



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. Scott W. Donkin, DC:

"Sit Smarter, Not Harder"

5:30 pm, Wednesday, November 12 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 Oct 1 - December 31: (25 WELLNESS POINTS EACH)

Sleep and Your Health

Smoking Cessation

Understanding Nutritional Information & Labels

Food Drive--November & December

Every year, Saline County has an annual food drive to help Saline County Aging Services & Blue River Family Resource Center stock up on supplies before the holidays. In addition, from November 3-21, counties in Nebraska compete against counties in Kansas to see which state can get the most items donated. Help us out by donating during those dates!!! And last, but not least, during the months of November and December, you can also earn Wellness Points by donating!!! Each time you make a donation in November and December, you will earn 1 Wellness Point for each item you donate.

You can drop off your donations at the following locations and there will be a sign up sheet for you to log the date, your name and the number of items you donated. Don't forget to log your wellness points in your Wellness Booklet as well.

If you have any questions, please do not hesitate to contact Linda at 402-821-2374.

*Courthouse Assembly Room

*Extension Office Conference Room

*Law Enforcement Mail Room

*Aging Services

Keep in mind that as we all start planning for the holiday season, there are many people less fortunate than us, that will be going without a nice Thanksgiving or Christmas meal. In addition, many people are looking for jobs this time of year. It is hard to get a job when you can't care for your basic personal hygiene needs. Aging Services is always in need of the following items:

*Paper Towels

*Conditioner

*Shampoo

*Dish Soap

*Tooth Paste

*Deodorant

*Laundry Soap

*Razors

*Toilet Paper (If you buy a big package it will be broken down for multiple households)

*Bar Soap

**Look for email updates in the next two months listing the items that Aging Services is in need of.

Thank you for your thoughtful support!!! It is much appreciated!

Saline County 4th Annual Health Fair

COMING in FEBRUARY 2015

Plan your annual physical or doctor visits around this annual event so that you can take advantage of this Opportunity

Look for future notices on when the Health Fair will be offered

Top 5 Exercise and Weightlifting Myths:

BUSTED!!

MYTH ONE. To Lose Weight Fast, You Need to Diet and Do a lot of Aerobic Exercise

Fact. Traditional aerobic training only burns fat, but if you combine it with weight training, you get a double whammy effect: You shed fat and develop lean muscle at the same time, so you shape and tone faster! Aren't you in the game to look and feel as good as possible? You'll get the best results by lifting weights and watching what you eat.

MYTH TWO. The Best Way to Burn a lot of Fat and Calories is through Cardio Workouts

Fact. It's true that cardio exercise burns a lot of calories, but with conventional aerobic training, you stop burning calories when you stop working out. When you lift weights, you keep burning calories long after your workout has finished. It's the proven EPOC (Excess Post-exercise Oxygen Consumption), which is a fancy way of saying lifting weights helps you boost your metabolism and burn more calories.

MYTH THREE. Women Get Bulky if They Lift Weights

Fact. Ask any bodybuilder: If you want to get big, you have to lift big and eat big, using low reps and heavy weights. High repetitions with low weights helps maximize strength training without overbuilding the muscles. Muscle is critical in helping boost the metabolism to maximize fat loss. That's why lifting weights is crucial to your body transformation. However, you don't have to get "bodybuilder big" to reap the benefits. And truthfully, the vast majority of women simply don't have enough of the male hormone testosterone to get big muscles.

MYTH FOUR. Gym Machines are Better For Strength Training than Free Weights or Barbells

Fact. Fancy gym equipment may be comfortable and sparkle like shiny bling-bling, but as far as performance goes, machines simply isolate the muscle, so you're not getting any combined synergy from all that effort. When you use free weights or barbell weights, you can use all your body's muscles to stabilize—so you're exercising not just the muscle that's lifting the weight, but the surrounding muscles, as well as your core and abs. That takes energy (AKA fat!)

MYTH FIVE. Women and Men Need to Train Differently

Fact. There's absolutely no reason why women and men can't train the same way to reach their body transformation goals and get lean and strong. Men and women have different levels of the hormones that are responsible for muscle growth. The basics of weight training—like squats, lunges, curls, and dead lifts—are some of the best exercises for everyone!

10 Lifestyle Changes You Can Make To Lower Your Blood Pressure and Keep It Down

1. Lose extra pounds and watch your waistline

Blood Pressure often increases as weight increases. You and your doctor can determine your target weight and the best way to achieve it. Besides shedding pounds, carrying too much weight around your waist can put you at greater risk of high blood pressure.

- Men are at risk if their waist measurement is greater than 40 inches
- Women are at risk if their waist measurement is greater than 35 inches

2. Exercise Regularly

Regular physical activity—at least 30 to 60 minutes most days of the week—can lower your blood pressure. Talk to your doctor about developing an exercise program.

3. Eat a Healthy Diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure.

4. Reduce Sodium in Your Diet

- Limit Sodium to 2,300 milligrams (mg) a day or less
- 1,500 mg a day or less is appropriate for people 51 years of age or older

5. Limit the Amount of Alcohol You Drink

- Moderate amounts of alcohol can potentially lower your blood pressure. However if you drink more than moderate amounts, alcohol can actually raise blood pressure by several points.

Moderate amounts:

- 1 Drink a Day for Women
- 2 Drinks a Day for Men

6. Avoid Tobacco Products and Secondhand Smoke

Nicotine can raise your blood pressure for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high.

7. Cut Back on Caffeine

Doctors recommend you drink no more than 200 milligrams of caffeine a day (about 2 cups of coffee).

8. Reduce Your Stress

Once you know what's causing your stress, consider how you can eliminate or reduce stress (deep-breathing exercises, massage, yoga, meditation, and counseling are some ways to reduce stress).

9. Monitor Your Blood Pressure at Home and Make Regular Doctor's Appointments

Talk to your Doctor about home monitoring before getting started.

10. Get Support From Family and Friends



High Blood Pressure Foods Which Can Be Eaten Frequently:








- Lean Cuts of Meat
- Chicken and Turkey (as long as the skin is removed)
- Fresh or Frozen Fish
- Skim Milk
- Loaf Breads, Dinner Rolls, English Muffins, Bagels and Pita Bread
- Cereals (as long as they are "low sodium" varieties)
- Plain Rice and Noodles
- Fresh or Frozen Vegetables and Canned Vegetables which have not had Salt Added
- Fruit
- Soups which are Low in Sodium
- Margarine and Vegetable Oils
- Spices, Herbs and Flavorings such as Parsley, Oregano, Onion Powder, Garlic Powder, Vinegar and Fruit Juices

High Blood Pressure Foods To Avoid or Limit:

- Smoked or Cured Meats such as Bacon, Hot Dogs, Bologna, Corned Beef, Ham, Luncheon Meats and Sausage
- Canned Fish Such as Salmon, Tuna, Sardines and Mackerel. (Rinse Thoroughly Before Eating)
- Buttermilk
- Cheese and Cheese Spreads
- Salty Snacks such as Potato Chips, Pretzels, Nuts and Pork Rinds
- Quick Cooking Rice, Instant Noodles and Prepared Quick Meals such as Frozen Dinners, Pot Pies and Pizza
- Regular Canned Vegetables. (Rinse Thoroughly Before Eating)
- Pickled Foods Such as Relish, Pickles, Olives, Sauerkraut and Herrings
- Regular Canned Soups and Instant Soups
- Ketchup, Soy Sauce, Steak Sauce, Barbecue Sauce, Garlic Salt, Onion Salt, Bouillon Cubes, Meat Tenderizer and Monosodium Glutamate



BINGO Instructions

-  Mark each BINGO square that you complete in November
-  Turn in your November BINGO Sheet by Friday, December 5, 2014. Also, turn in all Bingo Sheets including October to Kory or Sharon.
-  For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. (Your name will be entered into the drawing one time just for participating, even if you don't get a BINGO.) Therefore, your name can be entered up to thirteen times each month.
-  We will offer BINGO in October, November and December. Your name will go in to the drawing at the end of each month.
-  You must earn at least 1 "BINGO" each month in order to earn your 25 Challenge Points.
-  In January, two prizes will be awarded. One prize for the name that is drawn and one prize for the person who marked off the most squares over the 3 month period.
-  **PRIZES** are choice of: *Massage *Dinner & A Movie for 2 *Hunting And/Or Fishing License



THIS CHALLENGE IS ON THE HONOR SYSTEM, IF YOU CHEAT, YOU ARE ONLY CHEATING YOURSELF!!!

NOVEMBER

B	I	N	G	O
Read November Monthly Newsletter	No sweets three consecutive days twice this month	6 exercise sessions of 30 minutes or more this month	Keep a food journal for a week	Attend the November education class (or watch the video)
Do 20 squats or use the New Step machine for 20 minutes 5 days this month	Eat 3 or 4 servings of dairy daily (do this 8 times this month)	Eat a healthy lunch all week	Try a new exercise class, DVD or do a new exercise routine 4 times this month	No alcohol 3 consecutive days each week
Drink at least 8-8 oz glasses of water 3 days each week	Track your steps on a pedometer or the New Step machine every day for a week	 Copyright © Good Friends • www.totTees.com 2010	Get a flu shot (in October or November)	Eat 5-6 small meals 3 consecutive days
Donate Food to the Food Drive at least 2 times this month	Relax and spend an hour with friends or family 4 times this month	No pop 3 consecutive days twice this month	Eat an average of 4 cups of fruits and/or veggies daily	Take a walk or ride a bike over your lunch hour twice this month
Work out at the Fitness Center 5 times this month	No fast food for an entire week	Involve your family or a friend in your fitness routine at least once each week	Get 7 or more hours of sleep 4 days each week	Maintain your weight during the holidays (or lose weight)



Name: _____





Gobble It Up!!

*Is staying healthy even possible this season??
Chew on these thanksgiving tips for a healthy holiday*



PORTION CONTROL

Filling your plate with smaller portions will help you enjoy your holiday favorites and get seconds (within reason) guilt-free.



EMPTY CALORIES ADD UP

We consume an average of 3,000 calories during our Thanksgiving meal so go easy on the wine and other drinks to save room for dessert.



REIGN IN YOUR SWEET TOOTH

Sample multiple desserts to avoid eating more than your fill after a big Thanksgiving meal. Dessert may even be too much, so save some for later.



ENJOY GREAT COMPANY

Holidays are about family and friends. Make sure and emphasize about spending quality time together outside the delicious meal.



Happy Thanksgiving!!





Meringue-Topped Sweet Potato Casserole

This lightened-up take on the classic Thanksgiving sweet potato casserole is spiked with crushed pineapple and toasted pecans. We top it with an airy, slightly sweet meringue. You can pipe the meringue to make it look fancy or simply spread it neatly with a rubber spatula.

Makes: 10 servings, about 1/2 cup each

Active Time: 30 minutes

Total Time: 1 1/4 hours

(UP TO 400 CALORIES LESS THAN TRADITIONAL SWEET POTATO CASSEROLES)

INGREDIENTS

SWEET POTATO CASSEROLE

- | | |
|---|---|
| 2 1/2 pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks | 2 large eggs |
| 2 tablespoons brown sugar | 1/4 teaspoon ground cinnamon |
| 1 tablespoon canola oil | 1 cup low-fat evaporated milk |
| 1 teaspoon vanilla extract | 1/2 teaspoon salt |
| 1 8-ounce can of crushed pineapple, undrained | 1/2 cup chopped pecans, toasted (see Tip) |

MERINGUE TOPPING

- 4 teaspoons dried egg whites (see Note), reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature
1/4 cup granulated sugar

PREPARATION

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.

Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) broiler-safe baking dish (see Tip) with cooking spray.

Whisk whole eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple and its juice. Spread the mixture in the prepared baking dish. Sprinkle with pecans.

Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes. Set aside while you make the topping.

To prepare meringue topping: Position rack in top third of oven; preheat broiler. Beat egg whites in a medium bowl with an electric mixer at high speed until soft peaks form (see Tip). Beat in granulated sugar in a slow, steady stream. Continue beating until stiff peaks form.

Spoon the meringue into a gallon-size sealable bag. Seal the bag, pressing out as much air as possible. Cut a 1/2-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a 1/2-inch tip or spread the meringue over the casserole as if you were frosting a cake.) Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.

TIPS & NOTES

Make Ahead Tip: Prepare through Step 4; cool, cover and refrigerate for up to 2 days. Reheat, covered, in the microwave on High, before finishing with Steps 5-6.

Tips: To toast chopped nuts, place in a small dry skillet and cook over medium-[low heat](#), stirring constantly, until fragrant and lightly browned, 2 to 4 minutes

A broiler-safe baking dish is one made of metal or earthenware. Glass baking dishes, such as Pyrex, may shatter under the broiler.

To make soft peaks, beat egg whites with an electric hand mixer until they are stiff, but still soft enough to curl over when beaters are turned upside down.

Note: Pasteurized dried egg whites are a wise choice in recipes that call for uncooked egg whites. Look for brands like Just Whites in the baking section of most supermarkets.