



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 Amy Hanson, Saline County Aging Services:

"Everything I Need To Know About Retiring But Didn't Know Who To Ask"

5:30 pm, Thursday, September 18th, at the Extension Office

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



Join Every Move Today

Earn Rewards while getting fit!!!

www.everymove.org

Rewards include sportswear, donating to charities, shoes, drinks, gift cards, etc.

Current rewards include (over 45 rewards to choose from):

* \$50 off a Treadmill, Elliptical or Stationary Bike

* \$10 Cabela's Gift Card

* \$10 off a Fitbit Fitness Tracker

* 63% off the Healthy & Hearty Combo at Omaha Steaks

*** If you don't find what you are looking for, make a request!

* Plated.com--pre-portioned ingredients & recipe delivered

* 50% off Complete Nutrition Items

* One month FREE to Anytime Fitness

* Donate to Fred Hutchinson Cancer Research

*** Automatically syncs with your fitbit!!

NIRMA ONLINE CLASSES

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

Understanding Depression and Bipolar Disorder

Generational Differences

Managing Risk in an Aging Workforce

Dealing with Heat Stress

Preventing Accidents in the Workplace

Looking For Healthy Recipes?????

Check out the Saline County Wellness Website

www.co.saline.ne.us/wellness

still mad you "only" lost 1 pound???



Retirement, Social Security, Medicare

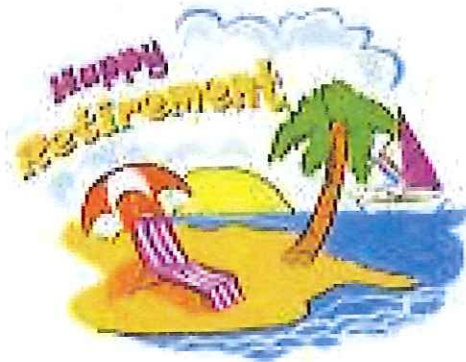
Are you, your spouse, or someone you know...

Wondering what you need to know about retirement?

Planning to delay retirement?

Preparing to retire?

Wondering whether to take Social Security early or wait?



Saline County Aging Services
will present a discussion on:

"Everything I Need To Know About Retiring But Didn't Know Who To Ask"

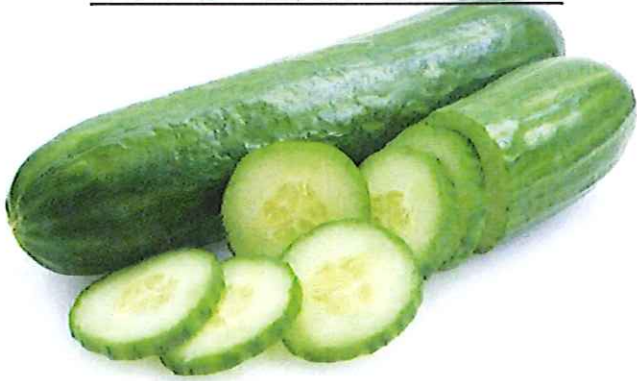
Topics discussed include:

- Medicare A, B and D in a nutshell
- Working Past Retirement Age
- Delaying Medicare without penalties
- The one thing I absolutely HAVE to know/do before turning 65
- How taking Social Security is affected by employment

The presentation will be followed by a Q&A session.

**Presentation September 18, 2014
5:30 PM at the Saline County Extension Office
FREE to all county employees and spouses
(Or bring a friend or relative)**

CUCUMBER TIPS & TRICKS



CUCUMBER TIPS & TRICKS THAT YOU DON'T WANT TO MISS!!

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. For a pick me up in the afternoon... Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours. Slice some and put in your water bottle.
3. If you rub a cucumber slice along your bathroom mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemical in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free.
Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the photochemical will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm you fingers or fingernails while you clean.



Zucchini Noodles (Zoodles) with Lemon-Garlic Spicy Shrimp

Servings: 1 • Size: 1 zucchini + shrimp • Old Points: 5 pts • Points+: 6 pts
Calories: 235.5 • Fat: 9 g • Carb: 14.5 g • Fiber: 4 g • Protein: 25 g • Sugar: 4 g
Sodium: 179 mg (without salt) • Cholesterol: 173 g

Ingredients:

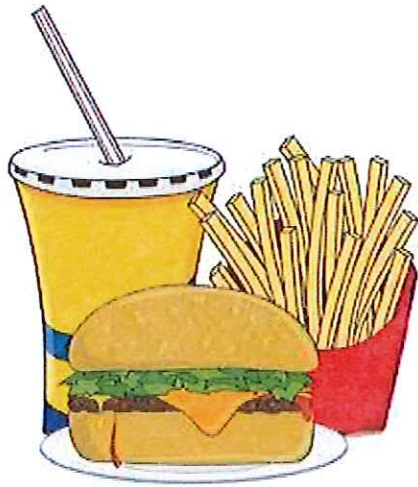
1 1/2 teaspoons olive oil
pinch crushed red pepper flakes
4 oz peeled and deveined shrimp
2 cloves garlic, sliced thin and divided
1 medium zucchini, spiralized
pinch salt and fresh black pepper
1/4 lemon
1/4 cup halved grape tomatoes

Directions:

Heat a medium nonstick skillet over medium-high heat. Add 1 teaspoon of the oil and crush red pepper flakes, add the shrimp and season with pinch salt and pepper; cook 2 to 3 minutes. Add half of the garlic and continue cooking 1 more minute, or until the shrimp is cooked through and opaque. Set aside on a dish.

Add the remaining 1/2 teaspoon oil and garlic to the pan, cook 30 seconds then add the zucchini noodles and cook 1 1/2 minutes. Add the shrimp and tomatoes to the pan and squeeze the lemon over the dish. Remove from heat and serve.

FAST FOOD CHOICES



Most Americans are aware that a steady diet of fast food is not conducive to good health. Foods that are high in fat, cholesterol, sodium, and calories adorn the menus of fast food restaurants, and contribute to the increasing prevalence of cardiovascular disease in America. Still, most of us find ourselves consuming these foods, at least occasionally, in large part because they are quick, inexpensive, and—yes—they taste good. Is there a way to eat healthier at a fast food restaurant?

The answer is yes. Most of the major fast food chains publish nutrition information about their products and have it available in the restaurant and on their web sites. By educating yourself to the content of a restaurant's offerings, you can make choices that will leave you feeling content and not guilty. Let's take a look at some of this information...

It is recommended that the average American adult consume about 2000 calories per day. Within this recommendation, it is suggested that fat account for no more than 65 grams, saturated fat be less than 20 grams, and sodium be below 2400 milligrams. Cholesterol intake should be less than 300 milligrams, and it must be remembered that foods that are high in fat and cholesterol are doubly dangerous to health. If all these calculations are confusing, don't be concerned. Federally mandated guidelines on nutrition information will enable you to quickly see the content of products and determine the relative values of each.

As we've said before, calories, cholesterol, fat, and sodium (salt) are the major culprits in bad nutrition, and they figure prominently in fast food. Using the recommendations below, you can easily see how certain items are cardiovascular event waiting to happen:

Restaurant/Item	Calories	Fat	Saturated Fat	Cholesterol	Sodium
Daily Recommended Allowance	2000	65g	20g	300mg	2400mg
McDonald's/Big Mac	590	34g	11g	85mg	1090mg
McDonald's/Qtr Pounder w/ Cheese	530	30g	13g	95mg	1301mg
Burger King/Whopper w/ Cheese	780	47g	17g	105mg	1390mg
Burger King/Dbf Whopper w/ Cheese	1020	65g	25g	170mg	1460mg
Arby's Beef 'N Cheddar	480	24g	8g	90mg	1240mg
Arby's Giant Roast Beef	480	23g	10g	110mg	1440mg
Wendy's/Big Bacon Classic	580	30g	12g	100mg	1460mg
Jack in the Box/Bacon Ultimate Cheeseburger	1020	71g	26g	210mg	1740mg
Jack in the Box/Jumbo Jack with Cheese	640	38g	15g	105mg	1340mg

We looked at some of the items available in fast food restaurants that contain enormous levels of fat, sodium, and cholesterol. We also included some tips on how to eat healthier at fast food establishments. We'll look at how smaller portions and wiser choices can assist you. It stands to reason that the bigger the portion, the greater the concentration of substances best avoided. For example, the chart below uses information provided on the Burger King web site to give you an idea how the size of a sandwich and the various additions alter the nutritional value.

Restaurant/Item	Calories	Fat	Saturated Fat	Cholesterol	Sodium
Daily Recommended Allowance	2000	65g	20g	300mg	2400mg
Whopper with cheese	780	47g	17g	105mg	1390mg
Whopper	680	39g	12g	80mg	940mg
Whopper Jr. with Cheese	460	27g	10g	60mg	740mg
Whopper Jr.	410	23g	7g	50mg	520mg
Cheeseburger	370	18g	9g	55mg	750mg
Hamburger	320	14g	6g	45mg	530mg

As you can see, the addition of that one slice of cheese makes a large difference, as does the size of the sandwich. You can consume a hamburger and a medium order of French fries and still take in less fat than is in a Whopper alone.

Many fast food restaurants have tried to provide healthier choices and diversify their menu offerings by including salad bars and baked potatoes. On the surface these may appear to be healthier, but their nutritional value can be quickly eroded by the addition of cheese, bacon bits, sour cream, and dressings that contain high levels of fat and sodium. Salad dressings such as thousand island, ranch, bleu cheese, and creamy Italian are particularly heavy. As an example, a two-ounce serving of Arby's buttermilk ranch dressing derives 97% of its 360 calories from fat and contains an astounding 39 grams of fat—more than half the amount a person should consume in a day and as much as a Whopper.

In order to limit fat, cholesterol, and sodium intake when ordering fast foods, a good rule of thumb is to choose the more basic options on the menu. A simple hamburger, or even a cheeseburger, will always be more heart friendly than a colossus loaded with cheese, mayonnaise, pickles, and "secret sauce". Consider the following:

- A standard Taco Bell taco contains 18% of a person's recommended daily fat intake, a Double Decker Taco Supreme 32%
- There are 10mg of cholesterol in one slice of "Thin 'n Crispy" Pizza Hut cheese pizza while one slice of "Meat Lover's" pizza contains 35mg
- A six-inch Subway turkey breast sandwich has only 1 gram of saturated fat while a six-inch "Caesar Italian BMT" has ten times that amount.
- Because French fries are fried in vegetable oil, they are often described as being "cholesterol free". This may be true, but that frying process adds saturated fat which promotes heart disease in the same way as cholesterol. There are 1.5 grams of saturated fat in a small order of McDonald's French fries as compared to 5 grams in a "Super Size" order
- Eliminating the mayonnaise on sandwiches can make a real difference. The Burger King Whopper with mayonnaise has 39 grams of fat but only 22 grams without. McDonald's Chicken McGrill's 18 grams of fat can be reduced to just 7 grams by leaving off the mayo.

In today's fast-paced society, fast food is an attractive dining option in many cases. With regard to maintaining a healthy cardiovascular lifestyle, it is important for consumers to know that on any restaurant's menu there are some items that are good, some that are bad, and then some that are downright terrible.

- Steer clear of anything that has bacon on it.
- Don't order sandwiches that are "double", "big", or "jumbo."
- Avoid the cheese—one slice of American cheese has 70 calories and 6 grams of fat.
- Condiments other than ketchup and mustard tend to be mayonnaise-based, and are almost exclusively composed of fat.
- Use ketchup, mustard, and pickles sparingly—they have high sodium content.
- Chicken and fish sandwiches are generally healthier than hamburgers especially if they are grilled, not fried.
- French fries are deceptive—they contain large amounts of fat, calories and sodium. Order a small portion, do not add extra salt, and remember that ketchup is high in sodium.

Moderation is the key when dining at fast food restaurants. They need not be completely avoided, but as part of a healthy lifestyle they shouldn't be an everyday habit. By knowing the nutrition content of what you're consuming, you can make smart choices and still enjoy the convenience of these quintessentially American institutions.

If you would like more information, please call our nutrition counselors at (402) 483-8590 or learn about the program on <http://www.bryanhealth.org>. You should also talk to your physician about your diet. If you do not have a physician, please call our referral center at (402) 483-8590 or <http://www.bryanhealth.com/FindaPhysician> to visit our Physician Finder to find a physician that is right for you.

Healthy Living,
Bryan Health

WE CHALLENGE YOU! catch 88

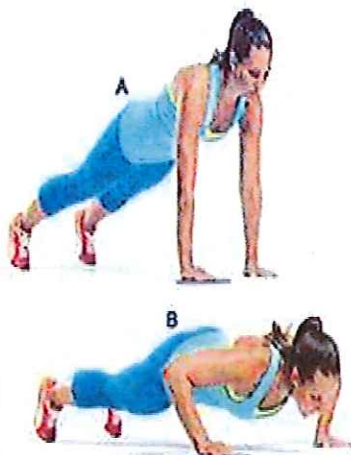
30-DAY SQUAT CHALLENGE

- Day 1: 50
- Day 2: 55
- Day 3: 60
- Day 4: Rest
- Day 5: 70
- Day 6: 75
- Day 7: 80
- Day 8: Rest
- Day 9: 100
- Day 10: 105
- Day 11: 110
- Day 12: Rest
- Day 13: 130
- Day 14: 135
- Day 15: 140
- Day 16: Rest
- Day 17: 150
- Day 18: 155
- Day 19: 160
- Day 20: Rest
- Day 21: 180
- Day 22: 185
- Day 23: 190
- Day 24: Rest
- Day 25: 220
- Day 26: 225
- Day 27: 230
- Day 28: Rest
- Day 29: 240
- Day 30: 250



BEGINNER PUSH-UP CHALLENGE

- Day 1: 5
- Day 2: 5
- Day 3: 6
- Day 4: 6
- Day 5: 7
- Day 6: 7
- Day 7: 10
- Day 8: 10
- Day 9: 10
- Day 10: 15
- Day 11: 15
- Day 12: 15
- Day 13: Rest
- Day 14: 18
- Day 15: 18
- Day 16: 20
- Day 17: 20
- Day 18: 20
- Day 19: 25
- Day 20: 25
- Day 21: 30
- Day 22: Rest
- Day 23: 30
- Day 24: 35
- Day 25: 35
- Day 26: 40
- Day 27: 40
- Day 28: 45
- Day 29: 45
- Day 30: 50



30-DAY PLANK CHALLENGE

- Day 1: 20 sec
- Day 2: 20 sec
- Day 3: 30 sec
- Day 4: 30 sec
- Day 5: 40 sec
- Day 6: Rest
- Day 7: 45 sec
- Day 8: 45 sec
- Day 9: 1 min
- Day 10: 1 min
- Day 11: 1 min
- Day 12: 1.5 min
- Day 13: Rest
- Day 14: 1.5 min
- Day 15: 1.5 min
- Day 16: 2 min
- Day 17: 2 min
- Day 18: 2.5 min
- Day 19: Rest
- Day 20: 2.5 min
- Day 21: 2.5 min
- Day 22: 3 min
- Day 23: 3 min
- Day 24: 3.5 min
- Day 25: 3.5 min
- Day 26: Rest
- Day 27: 4 min
- Day 28: 4 min
- Day 29: 4.5 min
- Day 30: 5 min



30-DAY CRUNCH CHALLENGE

- Day 1: 25
- Day 2: 30
- Day 3: 35
- Day 4: Rest
- Day 5: 40
- Day 6: 45
- Day 7: 50
- Day 8: Rest
- Day 9: 60
- Day 10: 65
- Day 11: 70
- Day 12: Rest
- Day 13: 80
- Day 14: 90
- Day 15: 95
- Day 16: Rest
- Day 17: 100
- Day 18: 105
- Day 19: 110
- Day 20: Rest
- Day 21: 115
- Day 22: 120
- Day 23: 125
- Day 24: Rest
- Day 25: 130
- Day 26: 135
- Day 27: 140
- Day 28: Rest
- Day 29: 145
- Day 30: 150



Battle of the sweeteners!

Americans eat too much sugar, experts say—but not all the alternatives are better for you. Here's the lowdown on the real stuff, and the most buzzed-about swaps. BY MARYGRACE TAYLOR

BASICS

SUGAR



- A simple carbohydrate made from sugarcane or sugar beets
- One teaspoon—which is equivalent to 4 grams—has 15 calories

SACCHARIN



- A sugar- and calorie-free sweetener made from a chemical compound
- 300 to 450 times sweeter than sugar, with a slightly bitter aftertaste
- Besides Sweet 'N Low, saccharin is sold as the brand SugarTwin

STEVIA



- A sugar- and zero-calorie sweetener extracted from a South American plant
- 200 to 300 times sweeter than sugar, with a slight licorice aftertaste
- Found in sodas and juices, plus in granulated form (Pure Via and Truvia)

SUCRALOSE



- An artificial sweetener that starts out as table sugar, undergoes a chemical process, and comes out 600 times sweeter and without any calories
- Also known as Splenda

AGAVE NECTAR



- A syrup made from the agave plant
- One teaspoon has more calories (20) and more sugar content (4.7 grams) than plain white sugar
- Tastes slightly sweeter than sugar; dark varieties have a caramel flavor

ASPARTAME



- An artificial sweetener with 4 calories per teaspoon, but found in such small amounts in diet soda, NutraSweet, and Equal that you'll see zero calories on labels
- 200 times sweeter than sugar
- Doesn't work well in baked goods

MONK FRUIT EXTRACT



- A sugar- and calorie-free sweetener extracted from the Chinese luo han fruit
- 150 to 300 times sweeter than sugar
- Found in some herbal teas and mixed with other natural sweeteners in the granulated blend Nectresse

THE LOWDOWN

"Americans consume over 19 teaspoons of added sugar daily, but the American Heart Association says women should only eat six teaspoons," says registered dietitian Andrea Giancoli.

Studies in the 1970s linked saccharin to cancer, but the research was debunked, and the FDA and the National Cancer Institute agree it's safe; still, experts don't know how it may affect pregnancy.

Swap for sugar or find it in a blend made with other sweeteners (so baked goods brown better). It's FDA-approved as a sweetener, but whole-leaf stevia hasn't been deemed safe during pregnancy.

For baking, use only a half cup of Splenda for one cup of sugar, and check your brownies or cookies a few minutes before the recipe suggests. Health-wise, it has a clean track record.

Agave's glycemic index is lower than sugar's, so it might help you in terms of avoiding a sugar high and crash. But its calorie count versus sugar's doesn't make it ideal for weight loss.

Aspartame is deemed safe by the FDA and the National Cancer Institute. Still, a study of more than 3,000 women linked diet soda (but not regular soda) with kidney decline.

Monk fruit is a nice swap for sugar: It's safe, tastes good, and is calorie-free. Because it's so much sweeter than sugar, check the package instructions when swapping it in recipes.