



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 Dr. Brent Ruiz

General Wellness

5:30 pm, Wednesday, July 16th at Extension Office

Brent Ruiz, PhD, has been involved in Wellness and Performance Enhancement his entire professional career. Dr. Ruiz works with primary care physicians in the community as a resource in the development of individualized Wellness plans to lessen the co-morbidity present in most overweight patients. Dr. Ruiz not only works with individuals but has developed and coordinated Wellness/Prevention programs for corporations and their employees in order to lessen healthcare costs and improve productivity. Dr. Ruiz also works with local athletes and coaches to improve athletic performance and lessen the chance of injury. Dr. Ruiz has worked with all ages and abilities from youth to college and even professional athletes.

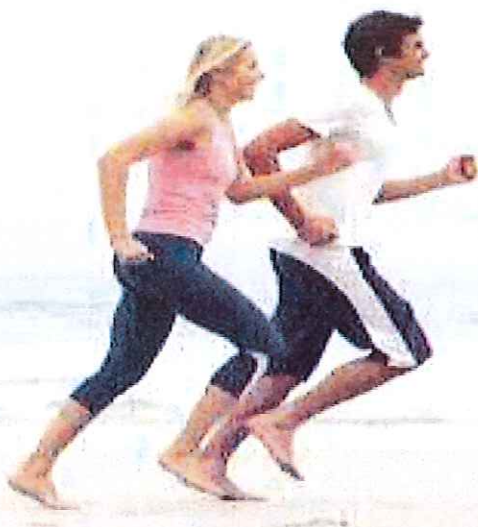
Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

Water Aerobics at Wilber Pool

The Wilber Swimming Pool is offering Water Aerobics on Monday, Wednesdays and Fridays. Classes are from 7:00-7:30 am and 8:00-8:30 pm. 1/2 hour lap swimming available afterwards. For More information call Morgan Tranmer or Chelsea Burger at the pool at 402-821-2026.

Classes not offered on nights when they have pool parties.

Top 10 Fitness Facts



1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help Build Relationships
6. Exercise Helps Ward Off Disease
7. Fitness Pumps Up Your Heart
8. Exercise Lets You Eat More
9. Exercise Boosts Performance
10. Weight Loss Is Not the Most Important Goal

2 Moves To Slim Your Waist

By [Denise Austin](#)

Snug tops and low-riding pants make the need to lose love handles and have a lean waist more apparent than ever. But there's an even better reason to aspire to a trim midsection: your health. A waistline of 35 or more inches puts women at risk for life-threatening conditions such as heart disease and diabetes. Smart eating, aerobic exercise, and ab-tightening moves such as the ones below will help you lose love handles and keep you out of the danger zone.

The moves target the obliques on the sides of your torso. Do two or three sessions a week, with a rest day between workouts.

Seated Knee Drop



Keeping your spine straight, sit back on your sit bones with your knees bent and feet flat on the floor, ankles touching. Place your hands on the floor behind you for balance.



Contract your abdominal muscles, and lower your legs to the left until they are about 6 inches from the floor, keeping your ankles pressed together and your shoulders forward. Your feet will roll, but they should stay on the floor. Hold for a second, and then use your abs to slowly pull your legs up and over to the right. Don't let your knees simply fall to the side; keep the move controlled. Repeat from side to side for 1 minute.

Side Crunch



Lie on your right side with your legs extended. Wrap your right forearm across your waist and rest your right hand on the left side. Bring your left hand behind your head, so your left elbow points toward the ceiling. An easier version: Don't lift your leg; lift your upper body only.



Using the obliques on your left side (not your right arm), pull in your abs and lift your right shoulder off the floor about 2 to 3 inches, while raising your left leg about 12 inches. Hold for 2 seconds, and then slowly return to the starting position. Start with 5 to 8 reps on each side, and work up to 12 to 15. Do one or two sets with 1 minute of rest in between.

4 Healthy Grilling Secrets

1. Remove fat

Trim meats and allow excess marinade to drip off before grilling to reduce smoke.

2. Think thin

Smaller, thinner cuts cook faster, reducing the time spent near the flames. Keep food at least 6" from the heat source and turn frequently. A few light grill marks are fine, but don't go past that point. Avoid overcooking, and remove any charred bits before eating.

3. Skimp on sugar

Use vinegar- or citrus-based marinades; mixes with a lot of sugar or honey lead to charring. Baste with barbecue sauce in the last few minutes of cooking, and reduce the heat, if necessary, to prevent sugar-containing rubs from burning.

4. Use herbs

Adding an antioxidant-rich fresh herb, such as rosemary, to your marinade may offer another layer of protection.

Grilling Recipes

All-Purpose Rub

Works with just about anything, including poultry, meat, fish, and vegetables.

- 1 Tbsp dried thyme
- 2 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne

Whisk together all ingredients and 1/4 tsp each salt and pepper. (Makes 1/4 cup.)

Sweet and Spicy Dry Rub

Delicious on steak and pork tenderloin.

- 2 Tbsp chili powder
- 1 Tbsp dark brown sugar
- 1 Tbsp ground coffee
- 1 tsp cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne

Whisk together all ingredients and 1/4 tsp each salt and pepper. (Makes 1/3 cup.)

Italian-Style Marinade

Marinate steak, pork, or chicken at least 2 hours or overnight.

- 1/4 c red wine vinegar or balsamic vinegar
- 1/4 c coarsely chopped fresh basil leaves (optional)
- 1 1/2 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp minced garlic
- 1/2 tsp red-pepper flakes

Whisk together all ingredients and 1/4 tsp each salt and pepper in shallow dish. (Makes 1/2 cup.)

Asian BBQ Sauce

Pairs well with salmon, tuna, shrimp, chicken, pork tenderloin, and ribs.

- 1/3 c hoisin (Chinese barbecue) sauce
- 1/4 c chopped cilantro
- 2 Tbsp fresh lime juice
- 1 Tbsp low-sodium tamari
- 1 Tbsp finely grated fresh ginger
- 1 Tbsp minced garlic

Whisk together all ingredients and 1/4 tsp each salt and pepper in small bowl. (Makes 1/2 cup.)

Smokin' BBQ Sauce

Good with chicken, beef brisket, and ribs.

- 1 lg onion, chopped
- 1 Tbsp minced garlic
- 1 Tbsp canola oil
- 1 c ketchup
- 1 c brewed black coffee
- 1/4 c cider vinegar
- 2 Tbsp molasses
- 1 Tbsp canned chipotle in adobo (optional)
- 1 tsp cumin

Cook onion and garlic in oil in saucepan over medium heat until soft. Stir in remaining ingredients. Season. Simmer, stirring, until thickened, 10 minutes. (Makes 2 cups.)

Citrus Marinade

Marinate chicken at least 2 hours or overnight; shrimp or salmon, 15 minutes.

- 1/2 c fresh orange juice
- 2 Tbsp fresh lime juice
- 2 Tbsp chopped fresh rosemary
- 1 Tbsp minced garlic
- 1 Tbsp honey
- 1 Tbsp olive oil

Whisk together all ingredients and 1/4 tsp each salt and pepper in dish. (Makes 3/4 cup.)

What sugar does to your body

Women'sHealth

Here's what happens to your system when you eat something packed with the sweet stuff.

By Gretchen Voss



The instant something sweet touches your tongue, your taste buds direct-message your brain: deee-lish. Your noggin's reward system ignites, unleashing dopamine. Meanwhile, the sugar you swallowed lands in your stomach, where it's diluted by digestive juices and shuttled into your small intestine. Enzymes begin breaking down every bit of it into two types of molecules: glucose and fructose. Most added sugar comes from sugar cane or sugar beets and is equal parts glucose and fructose; lab-concocted high-fructose corn syrup, however, often has more processed fructose than glucose. Eaten repeatedly, these molecules can hit your body...*hard*.

Glucose

It seeps through the walls of your small intestine, triggering your pancreas to secrete insulin, a hormone that grabs glucose from your blood and delivers it to your cells to be used as energy.

But many sweet treats are loaded with so much glucose that it floods your body, lending you a quick and dirty high. Your brain counters by shooting out serotonin, a sleep-regulating hormone. Cue: sugar crash. Insulin also blocks production of leptin, the "hunger hormone" that tells your brain that you're full. The higher your insulin levels, the hungrier you will feel (even if you've just eaten a lot). Now in a simulated starvation mode, your brain directs your body to start storing glucose as belly fat.

Busy-beaver insulin is also surging in your brain, a phenomenon that could eventually lead to Alzheimer's disease. Out of whack, your brain produces less dopamine, opening the door for cravings and addiction-like neurochemistry.

Still munching? Your pancreas has pumped out so much insulin that your cells have become resistant to the stuff; all that glucose is left floating in your bloodstream, causing prediabetes or, eventually, full-force diabetes.

Fructose

It, too, seeps through your small intestine into the bloodstream, which delivers fructose straight to your liver.

Your liver works to metabolize fructose--i.e., turn it into something your body can use. But the organ is easily overwhelmed, especially if you have a raging sweet tooth. Over time, excess fructose can prompt globules of fat to grow throughout the liver, a process called lipogenesis, the precursor to nonalcoholic fatty liver disease.

Too much fructose also lowers HDL, or "good" cholesterol, and spurs the production of triglycerides, a type of fat that can migrate from the liver to the arteries, raising your risk for heart attack or stroke.

Your liver sends an S.O.S. for extra insulin (yep, the multitasker also aids liver function). Overwhelmed, your pancreas is now in overdrive, which can result in total-body inflammation that, in turn, puts you at even higher risk for obesity and diabetes.

The 5 Phases of How to Quit Sugar for Good

Suspect you're hooked on the sweet stuff? It's time to restore your brain to its pre-sugar-fiend state. Resetting your palate and eradicating cravings isn't easy, but it is possible. Instead of quitting cold turkey, try this five-phase plan adapted from *Why Diets Fail: Because You're Addicted to Sugar*, by Nicole Avena, Ph.D.

PHASE 1: Eliminate Sugary Beverages

If you're anything like the average gal, you slurp down nearly 40 pounds (70,000 calories!) of liquid sugar per year. Sipping sweet, fiberless beverages (think soft drinks, sweetened waters, coffee drinks) spikes your insulin levels and cues major cravings. Over a period two weeks, cut out all such drinks. If straight H₂O bores you, sip seltzer water or unsweetened teas or coffee.

PHASE 2: Quit Sugary Junk Foods

Cakes, cookies, candy bars—give 'em the heave-ho. Also press pause on secretly sugary fare such as granola bars. When you can, opt for fresh food over processed snacks—nearly 80 percent of the latter contains loads of added sugar. First, ID the foods you have the hardest time avoiding (um, cupcakes?) and quit those first, one at a time. Over the next two weeks, edit out all sugary junk. Sub in fruit when your cravings start up.

PHASE 3: Reduce Simple Carbs

Chances are, by this point you've halved your sugar dependence—and shed some serious pounds. Next, tackle simple carbs, which act just like straight sugar in your body. Make a list of the refined foods you typically eat (e.g., crackers, white breads, white pastas) and, again, reduce them one by one over the next two weeks. Try starting with pastas: Instead of making two cups of spaghetti, make one cup and top it with a protein-packed lean meat; the next time around, replace that remaining cup with a veggie such as spaghetti squash.

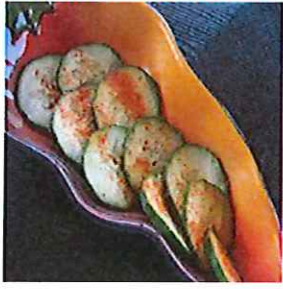
PHASE 4: Sleuth for Hidden Sugars

This one's the trickiest and could take a full two weeks to master. Because hidden sugars are, well, hidden, you could still be ingesting lots of sweet stuff. Keep a critical eye on ingredient labels on condiments, sauces, and salad dressings—all [sneaky sugar sources](#). Also, be leery of "sugar-free" offerings; many are packed with simple carbs instead.

PHASE 5: Keep It Up (Realistically!)

It's all right to indulge every now and then, but pay close attention to your cravings. A slice of cake might be okay for one woman, but it could push another woman over the addictive edge. If a sweet snack leaves you yearning for more or, worse, bingeing, you'll know you're particularly vulnerable to sugar's powerful lure. Major bright side: Once you've kicked the habit and your taste buds are back to normal, fruits will taste supersweet and satisfying—and massive amounts of added sugar will taste like what they are: sickeningly sweet.

Chili and Lime Cucumbers



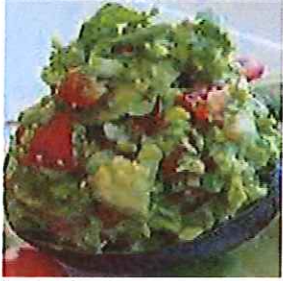
INGREDIENTS:

1 small cucumber
1 tablespoon chili powder
Juice of 1 lime

DIRECTIONS:

1. Slice cucumber into thin slices
2. Drizzle with lime juice
3. Sprinkle with chili powder
4. Refrigerate for a couple hours or overnight.
5. Serve!

Chunky Paleo Guacamole



Rated: ★★★★★

Submitted By: sammyc14

Photo By: Baking Nana

Prep Time: 30 Minutes

Ready In: 30 Minutes

Servings: 6

"This chunky guacamole is paleo-friendly and delicious!"

INGREDIENTS:

2 ripe avocados, peeled and pitted
1 lime, juiced
1 jalapeno pepper, diced
1 clove garlic, minced

1/2 small onion, minced
1 Roma tomato, seeded and diced
1 tablespoon chopped fresh cilantro
salt and ground black pepper to taste

DIRECTIONS:

1. Place avocados in a bowl. Squeeze lime juice on top and roughly smash with a fork until thoroughly mashed. Add jalapeno pepper, garlic, onion, tomato, cilantro, salt, and pepper; gently combine with a fork.

Hummus



INGREDIENTS:

1 pound sweet potatoes, peeled and cut into 1-inch pieces
1 can (19.5 ounces) chickpeas, drained and rinsed
1/4 cup fresh lemon juice (from 1 lemon)
1/4 cup tahini
2 tablespoons olive oil
2 teaspoons ground cumin
1 garlic clove, chopped
Coarse salt and ground pepper
Whole-wheat pita and crudites such as red pepper and broccoli

DIRECTIONS:

1. Set a steamer basket in a large pot. Fill with enough water to come just below basket; bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Transfer to a food processor.
2. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool; refrigerate, in an airtight container, up to 1 week. Serve with pita and crudites.

Savory Yogurt Dip



Season 1/4 cup low-fat yogurt with salt, pepper, 1/2 teaspoon lemon juice, 1 tablespoon chopped fresh herbs (dill, basil, cilantro) or a few pinches of dried oregano, and 1/4 teaspoon lemon zest. Serve with raw vegetables. Serves 1 (40 calories, plus veggies).

Corn Dip with Tomato & Basil



INGREDIENTS:

1 3/4 cups fresh corn kernels (from 2 ears)
or frozen kernels
1/3 cup 2 percent milk
1/3 cup silken tofu
1 tablespoon fresh lime juice
1/4 teaspoon coarse salt

Freshly ground pepper
8 cherry tomatoes, quartered, or 2 medium
tomatoes, coarsely chopped
1/3 cup fresh basil leaves, thinly sliced
3 cups baked white -corn chips (6 ounces)

DIRECTIONS:

1. Cook corn and milk in a skillet over medium-high heat until corn is tender, 7 to 9 minutes. Let cool completely.
2. Puree 2/3 cup corn mixture, the tofu, lime juice, and salt in a food processor; season with pepper. Transfer to a serving bowl, and stir in remaining corn mixture, the tomatoes, and basil. Serve with chips.

Cook's Note--Dip can be refrigerated in an airtight container up to 1 day.

Sun Dried Tomatoes and Artichoke Dip



INGREDIENTS:

1 box (9 ounces) frozen artichokes, thawed
and chopped
1/2 cup feta, crumbled
1 garlic clove
2 teaspoons fresh lemon juice
1/2 cup sun-dried tomatoes (oil-packed),
chopped, plus more for garnish

1/4 cup pine nuts, toasted
1/2 cup basil leaves, torn
Coarse salt and ground pepper
Whole-wheat baguette slices, for serving

DIRECTIONS:

1. In the bowl of a food processor, combine 1/2 cup artichokes, 1/4 cup feta, garlic, lemon juice, and 2 teaspoons water; puree until smooth.
2. In a medium bowl, combine tomatoes, pine nuts, basil, remaining chopped artichokes, remaining 1/4 cup feta, and reserved artichoke puree; season with salt and pepper. Garnish with sun-dried tomatoes, if desired, and serve on baguette slices. Store in an airtight container and refrigerate for up to three days.

Cook's Note

Enjoy the tasty, unexpected flavors of this recipe immediately, or allow the dip to mellow overnight.

Avocado Deviled Eggs



INGREDIENTS:

6 peeled hard boiled eggs
1 ripe avocado peeled and pit removed
1 1/2 teaspoons fresh lime juice
2-3 tablespoons mayonnaise (light or
regular)
1/2 teaspoon freshly chopped parsley
1/8 teaspoon ground mustard
Salt and pepper to taste

DIRECTIONS:

1. Cut eggs lengthwise and remove yolks. Set aside.
2. In a medium bowl combine egg yolks, avocado, lime juice, mayonnaise, parsley, ground mustard and mash using a potato masher or two forks until nice and creamy. Alternatively you can add all the ingredients in a food processor and blend. Season with salt and pepper to taste.
3. Add mixture into egg whites with a spoon or pastry bag and garnish with a chopped parsley. This recipe can also be modified to use only half the eggs yolks and still combine the remaining ingredients for a lighter version.