



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JULY 2015

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

INDIVIDUAL HEALTH ASSESSMENTS

Public Health Solutions (PHS) will once again be offering FREE onsite, individual health risk assessments, blood pressure checks and health coaching for interested employees. Each session will last approximately 30 minutes per employee. You should bring your most recent blood test results and your IMPACT Survey report (From April Survey if available, if April Survey was not taken, the Survey from December can be used) to the assessment. All information will be kept confidential. This is a great opportunity to set up a plan with a professional Health Coach to begin leading a healthier lifestyle!

The assessments will take place August 4th and 5th and the 11th and 12th. 11:30am – 5:30pm.

I will be contacting individuals to schedule individual assessments at a time that works for you. So please look out for an email regarding scheduling. If you did not attend the individual health assessments that were previously held onsite, but would like to attend the August sessions, then please feel free to email Elly Reedy (mailto:reedy_03@hotmail.com).

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!

FRUIT AND VEGETABLE JULY CHALLENGE

Eating plenty of fruit and vegetables is one of the best ways to improve and maintain your health. Despite that, 75% of Americans eat less than five servings per day! Fruits and Vegetables are low in calories, fat and sodium and are full of fiber, vitamins, minerals and antioxidants that keep your body healthy and functioning properly! Additionally, fruits and vegetables can reduce your risk of heart disease, stroke, and diabetes! Those are plenty of positive reasons why YOU should be consuming fruits and vegetables daily!

Starting **Wednesday, July 1st, 2015**, you will begin tracking your fruit and vegetable consumption using the calendar provided to you (found at end of newsletter). This challenge is only 28 days, and therefore will be **ending July 28th!** You have two options for this challenge, you can either choose to follow the **Produce Packer** (3 half cup servings of vegetables and 2 half cup servings of fruit) or you can follow the **Fruit & Veggie Fanatic** (5 half up servings of vegetables and 4 half cup servings of fruit). The Produce Packer level will receive **50 Wellness Points** for completing the challenge. The Fruit and Veggie Fanatic will receive **100 Wellness Points** for completing the challenge!

Both the Produce Packer and the Fruit & Veggie Fanatic must be completed for 21 out of the next 28 days in order to receive full Wellness Points.

Attached along with this newsletter, you will find your challenge tracking sheet (calendar), and an informational sheet on the importance of fruits and vegetables and what a serving of fruits and vegetables really is!

SUMMER IS HERE!

July is notorious for bringing the sunshine, fireworks, camping trips and grilling out! This is a perfect opportunity for you to incorporate fruits and vegetables into your meal planning! Check out the links below for recipe ideas for summer as well as safety tips to beat the summer heat and to stay safe on July 4th!

Fruit Salad Recipes: [Fruit Salads!](#)

Kabob Ideas with Meat, Veggies & Fruit: [Kabobs](#)

4th of July Safety: [Safe 4th](#)

Sun Safety: [Summer Sun Safety](#)

WILBER FARMERS' MARKET

Every Tuesday from 4:00-6:30pm the Wilber Farmers' Market runs and is located at the Hotel Wilber. This is a perfect chance to not only shop local, but also to check out the variety of season plants, produce and even crafts that are available from area vendors. This is such an easy and simple way to make sure you're getting fruits and vegetables, and it's a great feeling to know you're getting FRESH produce from people in the Saline county area! Don't miss this great opportunity!

JULY MONTHLY CLASS

Julie Holly from The Well in Dorchester will be offering a free yoga class that includes relaxation yoga and information on the importance of relaxation for health and for weight loss! You can receive 25 wellness points for attending the class! The class date has yet to be decided, so please look out for emails or for flyers around your work place for the yoga class date.

SUMMER WATER AEROBICS CLASSES

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 "Water in Motion" (choreographed water aerobics class to music) in the evenings Tuesdays and Thursdays 8:00-9:00pm. The cost will be \$2.00 per person EACH class. Call Elly Reedy (402-821-7570) for questions.

The Crete Pool also has "Swimnastics" Monday, Tuesday, Thursday and Fridays from 7-8am. Costing \$2.00 per class!

The DeWitt Pool also has adult water aerobics on Monday, Wednesday and Fridays 5-6pm, also costing \$2.00 per class!

BONUS: 25 WELLES POINTS

Answer to Last Months Question: **3-ounce Salmon**

What is the leading cause of death in the United States as of the year 2015?

- a) Tobacco Use
- b) Cancer
- c) Heart Disease
- d) Diabetes

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 will be offered FREE from July 1 to September 30. (75 Wellness Points)

- The Risks of Social Media

Fit In More Fruits & Veggies

Why Do Fruits and Vegetables Matter?

“Eat your fruits and vegetables” is one of the most common recommendations for a healthy diet. But do you know why? In addition to being low in calories, fat and sodium, nature’s treasures are loaded with a slew of good-for-you nutrients like fiber, vitamins, minerals and antioxidants, all of which keep your body healthy and functioning at its best. Additionally, research suggests that eating plenty of fruits and vegetables can aid in weight management and reduce the risk of several diseases including heart disease and stroke, diabetes and certain cancers. Now that’s something to chew on!

Make the Most of Your Choices

Use these tips to get the most nutrition from your fruit and vegetable choices:

- **Variety is the Spice of Life!** Eat a variety of colors (red, orange, yellow, dark green, blue, purple, white) to get a wide range of valuable nutrients.
- **Pay Attention to Color.** Reach for darker fruits and vegetables, which contain more nutrients than their pale counterparts. Example: spinach has more nutrients than iceberg lettuce.
- **Choose Juice Less Often.** 100% fruit juice still counts as a fruit serving, but lacks beneficial fiber and is often higher in calories than whole fruit.
- **Keep Packaged Fruit Healthy.** Avoid added sugars by choosing unsweetened frozen fruit and canned fruit that is packed in water or its own juice.
- **Make Smart Veggie Choices.** Avoid excess sodium by sticking with frozen vegetables without sauces or cheeses. If you do canned vegetables, choose the no added salt varieties, or drain and rinse the vegetables off with water, which will get rid of up to 40% of the sodium.

How Much Do I Need?

The specific amount of fruits and vegetables you need varies based on your calorie needs, which are determined by age, gender and activity level. Check out where you fall on the charts below.

Recommendations for Men			
	Activity Level	Fruit (cups)	Veggies (cups)
19-50 years	≤30 min/day	2	3.5
	30-60 min/day	2	3.5
	≥60 min/day	2.5	4
51+ years	≤30 min/day	2	3
	30-60 min/day	2	3.5
	≥60 min/day	2.5	3.5

Recommendations for Women			
	Activity Level	Fruit (cups)	Veggies (cups)
19-50 years	≤30 min/day	1.5	2.5
	30-60 min/day	2	3
	≥60 min/day	2	3
51+ years	≤30 min/day	1.5	2
	30-60 min/day	1.5	2.5
	≥60 min/day	2	3

What Is a Serving?

Servings are usually measured in 1/2 cup and 1 cup amounts, with the goal being to meet the total cup recommendations stated above.

What Equals a Cup of Vegetables?

- 1 cup chopped, cooked or raw veggies
- 2 cups of raw, leafy vegetables
- 1 cup dry beans or peas (i.e. black beans)
- 1 cup 100% vegetable juice

What Equals a Cup of Fruit?

- 1 small banana or grapefruit, or half of a large
- 1 medium piece of fruit
- 1 cup chopped fruit
- 1 cup 100% fruit juice
- 1/2 cup dried fruit

Need Help Meeting Your Recommendation? Check Out the Other Side of This Handout for Easy, Delicious Ideas!

Fit In More Fruits & Veggies

Despite their benefits, most people struggle to take in the recommended amounts of fruit and veggies. If you fall short, here are some tips to help you get more produce!

FRUIT

Breakfast:

- Add banana slices to your bowl of cereal.
- Stir dried fruit into oatmeal.
- Top waffles with yogurt and berries.
- Add pizzazz to whole grain toast with peanut butter and banana slices.
- Start your day with a fruit smoothie.
- Have a small glass of 100% fruit juice.
- On the go? Grab a piece of fruit on your way out the door!

Lunch:

- Spice up your sandwich with fruit! Try diced apples in tuna salad, sliced pears with turkey or sliced strawberries with peanut butter.
- Switch up salads by adding berries, mandarin oranges or grapes.
- Round out your midday meal with fresh fruit like grapes, clementines or pineapple chunks.
- Pack a fruit cup with lunch.

Dinner:

- Enjoy fruit for dessert. Try baked apples, sliced peaches with vanilla yogurt, berries and whipped cream or grill a fruit kebob!

Snacks:

- Munch on a plum or other piece of fresh fruit.
- Dip berries into nonfat yogurt. Yum!
- Cut-up fruit makes a tasty snack. You can cut them yourself, or buy pre-cut packages.
- Dip apple slices in nut butter.
- Top frozen yogurt with berries or kiwi slices.
- Try frozen juice bars (made with 100% juice).

Anytime:

- Try a new fruit or vegetable each week. Check out <http://www.fruitsandveggiesmorematters.org> for delicious ideas and tips on how to use them.
- Make healthy eating easier! Keep a bowl of fresh fruit on your kitchen counter or store cut up veggies in clear containers in the refrigerator where it's easily visible.
- Follow Choose MyPlate's guidelines and fill half of your plate with fruits and vegetables at meals.

Money-Saving Tips

Think produce costs too much? Use these ideas to get more in your diet without breaking the bank:

- **Enjoy inexpensive frozen and canned fruits and veggies**, which are just as nutritious as fresh.
- **Shop in season.** Fruits and veggies cost less during their peak growing times and taste better, too! Here is a seasonal guide (see more at <http://www.fruitsandveggiesmorematters.org>):

Spring: Apricots, artichokes, asparagus, dark leafy greens, mango, rhubarb, strawberries.

Summer: Berries (all kinds), cantaloupe, corn, cherries, cucumbers, eggplant, green beans, honeydew, lettuce, nectarines, peaches, plums, snap peas, tomatoes, watermelon, zucchini.

Fall: Apples, Brussels sprouts, cranberries, pears, pumpkin, sweet potatoes, winter squash.

Winter: Beets, Clementines, grapefruit, kiwi, kale, oranges, pomegranates, pears, tangerines.

All Year: Apples, avocados, bananas, bell peppers, broccoli, carrots, cherry tomatoes.

- **Buy only as much fruit and vegetables that you will eat in a week.** This will prevent the produce from spoiling and being thrown away before you have a chance to enjoy it.

VEGETABLES

Breakfast:

- Add vegetables, like diced onions, mushrooms, peppers or broccoli to your omelet.
- Throw a handful of spinach into your favorite smoothie—you won't even taste it!

Lunch:

- Start your meal with a small garden salad or a cup of vegetable soup.
- Enjoy a main dish salad; add color and variety by mixing in seasonal vegetables.
- Jazz up sandwiches, wraps and pizza by adding sliced veggies to them.
- Pack baby carrots or snap peas for a quick side.

Dinner:

- Sneak chopped veggies into casseroles, pasta dishes, salads and soups or shred carrots or zucchini into meatloaf, breads, and muffins.
- Always include a vegetable side dish. Try steaming, roasting or sautéing them. Or cook frozen vegetables for a fast, easy side dish.
- Participate in Meatless Mondays! Use legumes in place of meat for tacos, burritos or chili.
- Plan a few meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Grill vegetable kabobs. Try tomatoes, squash, mushrooms, green peppers, and onions!

Snacks:

- Dip raw veggies into hummus or low-fat ranch.
- Spread nut butter on celery sticks.
- Enjoy cherry tomatoes with light string cheese.



Challenge: Fit In More Fruits & Veggies

Eating plenty of fruit and vegetables is one the best ways to improve your health. Despite that, only 25% of Americans eat five or more servings per day. We need you to boost your fruit and veggie intake and bump up the national average!

Step 1: Choose the level that you want to challenge yourself at.

- Produce Packer:** Eat at least **3 half-cup servings of vegetables** (1.5 cups) and at least **2 half-cup servings of fruit** (1 cup), for **21 out of the next 28 days** (this is a total of five servings).
- Fruit & Veggie Fanatic:** Eat at least **5 half-cup servings of vegetables** (2.5 cups) and at least **4 half-cup servings of fruit** (2 cups) for **21 out of the next 28 days** (this is the recommended amount for most adults).

Step 2: Starting **July 1st** use the calendar below to track your fruit and vegetable servings (for this challenge, 1 serving is a 1/2 cup). Tally the number of days you meet the goal over the month to see if you meet your challenge.

Not Sure What a Half Cup Looks Like? Use This Chart as Your Guide!

1 Serving of Fruit (1/2 cup)	2 Servings of Fruit (1 cup)	1 Serving of Vegetables (1/2 cup)
<ul style="list-style-type: none"> • 1/2 cup chopped or canned fruit • 1/2 cup 100% fruit juice • 1/4 cup dried fruit 	<ul style="list-style-type: none"> • 1 small banana or grapefruit, or half of a large • 1 medium piece of fruit 	<ul style="list-style-type: none"> • 1/2 cup cooked, chopped or raw veggies • 1 cup raw leafy greens • 1/2 cup dry beans or peas • 1/2 cup 100% vegetable juice

Challenge Dates: July 1–28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Times I Met My Goal This Week
V = Vegetable F = Fruit			July 1 V O O O O O F O O O O	2 V O O O O O F O O O O	3 V O O O O O F O O O O	4 V O O O O O F O O O O	
5 V O O O O O F O O O O	6 V O O O O O F O O O O	7 V O O O O O F O O O O	8 V O O O O O F O O O O	9 V O O O O O F O O O O	10 V O O O O O F O O O O	11 V O O O O O F O O O O	
12 V O O O O O F O O O O	13 V O O O O O F O O O O	14 V O O O O O F O O O O	15 V O O O O O F O O O O	16 V O O O O O F O O O O	17 V O O O O O F O O O O	18 V O O O O O F O O O O	
19 V O O O O O F O O O O	20 V O O O O O F O O O O	21 V O O O O O F O O O O	22 V O O O O O F O O O O	23 V O O O O O F O O O O	24 V O O O O O F O O O O	25 V O O O O O F O O O O	
26 V O O O O O F O O O O	27 V O O O O O F O O O O	28 V O O O O O F O O O O					

Turn your completed challenge into any wellness committee member.

Total Times I Met My Goal =

We Want Your Feedback!

On a scale of 1 to 5, rate the following statements, with "1" = Strongly Disagree and "5" = Strongly Agree.

- | | | | | | |
|--------------------------------------------------------------------------------|---|---|---|---|---|
| 1. This challenge gave me new ideas for fitting in more fruits and vegetables. | 1 | 2 | 3 | 4 | 5 |
| 2. This activity helped me eat more fruit and vegetables. | 1 | 2 | 3 | 4 | 5 |
| 3. I enjoyed participating in this challenge. | 1 | 2 | 3 | 4 | 5 |

Name: _____