



SALINE COUNTY EMPLOYEE  
**HEALTH & WELLNESS**  
MONTHLY INFORMATION NEWSLETTER

AUGUST /2015

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

### 100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge started May 1 and is coming to an end on August 8. I hope the challenge is proving to be successful for everyone! IF you completed the challenge of 100 miles in the 100 days you will earn 100 wellness points! But don't stop at 100 miles! 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! Can't wait to see just how far everyone was able to go during this challenge!

### AUGUST MONTHLY EDUCATION CLASS

Nancy Nathenson, from Madonna will be giving a presentation on Holistic Care for Self Care on August 20<sup>th</sup> at 5:30pm, at the extension office. You will receive 25 wellness points for attending the presentation. The presentation will be recorded, so if you are unable to attend you can view the video at a later date.

#### **BONUS: 25 WELLES POINTS**

Answer to Last Months Question: **Heart Disease**

**As reported by CDC in 2014, the National Diabetes Statistics report stated that the number of people in the United States with diabetes reached nearly \_\_\_\_\_ people.**

- a) 10 million
- b) 800,000
- c) 2.5 million
- d) 29.1 million

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

### 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 4<sup>th</sup> and 5<sup>th</sup> and the 11<sup>th</sup> and 12<sup>th</sup>. 11:30am – 5:30pm.

I will still be accepting emails to sign up for individual assessments if you would like to schedule an appointment for August 11<sup>th</sup> or 12<sup>th</sup>. The deadline for scheduling is August 7<sup>th</sup>. Just send an email to schedule your session date and time. I will be sending out date and time reminder emails to those individuals already scheduled for a session. Thanks!  
Elly Reedy ([mailto:reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com)).

### 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

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### VENDING MACHINE SURVEY

With the new installment of the vending machine as an attempt to implement nutrition and beverage standards across local public health districts, it would be nice to hear some feedback from Saline County employees! This survey will take about 10-15 minutes to complete. The survey will better help us understanding employee vending machine behaviors and opinions. You can access the survey by copying and pasting the following link into your web browser:

<https://www.surveymonkey.com/s/1422BehSurvey>.

Please complete the survey by August 15, 2015!

### HEALTHY EATING ON A BUDGET

I know walking up the aisles at the grocery store can be challenging for some, especially when you're trying to clean up your diet, but not break the bank at the same time! Eating healthy should be a sustainable habit, but with temptation on every aisle it can be a hard task to conquer. Below you will find two links, both from MyFitnessPal! One link gives great tips for grocery shopping and getting the best deals while still making healthy purchases! The other link is a compilation of 10 budget friendly recipes for different meals for breakfast, lunch and dinner that will help make the most of your hard earned cash, and all for fewer than 400 calories per meal! Hopefully some of these tips and recipes will be useful for you and can assist you in making better choices while at the grocery store! Just copy and paste the links into your web browser to view!

Eating Healthy on a Budget: <http://bit.ly/1IkYQX1>

Budget Friendly Meals: <http://bitly.com/1g8ganB>

### WELLNESS PROGRAM CHANGES

The wellness committee has started to discuss the wellness program for 2016 and we are slowly making corrections and making considerations on changes. If you have any thoughts, comments and questions please email one of the members on the wellness committee so we can discuss your input at our upcoming meetings.

We would greatly appreciate any comments and concerns regarding the program, as the program is for YOU, a Saline County Employee and we want to make sure your voices are heard and your comments will be taken seriously. Thank you!