



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

MAY/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

**ATTITUDE IS A LITTLE THING THAT
MAKES A BIG DIFFERENCE**

**MAY WELLNESS CLASS-
CANCER PREVENTION**

We are setting up two more dates in May to offer you Cancer Prevention Educational "Lunch and Learns" with Public Health Solutions. The Lunch and Learns will be on Tuesday, May 12 & Wednesday, May 13. The Lunch and Learns are 30 minute sessions that address the leading cancer risks for both men and women. FREE Lunches and pedometers are available to all participants. The Lunch and Learns are available to all employees and their spouses. You will need to be signed up by Noon, May 11 so we can place the lunch order. We strongly suggest that all employees attend a class to receive valuable information regarding the leading cancer threats to men and women and possible ways to help minimize your risks. Please call or email Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com if you would like more information or would like to sign up.

**YOU WILL EARN 50 WELLNESS POINTS FOR
ATTENDING THIS CLASS OR WATCHING THE VIDEO**

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. Mark your calendars!! See attached flyer for more information.

INDIVIDUAL HEALTH COACHING

Public Health Solutions is also offering individual health coaching sessions on Tuesday, May 12 & Wednesday, May 13. This is a 30 minute one-on-one session with a health coach to set up personal goals and tips to help achieve lifestyle changes. You will need to bring your current blood tests results. This opportunity is for employees and spouses. If you have any questions or would like to set up a session, please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge starts May 1 and ends August 8. You must complete 100 miles in that time period to earn any wellness points, however if you complete 100 miles, you will earn 100 wellness points AND you will earn an additional point for every mile you complete over 100 miles. (Example—if you walk 150 miles in the 100 days, you will earn 150 points!!) Record double miles on holidays!!

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered for FREE from April 1 to June 30 (75 Wellness Points).

- Understanding Mental Illness*

*This is the **ONLY** class offered this quarter to earn wellness points.

2014 WELLNESS RESULTS

We had 31 employees participate in the 2014 wellness challenge. 9 of the employees earned 8,000 points or more. Congratulations to everyone participated!!



Russ Kalkwarf receiving his \$150 gift card.



Randy Younger was the winner of the TV Drawing.

BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question:
5 to 10 minutes

What Blood Pressure Reading is considered optimal? a. 200/10 b. 120/80 c. 0/0 d. 20/100

To receive 25 points, email your answer to yellowbrickroad0471@yahoo.com

LOOKING FOR A NEW FITNESS CLASS?

We have wonderful opportunities for Fitness Classes in Saline County!! Check out the following classes offered:

Wilber—Wilber Physical Therapy (Stacy Brandt)		
Monday	12:15-12:45 pm	CXWORX
	5:30-6:30 pm	BODYPUMP
Tuesday	5:40-6:30 am	BODYPUMP
	6:00-7:00 pm	BODYFLOW
Wednesday	12:15-12:45 pm	CXWORX
	5:30-6:30 pm	BODYPUMP
Thursday	5:40-6:30 am	BODYPUMP
Friday	6:15-7:15 am	BODYPUMP
Saturday	6:00-7:00 am	BODYPUMP

Crete—Basic Impact

Basic Impact in Crete offers a wide variety of classes including Bodypump, Zumba, Group Cycling, Yoga and CXWORX. For more information, check out their website www.basicimpactfitness.com

MAY WELLNESS CLASS

Want to try out a free **ZUMBA** class? Basic Impact in Crete is offering a FREE Zumba class to employees and their spouses on Monday, May 18 at 5:45 pm at Basic Impact in Crete. Zumba combines Latin and International music with a fun and effective workout system. If leaving from Wilber, we can carpool. Please contact me if you would like to sign up for this class. I need to contact them the week before with a headcount. **25 Points**

ACTIVE SHOOTER TRAINING

The Active Shooter Training that was offered on April 8 is worth 25 wellness points. Make sure to mark this down in your wellness booklets.



Walk, Run, Jog or Bike 100 Miles in 100 Days!
(If Biking, must ride two miles to equal 1 mile to record)

Starts May 1st/ends August 8th

- **Must Complete 100 Miles to earn 100 wellness points.**
- **Earn an extra point for each additional mile completed over 100.**
- **You must complete at least 100 miles to earn any wellness points**

**Enjoy the
Benefits of a
Healthier
Lifestyle**



Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Kerry at yellowbrickroad0471@yahoo.com or 402-821-7483 if questions. Turn in your challenge tracking sheet to a wellness committee member by Friday, August 14

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

Name: _____ **Must earn at least 100 Miles to earn ANY wellness points.**

If complete 100 points, earn 100 wellness points!!!

Earn an additional point for each mile completed over 100!!!

Please return the tracking scorecard to a wellness committee member by Friday, August 14. THANKS!

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

Do Nothing and Nothing Will Change!!!!



Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Kerry at yellowbrickroad0471@yahoo.com or 402-821-7483 if questions. You don't need to walk 1 mile each day, you just need to complete 100 miles by August 8. Good Luck!!! You can do it!!



The River Run

**Saturday, June 13, 2015
Tuxedo Park, Crete NE**

**Hosted by:
Crete Youth In Governance Team**

Cost: \$20

Registration: 7:15-7:45 a.m.

5 K Race - 8 a.m.

1 Mile Race/Walk - 8:30 a.m.

Register at:

http://specialprojects.unl.edu/crete/news_and_activities

Registration must be postmarked by May 29th to guarantee a t-shirt.

Late entry \$25 after May 29th



Age Divisions:

51 & over • 31-50 • 15-30 • 14 and under

Awards:

**Medals awarded to top male & female
finisher in all age divisions in both races.**

**Children 12 & younger will
receive participation ribbons.**

Proceeds go to further development of Tuxedo Park Community Trail.

Slash Your Sodium Challenge

Saline County, April 2015

Program Results

Overall Results

- 30** Participants completed the 3-week program.
- 3804** Total sodium slashing strategies completed during the program.
 - 127** Average strategies completed by each person.
- 38** Total weekly challenges completed during the program.
 - 1.3** Average challenges completed by each person (potential of 3).
- 2.9** Average weekly point goals reached by each person (potential of 3).
 - 1** Met 1 out 3 goals (**3%**).
 - 29** Met 3 out 3 goals (**97%**)

Week 1 Results

- 1193** Total sodium slashing strategies completed during Week 1.
 - 40** Average strategies completed by each person; **range 15–79**.
 - 15** Completed the weekly challenge (**50%**).
 - 45** Average points scored by each person; **range 25–89**.
 - 30** Met the weekly goal of 25 points (**100%**).

Week 2 Results

- 1220** Total sodium slashing strategies completed during Week 2.
 - 41** Average strategies completed by each person; **range 4–91**.
 - 13** Completed the weekly challenge (**43%**).
 - 45** Average points scored by each person; **range 14–91**.
 - 29** Met the weekly goal of 30 points (**97%**).

Week 3 Results

- 1391** Total sodium slashing strategies completed during Week 3.
 - 46** Average strategies completed by each person; **range 15–104**.
 - 10** Completed the weekly challenge (**33%**).
 - 50** Average points scored by each person; **range 25–104**.
 - 29** Met the weekly goal of 35 points (**97%**).

Participant Feedback

Ratings based on a scale between 1 and 5 (1 = Strongly Disagree, 5 = Strongly Agree)

- 4.1** This challenge encouraged me to be more aware of the sodium in foods.
- 4.0** This challenge helped me apply strategies to reduce my sodium intake.

