



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.

No Monthly Educational Class in December

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 does an annual food drive to help Aging Services & Blue River Family Resource Center stock up on supplies before the holidays. From November 3-21, counties in Nebraska competed against counties in Kansas to see which state could get the most items donated. Saline County donated 461 items. We will let you know who wins in the next newsletter. Each time you make a donation in 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 for November & December 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 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 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

Les Mills Body Pump Now Available at the Saline County Fitness Center

Looking for a new workout routine???? Les Mills Body Pump tapes and dumbbells available in the upstairs bedroom at the Saline County Fitness Center. Workout 3 times a week for Best Results!! 8 tapes to choose from.

THE REP EFFECT™ uses lighter weights at a higher rate of repetition so you can get leaner—faster. This intense training technique accelerates your heart rate, burning up to 1,000 calories per workout and torching more fat to reveal gorgeous muscles and a sleek, sculpted body—fast. Workout 3 times a week!!!

Gain the Confidence to Work Out

Too embarrassed to exercise? You're far from alone. Try on these ideas to boost your confidence and reach your fitness goals.



Lack of time, money, and motivation are the top three excuses people use not to exercise, a University of Pittsburgh study found. Other common roadblocks include embarrassment, fear, and distaste for exercise in general — hang-ups that can keep the people who need to exercise the most from breaking a sweat.

If you've been out of shape for awhile, you may lack the confidence to get started or be too self-conscious to work out in front of other people. And that can lead to a vicious cycle, because if you don't work out, you won't improve your shape and the way you feel about your body.

That's why the key to developing an active lifestyle is baby steps. "Remember that the journey of a thousand miles begins with a single step," says Jessica Smith, a certified wellness coach, personal trainer, group fitness instructor, and author of *Thin in 10*. "I began my own personal fitness journey over 40 pounds ago. Start with something you can do right now, with what you have. Go for a 10-minute walk — little changes really can change everything."

Next Steps to Fitness

To be healthy, adults need a minimum of 2 hours and 30 minutes of moderate exercise or 1 hour and 15 minutes of vigorous exercise each week, plus two days of strength training, the U.S. Centers for Disease Control and Prevention says. Nowhere do those guidelines state you have to spend your weekly exercise time sweating in a crowded gym or being yelled at by a pricey personal trainer. All it takes to find a plan that works for your lifestyle is a little effort. Here are ways to get started.

Think outside the gym. Not ready to jump right into a gym workout? It's perfectly okay to get started in the privacy of your own home and work your way up to it. "There are so many great workout DVDs available now that it's easy to find a workout and instructor right for you," Smith says. "You may be more likely to work out if all you have to do is head down to the living room to do it." You can also start with walks around your neighborhood to get your body acclimated to exercise.

Talk to a trainer. The transition to a fitness center can be easier if you work with a trainer who can guide you. Paul Wintergerst, a certified personal trainer, nutrition consultant, and founder of PhatBurn, says this is the most important way to boost confidence when getting started at the gym. "A personal trainer will ensure that you start off on the right foot," he says. "It will also take the intimidation factor out of walking into the gym without knowing what to do. After a few personal training sessions, you will have a base and will start recognizing familiar faces in the gym, which will make you start to feel more at home."

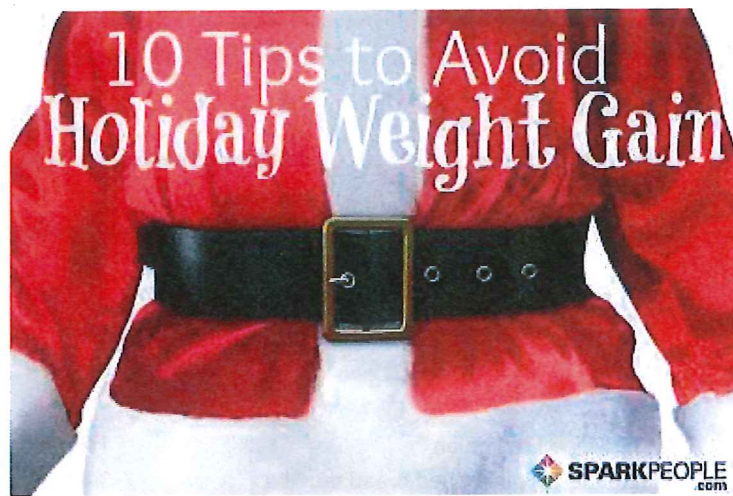
Dress the part. One confidence-busting factor is that many people treat the gym not as a fitness opportunity, but as a fashion show. Resist getting caught up in that mindset, but do get workout wear that makes you feel comfortable, physically and emotionally. "Comfort is the key, but also, remember to find clothes that will be comfortable when you start sweating in them," Smith says. "Find materials that you like both wet and dry, because the goal is to get sweaty! Shoes are the super-key — if they don't fit well or feel comfy, you won't be able to focus on your workout."

Go with a buddy. The old adage of strength in numbers is true when it comes to boosting your confidence in intimidating situations. Ask a friend who exercises if you can join him or her — you'll gain companionship and maybe learn a few things. "All the knowledge I have amassed in my fitness life has always been from training with people who do things differently than I do and just picking up tips from them here and there," Wintergerst says.

Embrace the selfishness. If you're out of shape, you might feel self-conscious as you walk into a fitness class, thinking that everyone is looking at you. But remember, each person goes to the gym to work on their bodies, not worry about examining anyone else. "I think it was Dr. Phil who said something like, you wouldn't care so much about what other people think if you knew how little they thought of you," Smith says. "The truth is, everyone has their own insecurities — even that woman with the 'perfect body.' No one is there to critique you. They are all too busy worrying about their own stuff." Remind yourself that everyone had a starting point at some time in their life.

Immerse yourself in workouts you enjoy. Finally, there's one surefire way to make all your fitness and gym insecurities melt away, and that's to choose an exercise that you are truly passionate about. All of a sudden, you won't care about anybody else at the gym, and your fitness level is sure to improve as a result. "If you genuinely enjoy an activity, you will be compelled to revisit it and participate on a more regular basis," says Hannah-Marie Williams, CPT, a certified personal trainer and exercise physiologist in New York. "The internal motivation to please yourself will be enough to keep you participating in regular exercise."

Don't forget the Saline County Fitness Center is FREE and available 24 hours a day, 7 days a week.



I don't want to be the Grinch who stole Christmas dinner, but we have to ask. Just when did holidays like Hanukkah and Christmas morph from messages of love and giving to ones of food and gorging?

Whether it's one, three or seven pounds, experience says that most of us will gain weight between now and New Year's Day. So it bears repeating that moderation is the key to enjoying a fun and healthy holiday season.

This year, shake off the ghosts of food-crammed Christmases past! Fill up instead on family and friendship rather than food and feasting. Make a concerted effort to fill your heart with love—not cholesterol—and you'll start the New Year with a brighter outlook instead of a desperate resolve to shed pounds!

So, in the tradition of giving, I'm offering you a very special gift: the **10 ways to avoid holiday weight gain**. It's one size fits all, so feast your eyes on this easy-to-follow advice *before* you feast on that second slice of Aunt Edna's holiday pie.

1. **Keep your eye on the prize...**a slimmer you! Mindful snacking is one way to weigh less without stress. Mind/less snacking will prevent the weight loss you're working so hard to accomplish.
2. **Drink with caution.** Alcohol accomplishes two negatives: extra calories without nutrition, and a relaxing of inhibitions. You need all your willpower to resist the cheese dips and fried snacks, so staying sober is a good strategy.
3. **Don't go wild.** Hey, it's a party! So it is. Enjoy a beer, glass of wine, or even a cocktail (made with club soda or diet soda, of course). Spend the rest of the party walking around with a full glass of club soda with lime. Keeping your hands occupied accomplishes two purposes: first, the hosts will not ask if you need a drink (you have one), and second, it's harder to eat with one hand wrapped around a glass.
4. **Host your own party.** Cocktail parties are so easy to make healthy. Too many hosts toss together a menu of fried foods, fatty cheeses, greasy chips and snacks, and unlimited nuts. There are plenty of great alternatives like grilled chicken and crudité's with yogurt dip, baked chips and pretzels.
5. **Stay active.** Nothing helps you reach (and maintain) a healthy weight like physical activity. If you're like most, holidays keep you busier than ever, leaving you with less time for yourself. If you don't have time to get to the gym, stay fit by walking daily. Get up 15 minutes earlier than usual and walk briskly. Repeat just before dinner.
6. **Make the reservations.** Social obligations often mean dining out. But if you pick the restaurant, you're guaranteed to be able to eat healthfully. Choose an establishment that offers a variety of foods so everyone is guaranteed to find something they enjoy. .
7. **Choose to lose.** Many people feel that if they don't partake in the holiday feasting tradition, others will perceive them as rude or ungrateful. Hey, it's your diet, your way. You have the right to eat what you want, where you want and in the amount you want.
8. **Just say NO...**tactfully! You can say to your host, "Oh, I'm sorry. My plan doesn't include (name the food) but, I surely thank you!" Or, "Oh, thank you so much, I'm sure it's wonderful! I'm too full right now, but thanks for asking!" Firmly exercise your right of refusal, but be sure to graciously thank your host for offering.
9. **Prepare for a party** and take the edge off your appetite. Eat a small, healthy snack before the party. A half-sandwich of turkey in a whole-wheat pita stuffed with sprouts and tomatoes will fuel you nicely. Then, at the party, you can pick and choose wisely without being driven by hunger.
10. **Get support.** Sometimes you just need to talk to a friend or buddy, and get some support and motivation to resist the holiday temptations. Post on the message boards, call a friend, or bring along your diet buddy for emotional support!

Spicy Hoisin-Glazed Turkey Meatballs



Makes: 6 servings Prep: 15 mins Cook: 10 mins

Carb Grams Per Serving: 8

Ingredients

Nonstick cooking spray	1/4 cup diced red onion	1/2 pound ground turkey
1 egg white, lightly beaten	3 tablespoons plain dried bread crumbs	3/4 teaspoon sesame oil
1/2 teaspoon soy sauce	1/4 teaspoon garlic powder	Black pepper, to taste
1/4 cup hoisin sauce	1/4 teaspoon sriracha hot sauce, or to taste	Juice from 1/2 orange
Fresh cilantro sprigs (optional)		

Directions

Preheat the oven to 425 degrees. Line two rimmed baking sheets with foil and mist with cooking spray. Bring a small pot of water to a boil. Add the onion and boil 1 minute. Drain in a sieve and let cool. In a bowl, combine onion with the turkey, egg white, bread crumbs, sesame oil, soy sauce and garlic powder. Season with the black pepper and stir until combined. Scoop out slightly rounded teaspoons of the turkey mixture, roll into 3/4-inch meatballs and place on prepared baking sheets. (Dampen hands before handling meatballs, as mixture will be sticky). Whisk together the hoisin and sriracha in a small bowl. Spoon about 1/4 teaspoon of the glaze over each meatball. Place baking sheets in oven and bake until meatballs are just cooked through, 6 to 7 minutes. Remove from oven. Preheat broiler; broil meatballs, watching carefully, until glaze is sizzling, 1 to 2 minutes. Drizzle orange juice over meatballs and transfer to a platter. Garnish with cilantro if desired, skewer with toothpicks and serve.

Mini stuffed pepper appetizers



Introduction

These are also phenomenal in jalapeños. They are bigger, so just use 10 peppers, and double the calories for each one.

Minutes to Prepare: **20**

Minutes to Cook: **20**

Number of Servings: **40**

Ingredients

20 mini sweet bell peppers (a 1 pint container)	4oz Italian ground turkey (Jeanie-o)	1/2 small onion, shredded on a grater
1 tsp minced garlic	4 oz fat free cream cheese	2 tablespoons grated Parmesan cheese
1/2 teaspoon dried parsley	1/4 teaspoon dried sage	Print a Coupon for Fortify™ Probiotics

Directions

Heat oven to 350. Wash peppers, then cut the stem short, and cut peppers in half lengthwise. Arrange on an oven-proof serving platter and roast for 5 minutes. Remove and hold. While peppers are roasting, begin to brown the turkey. When turkey is about 1/2 done add the shredded onion and garlic. Cook until turkey is done, then stir in the cheeses and seasonings. Stuff each pepper half. Use 1/2 teaspoon of filling for the smaller ones and 1 teaspoon for the larger ones, and you should have just enough to fill them all. You can hold them here for about 1 hour on the counter, or overnight covered in the refrigerator until ready to bake. Bake peppers at 350 for about 20 minutes or until the peppers are soft and the filling is bubbly.

DECEMBER

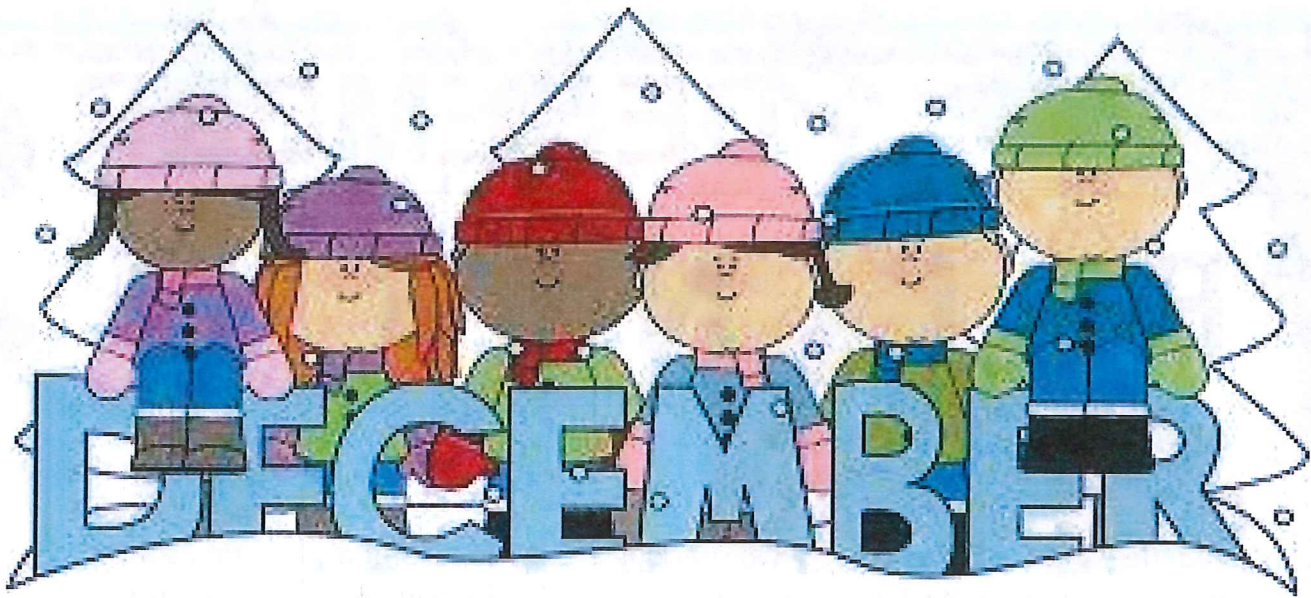
B I N G O



<p>Read the December Newsletter</p>	<p>Do 20 squats or use the New Step machine for 20 minutes 5 days this month</p>	<p>No snacking 1 day every week</p>	<p>No fast food for a week</p>	<p>Work out at the Fitness Center 5 times this month</p>
<p>Stretch for 5 minutes after waking up 4 consecutive days twice this month</p>	<p>Drink at least 8-8 oz glasses of water 3 days each week</p>	<p>Do not use tobacco 3 consecutive days each week</p>	<p>Do cardio for at least 30 minutes 6 times this month</p>	<p>Relax and do something you enjoy for an hour 3 times each week</p>
<p>No sweets three consecutive days twice this month</p>	<p>No alcohol 3 consecutive days each week</p>	<p>FREE</p>	<p>Take a nap 3 times this month</p>	<p>Say no to a Christmas cookie</p>
<p>Volunteer your time with an organization or fund raiser</p>	<p>No pop 3 consecutive days twice this month</p>	<p>Do strength training for at least 30 minutes 6 times this month</p>	<p>Walk, Run or Bike 30 minutes 3 days each week</p>	<p>Get at least 7 or more hours of sleep 4 days each week</p>
<p>Maintain your weight during the holidays (or lose weight)</p>	<p>Try a form of exercise you have never done before (do this 3 times this month)</p>	<p>Eat 3 cups of fruits and/or veggies 5 consecutive days</p>	<p>Purchase something or do a kind deed for someone in need this Holiday season</p>	<p>Donate food to the Saline County Food Drive</p>

Name: _____





BINGO Instructions

- ❁ Mark each BINGO square that you complete in December
- ❁ Turn in your December BINGO Sheet by Friday, January 9, 2015.
- ❁ 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!!!

IMPACTsurvey

The Saline County Wellness Committee is excited to provide you with an opportunity to learn more about your health risks. We are asking all employees to complete a brief 10 minute survey. Employees can take the survey. **All Employees that complete this survey are eligible for 500 wellness points for the 2015 Wellness Program.**

All survey respondents will receive a personalized report, (My Health Report), to identify health risk factors to improve or maintain your health. **Your report is completely confidential. Results are compiled and stored securely by a third party provider. Saline County WILL NOT see your individual health data.**

The wellness committee will use an aggregate report (no individual data) to determine our wellness programs and service offerings for the year. **The deadline to complete this survey is December 12, 2014.** Thank you for caring about your health and wellbeing.

Additional things you should know

- Please have your 2014 health fair results handy when filling out this survey.
- The green apple will fill in as you progress through the survey to indicate your progress.
- You may skip any questions that you feel uncomfortable answering, however, skipping questions may impact your report scores.
- If you quit the survey before it is finished, re-enter the website and it will resume where you left off.
- If you encounter any problems with the survey, please click on the “report a problem” button.
- Remember to click “submit” at the conclusion of the survey.
- After your survey is completed your My Health Report will appear. You can print the report which may be shared with your medical provider and/or health coach.

Getting Started

Access the Impact Survey at www.impactsurvey.net

The assessment can be taken during your normal or on time your own scheduled work hours. After you have completed the Impact Survey, your My Health Report is immediately displayed. You may print the report. The last page of the report is a physician report available for you to provide to your doctor and/or wellness coach.

Impact Survey Sign on Instructions:

Go to: www.impactsurvey.net

1st Screen:

This is the welcome screen – click on the grey arrow on the right to proceed.

2nd Screen:

Company password: **Enter company password saline** (all lowercase)

3rd Screen:

Your unique I.D. number: **Enter your I.D. number here**. This is your employee ID number. If you do not know your Employee ID number, your I.D. number is on your paycheck or please contact Saline County Clerk's Office @ (402) 821-2374.

Create your own password: **Enter a password that you can remember**

Enter your email (required for retrieval of password if lost): **Type in your email address (work or home)**

4th Screen:

Your name: **Type in your full name (first and last)**

Home address: **Type in your home street address (no zip code)**

State: **Use drop down tab**

Zip code: **Type in your home zip code**

Division: **Use the drop down key to indicate your division**

You're ready to start the survey