



# SALINE COUNTY EMPLOYEE HEALTH & WELLNESS

## MONTHLY INFORMATION NEWSLETTER

JUNE/2015

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

### NEW MEMBER TO THE TEAM!

Hello everyone! My name is Elly Reedy and I have accepted the position of the Saline County Wellness Committee Consultant. I'd like to take the time to introduce myself and share a little bit about myself.

After graduating from Wilber-Clatonia in 2011, I attended Nebraska Wesleyan University for my freshman year and then transferred to the University of Nebraska at Kearney where I graduated with a Bachelors of Science in Exercise Science and Health. I graduated from UNK in December 2014 after only two and a half years. Upon graduation, I began graduate school at the University of Nebraska at Lincoln in January 2015. I am currently working towards obtaining my masters in Exercise Physiology and Nutrition with a specialization in Transdisciplinary Research in Childhood Obesity Prevention. I am also working towards studying for my certification in personal training from the National Strength and Conditioning Association (NSCA).

I have a passion for health and wellness, including nutrition and exercise. I go to the gym six days a week, I love reading fitness magazines and articles. I enjoy finding new recipes and cooking too! I am also the manager of the Wilber Pool this summer and coaching swim team! I'm really excited about this new opportunity to work with Saline County! If you have any questions, comments and/or concerns please feel free to email me ([mailto:reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com)) and I will do my best to assist you in any way that I can! I look forward to working with you all!

### SUMMER WATER AEROBICS CLASS

The Wilber Pool will be offering a water aerobics class on Monday, Wednesday and Friday in the mornings from 7:30-8:30am and then in the evenings Tuesdays and Thursdays 8:00-9:00pm. The cost will be \$2.00 per person EACH class. Classes will start on June 8, 2015. Call Elly Reedy (402-821-7570) for questions.

### 100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge started 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!

### RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. A late registration fee of \$25 will be charged if you'd like to participate in this event! See flyer attached to the May Newsletter for more information.

### MAY WELLNESS CLASS

The Zumba class that was offered on May 18 from Basic Impact in Crete is worth 25 wellness points. Make sure to mark this down in your wellness booklets.

### BONUS: 25 WELLES POINTS

Answer to Last Months Question: **120/80**

#### Which food has the highest amount of protein?

- a) 1 Large Egg
- b) 2 Tablespoons Peanut Butter
- c) 3-ounce of Salmon
- d) 6-ounce Greek Yogurt

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

### NIRMA ONLINE UNIVERSITY CLASSES

The following online class, "Understanding Mental Illness" is offered FREE from April 1 to June 30 (75 Wellness Points)



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

Starts May 1<sup>st</sup>/ends August 8<sup>th</sup>

- **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 Elly at [reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com) or any wellness committee member 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**

**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!**

Name: \_\_\_\_\_

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		<b>YOU</b>	
May 12		June 12		July 12		<b>DID</b>	
May 13		June 13		July 13		<b>IT!!</b>	
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			
<b>TOTAL</b>		<b>TOTAL</b>		<b>TOTAL</b>		<b>TOTAL</b>	

**Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Elly at [reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com) or any wellness committee member 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!!**