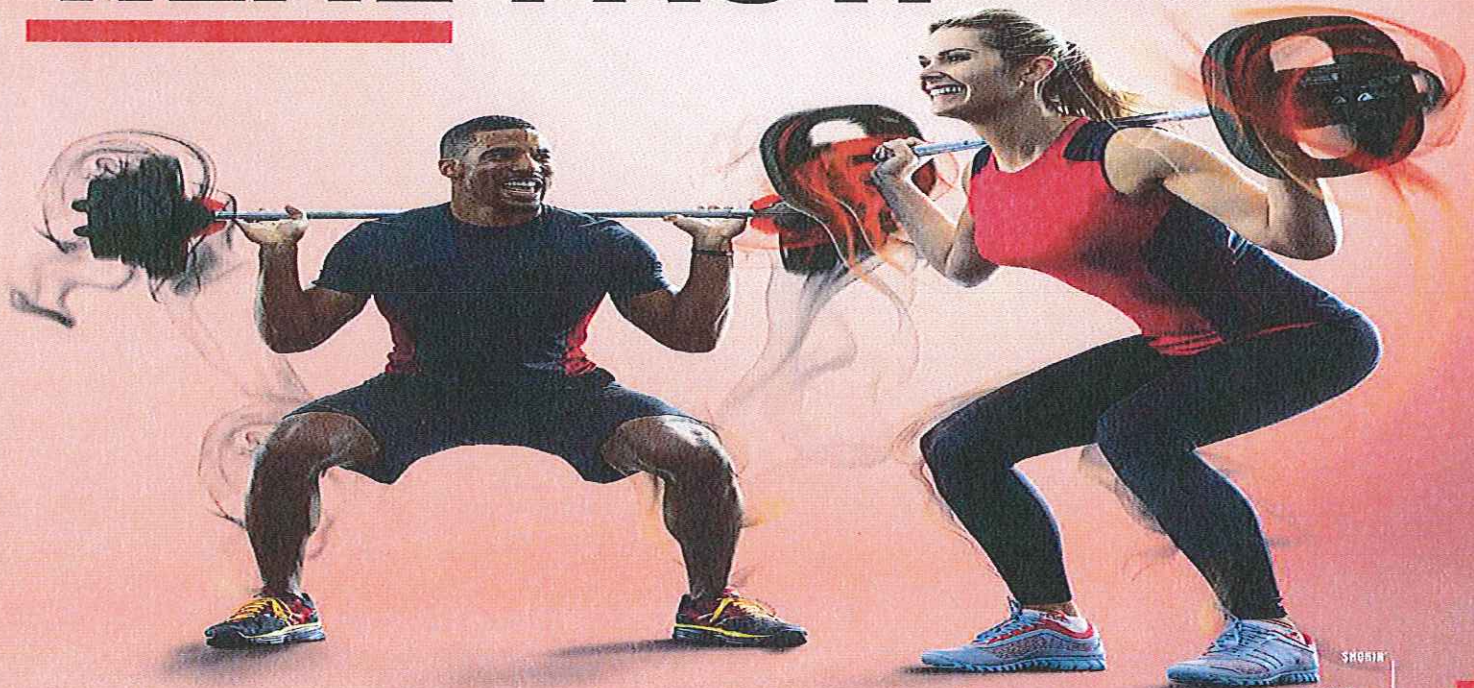


High Fructose Corn Syrup is a Concentrated form of sugar, Fructose derived from corn. It increases body fat, cholesterol and triglycerides and it also makes you hungry.

Potassium Benzoate = preservative that can be broken down to benzene in your body. Keep your soda in the sun and benzene = Carcinogen

Food Dyes = impaired brain function, hyperactive behavior, difficulty focussing, lack of impulse control

# REAL RESULTS, REAL FAST.



## LES MILLS BODYPUMP™ THE WORLD'S MOST POPULAR BARBELL CLASS

lesmills.com/bodypump

RESULTS START HERE - JOIN A CLASS TODAY

SMOOTH™  
AVERAGE OF  
**560**  
CALORIES

SUBURBITE

COUCH POTATO

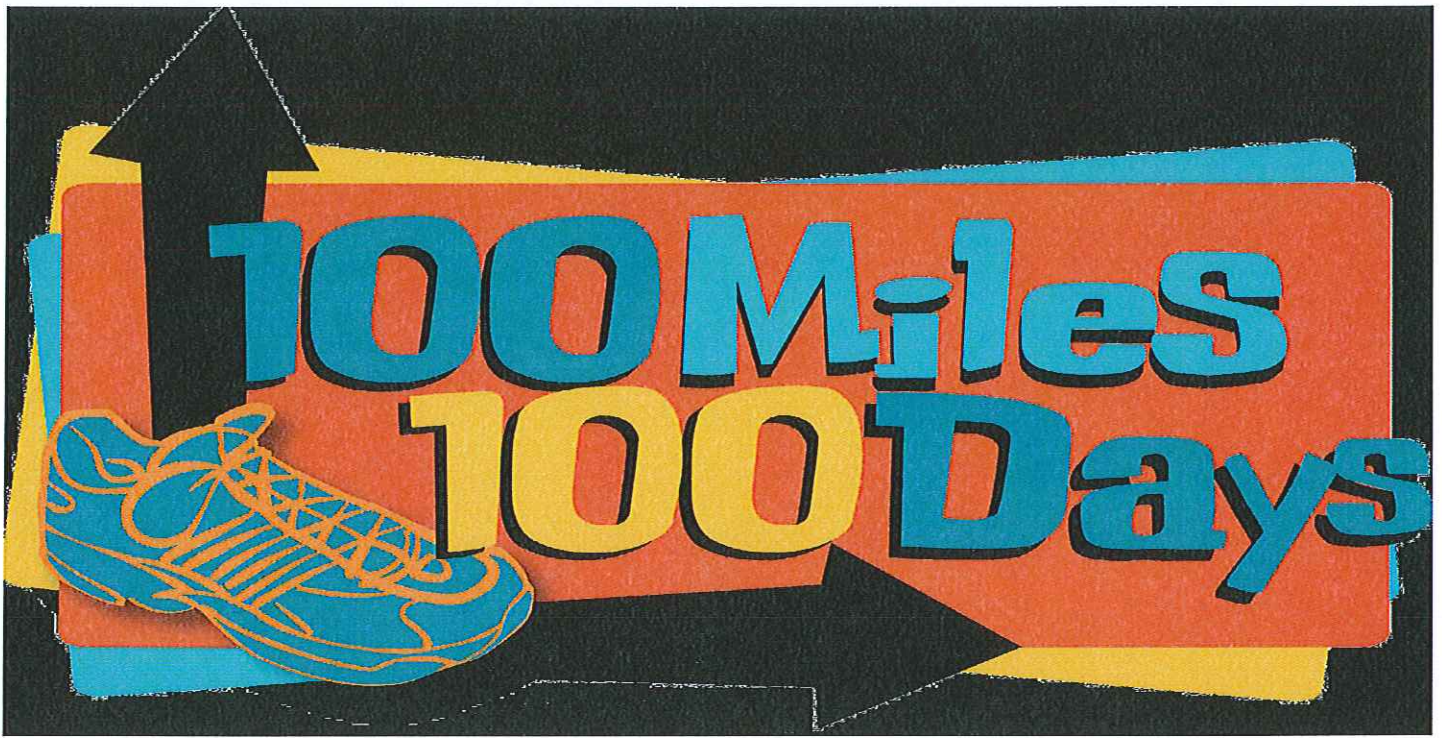
**BODYPUMP™**, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so with your choice of weight and highly-trained instructors you can get [the group effect](#) and the results you've been looking for!

**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography.

### Body Pump/Body Flow Schedule in Wilber

\$80 for a 12-punch card

Monday	5:30 to 6:30 PM	Body Pump	Thursday	5:45 to 6:30 AM	Body Pump
Tuesday	5:45 to 6:30 AM	Body Pump	Friday	6:15 to 7:15 AM	Body Pump
	Wednesday	5:30 to 6:30 PM			Body Flow



**The Saline County Wellness Committee  
invites you to join their new summer challenge!**

Walk, Run, Jog or Bike 100 Miles in 100 Days!

(If Biking, must ride two miles to equal 1 mile to record)

**Starts June 1<sup>st</sup>/ends September 8<sup>th</sup>**

**Every County  
Employee  
Reaching 100  
Miles wins  
A Prize And...**

**The Benefits  
of a Healthier  
Lifestyle**



**NO ENTRY FEE!!!! Just get up and GO!!!! This needs to be actual EXERCISE—Something out of your daily routine!!!**

**25 WELLNESS POINTS FOR COMPLETING 100 miles**

**SALINE COUNTY WELLNESS COMMITTEE  
100 MILES in 100 DAYS CHALLENGE - TRACKING SHEET**

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

**Please return the tracking scorecard to the Clerk's Office by Friday, September 12. THANKS!**

*Remember, you are a big winner just for taking part in this challenge!*


DATE	MILES	DATE	MILES	DATE	MILES	DATE	MILES
June 1		July 1		August 1		September 1	
June 2		July 2		August 2		September 2	
June 3		July 3		August 3		September 3	
June 4		July 4		August 4		September 4	
June 5		July 5		August 5		September 5	
June 6		July 6		August 6		September 6	
June 7		July 7		August 7		September 7	
June 8		July 8		August 8		September 8	
June 9		July 9		August 9			
June 10		July 10		August 10			
June 11		July 11		August 11		<b>YOU</b>	
June 12		July 12		August 12		<b>DID</b>	
June 13		July 13		August 13		<b>IT!!</b>	
June 14		July 14		August 14			
June 15		July 15		August 15			
June 16		July 16		August 16			
June 17		July 17		August 17			
June 18		July 18		August 18			
June 19		July 19		August 19			
June 20		July 20		August 20			
June 21		July 21		August 21			
June 22		July 22		August 22			
June 23		July 23		August 23			
June 24		July 24		August 24			
June 25		July 25		August 25			
June 26		July 26		August 26			
June 27		July 27		August 27			
June 28		July 28		August 28			
June 29		July 29		August 29			
June 30		July 30		August 30			
		July 31		August 31			
<b>TOTAL</b>			<b>TOTAL</b>		<b>TOTAL</b>		<b>TOTAL</b>

***Do Nothing and Nothing Will Change!!!!***



# Green Smoothie Recipes

**Green Smoothie Formula—2 Cups Leafy Greens + 2 Cups Liquid Base + 3 Cups Ripe Fruit**



**- THE SIMPLE -  
GREEN SMOOTHIE  
FORMULA**

<b>2 CUPS</b> LEAFY GREENS	<b>+</b>	<b>2 CUPS</b> LIQUID BASE	<b>+</b>	<b>3 CUPS</b> RIPE FRUIT
SPINACH KALE ROMAINE BOK CHOY SWISS CHARD COLLARDS DANDELION		WATER COCONUT WATER COCONUT MILK ALMOND MILK		BANANA MANGO BERRIES ORANGE AVOCADO PEACH PEAR APPLE PINEAPPLE GRAPES

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.  
2. ADD FRUITS AND BLEND AGAIN.

\*Use at least one frozen fruit to chill smoothie  
\*\*This formula yields about 32 ounces and serves 2.

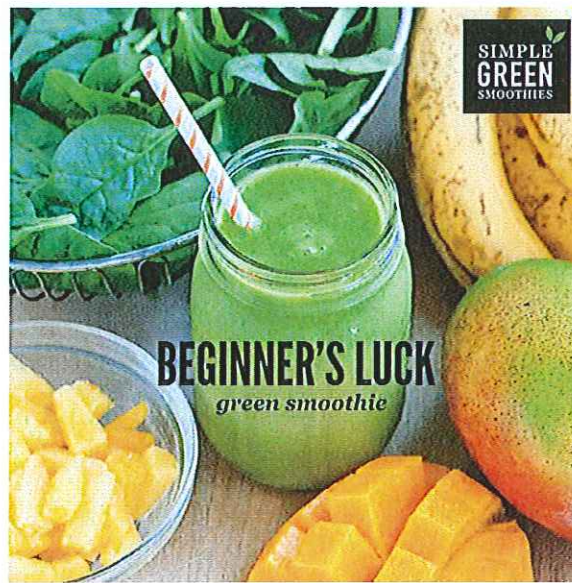
**BOOST IT!**

CHIA SEEDS	HEMP SEEDS	CACAO
COCONUT OIL	HEMP PROTEIN POWDER	CINNAMON
ALMOND BUTTER	FLAX SEEDS	ACAI POWDER

— SIMPLEGREENSMOOTHIES.COM —

## Green smoothie blending tips:

- Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
- Add 2 cups of water (or milk) and blend together until all leafy chunks are gone.
- Add 3 cups of fruit and blend again until smooth. Use at least one frozen fruit to chill your smoothie. If you aren't a big fan of bananas, feel free to substitute with another fruit, like extra mangos. You can even freeze the bananas first to reduce the flavor and also add some extra chill to your smoothie.
- Pour into a mason jar (or cute cup of your choice).
- Gulp or sip like a rawkstar!



### **Beginner's Luck** (Serves 2)

\*2 cups Spinach, fresh (tightly packed) \*2 cups Water \*1 cup Mango \*1 cup Pineapple \*2 Bananas

### **Almond Butter Cup** (Serves 2)

\*2 cups Spinach, fresh \*2 cups Almond Milk \*2 Bananas \*3 tablespoons Cacao \*2 Tablespoons Almond Butter

### **Sweet Dream** (Serves 2)

\*2 cups Spinach, fresh \*2 cups Almond Milk \*2 Cups Mango \*1 Banana \*2 Tablespoons Almond Butter  
\*1 teaspoon cinnamon \*1/4 teaspoon cayenne pepper

### **Cherry Tart** (Serves 2)

\*2 cups Spinach, fresh \*2 cups Water \*1 Cup Pineapple \*1 Cup Cherries \*1 Banana

### **Pina Colada** (Serves 2)

\*2 cups Spinach, fresh \*1 1/2 cups Almond Milk, unsweetened \*1/2 cup Coconut Water  
\*3 Cups Pineapple, Fresh \*2 Tablespoons Coconut Flakes, unsweetened

### **Almond Butter & "Jelly"** (Serves 2)

\*2 cups Spinach, fresh \*2 cups Almond Milk, unsweetened \*2 cups Red Grapes  
\*2 Bananas \*4 Tablespoons Almond Butter

### **Strawberry Peach Refresher** (Serves 2)

\*2 cups Bok Choy, fresh \*2 cups Almond Milk, unsweetened \*1 Cup Strawberries \*2 Cups Peaches

# 11 Amazing Reasons YOU Should Lift Weights

Scared of strength training? Before you shy away from lifting weights for good, check out the myriad of things it can do for your health.



**A complete workout plan should include strength training. Find out how strength training can really benefit you physically and emotionally.**

If you knew that a certain type of **exercise** could benefit your heart, improve your balance, **strengthen** your bones, and help you lose weight as it made you look and feel better, wouldn't you want to get started? Well, studies show that strength training can do all of that and more. Strength training is not just about bodybuilders lifting weights in a gym. It can benefit people of all ages and may be particularly important for people with health issues such as arthritis or a **heart condition**.

If you ever shy away from strength training because you're concerned about "bulking up," don't, says Joseph Ciccone, DPT, CSCS, associate director of ColumbiaDoctors Midtown Orthopaedics Sports Therapy in New York City. Women simply lack the testosterone needed to create bulky muscles, so strength training will just make your body long and lean. Here are more terrific reasons to add strength training to your weekly workout routine:

**It makes for stronger bones:** As Smith says, lifting weights can help you build better bone as well as muscle. After menopause, women lose 1 to 2 percent of their bone mass each year. Researchers in Spain's Canary Islands reviewed a number of studies on the effects of weight lifting and resistance training and concluded that even a relatively small amount can enhance bone density in women. They also found that resistance training has another benefit for women's health: It can reduce their risk for fractures, which is a concern in postmenopausal women.

**It charges your metabolism:** Resistance training can increase the rate at which you burn calories for fuel by at least 15 percent, according to the U.S. Centers for Disease Control and Prevention. In fact, increasing your body's muscle mass is the **only true way to boost your metabolism**, and burning calories is key to losing and maintaining a healthy weight. You burn calories during strength training, and your body continues to burn calories after strength training, a process called "physiologic homework." More calories are used to make and maintain muscle than fat, and in fact strength training can boost your metabolism by 15 percent — that can really jumpstart a weight loss plan.

**It reduces your type 2 diabetes risk:** Here's another reason to become best friends with dumbbells and weights: even a modest amount of resistance training can significantly reduce your chances of developing type 2 diabetes, research done at the Harvard School of Public Health and the University of Southern Denmark found. In the study, participants who lifted weights for 30 minutes a day, five days a week, reduced their risk for type 2 diabetes by more than a third. When they combined resistance training with aerobic exercise, their risk was lowered even more, to almost 60 percent less. And for the 14 million Americans that already have type 2 diabetes, strength training along with other healthy lifestyle changes, can help improve glucose control.

**It boosts brain power:** As you age, lifting weights can maintain more than muscle mass: It also helps your brain. A study done at the Vancouver Coastal Health Research Institute at the University of British Columbia found that older women who lifted weights twice a week for six months showed improvements in their ability to perform memory tasks. Researchers from Japan also found that older adults who performed a combination of aerobic, balance, and muscle strength training exercises for a year did better on memory tests than the group that didn't.

**It's good for heart health:** When it comes to heart health, cardio workouts get all the attention — but resistance training matters, too. Researchers at Syracuse University found that resistance training improved blood flow to the limbs better than aerobic exercises in their male subjects. They also found that the cardiovascular benefits of resistance training lasted longer.

**It prevents falls:** Strength training has benefits that go well beyond the appearance of nicely toned muscles. Your balance and coordination will improve, as will your posture. Older people who engaged in a regular balance and strength training routine reduced their risk for falling by nearly a third, researchers at the University of Sydney in Australia found. They also improved their ability to perform routine activities of daily living, such as shopping and dressing. Strength training helps prevent injury by working the stability muscles in your core, ankles, and hips, explains Anja Garcia, RN, MSN, an AFAA-certified trainer for DailyBurn.com.

**It relieves stress:** If you need more benefits of strength training before adding it to your fitness routine, here's one that's good for body and soul: Weight lifting can be a stress reliever. "I don't know a single person who doesn't have stress in their life," Ciccone says. "Lifting weights helps reduce stress because it gives you an outlet." Resistance training also helps your body maintain healthy levels of the stress hormone cortisol, he adds.

**It can help you stave off chronic disease:** Another of the many benefits of strength training is that it can improve or sometimes reverse symptoms of **chronic diseases like rheumatoid arthritis and fibromyalgia**. If you have arthritis, strength training can be as effective as medication in decreasing arthritis pain. When researchers at the School of Public Health at the University of Maryland analyzed studies on this topic, they found strong evidence that resistance training is an effective countermeasure for pain, inflammation, muscle weakness, and fatigue.

**It can lessen pain:** Would you lift weights as part of your fitness plan if you knew it would help you feel better at work? Researchers at the University of Copenhagen in Denmark found that resistance training helped reduce musculoskeletal pain in women with office jobs. The women who showed the most improvement performed 10 to 15 repetitions of resistance training exercises for 16 weeks and did exercises that gradually increased the stress placed on their bodies.

**Strength Training makes you Stronger and Fitter:** Strength training is also called resistance training because it involves strengthening and toning your muscles by contracting them against a resisting force. There are two types of resistance training:

- **Isometric resistance** involves contracting your muscles against a non-moving object, such as against the floor in a push-up.
- **Isotonic strength training** involves contracting your muscles through a range of motion as in weight lifting.

Both make you stronger and can get you into better shape. Remember that with strength training your muscles need time to recover, so it should only be done on alternate days. Always take some time to warm up and cool down after strength training.

**Strength Training Boosts Energy Levels and Improves Your Mood:** Strength training will elevate your level of endorphins (natural opiates produced by the brain), which will make you feel great. As if that isn't enough to convince you, strength training has also been shown to be a great antidepressant, to help you sleep better, and to improve your overall quality of life.

## Resistance Training: How to Add It to Your Fitness Routine

For the best results, Ciccone recommends that you perform resistance training exercises at least three times a week for 30 to 60 minutes each session. But you may only need to strength train for 15 minutes if you keep the intensity high and don't take a break between reps. **Morning or night** doesn't matter, he says, along as you fit in the workout.

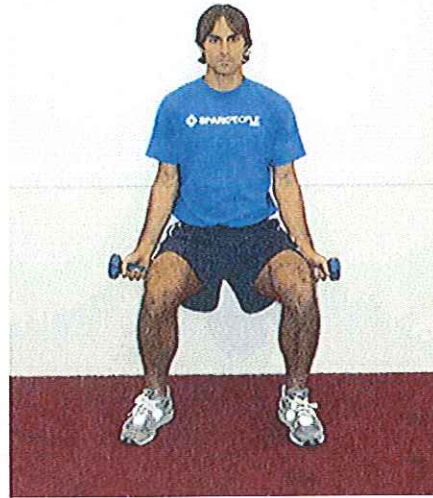
### Strength Training: Getting Started

"Please don't limit yourself to thinking that lifting weights, expensive machines, or gym membership is the only way to do strength training," says Tuttle. "Pushups, jump squats, lunges, and mountain climbing are all examples of exercises that provide strength training."

If you have any health issues, ask your doctor what type of strength training is best to meet your needs and abilities. You can also work with a fitness expert to design a strength-training program that will be safe and effective for you. If you are doing more technical strength training work with dumbbells or if you are learning a new move, take it a little slower to stay safe and make sure that you get the form right before you kick it up a notch. Another Great option is Body Pump.

Body Pump Schedule in Wilber		\$80 for a 12-punch card
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Tuesday	5:45 to 6:30 AM	Body Pump
Wednesday	5:30 to 6:30 PM	Body Flow
Thursday	5:45 to 6:30 AM	Body Pump
Friday	6:15 to 7:15 AM	Body Pump

## Wall Sit with Dumbbell Bicep Curls



### Starting Position

Lean against a solid wall, with your feet out in front of you approximately 12 inches and shoulder width apart. Hold dumbbells to your side, palms facing forward.

### Action

Slowly lower your body from the hips until you reach 90 degrees at the knees. Hold that position. Holding elbows into your body, slowly curl dumbbells upward at the same time. Make sure to keep your shoulders still and just bend at your elbows. Squeeze at the top and return to the starting position. Try doing 2 sets with 10-12 repetitions.

### Selecting Proper Weight

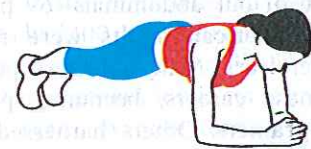
A common question when it comes to weight training is "How do I select the proper weight?" Although the amount of weight will vary from person to person, the feeling you experience will be similar. A good starting point is two sets of 12 repetitions (resting 30-60 seconds in between sets). The 12th repetition should be the last one you can do with proper form. If you cannot reach 12 without a significant struggle, the weight is too heavy. If you can continue past 12 without a problem, the weight is too light. The feeling you experience should fall somewhere in the middle- it is a challenge, but not so difficult that you risk injury. It is better to start with a light weight and add more as you become stronger and the exercises become easier. After three or four weeks, you might notice some exercises becoming easier. At this point it is a good idea to increase the weight, in small increments of 2-5 pounds. This way your muscles will continue to be challenged without being overworked.

## Get Back in Shape—Fast!

**Want to get fit quickly?** Try interval training—short bursts of intense activity that build strength and endurance faster than more moderate activity does, says Chris Jordan, an exercise physiologist and creator of the popular *7-Minute Workout*. Jordan's idea is simple but powerful: Work hard for 30 seconds, then rest for 15, cycling through a series of 12 basic, no-equipment-required moves, alternately working your total body, upper body, lower body and core. (Download the free app at [7minuteworkout.jnj.com](http://7minuteworkout.jnj.com).) Need a simpler plan? Try the four exercises at right (same 30/15-second cycle, and be sure to check with your doctor first). "You'll feel better the very first day and every time you exercise," says Jordan. —S.M.



**PUSH-UPS** Start with counter-top push-ups, or knees bent if full-body push-ups are too hard.



**PLANKS** Hold yourself off the floor, forearms flat on the ground, back flat, with tight abdominals.



**JUMPING JACKS** You can also run in place or step up and down off a stair.



**SQUATS** Sit back until your thighs are parallel to the floor. Rise and repeat.