



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

SEPTEMBER/2015

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

SEPTEMBER-OCTOBER MINI CHALLENGE

Starting September 1st and running through October 19th we will be doing a **"Lucky 7 Poker Challenge"** You will have two options to choose from to complete the Poker Challenge.

Option 1: You can walk or run at least **7 miles per week** to receive a poker card.

Option 2: Attain **300 Points** each week by following the categories listed below to receive a poker card.

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do.

Participants that completed 7/7 Weeks can receive **70 Wellness Points**. Participants that completed 6/7 Weeks can receive **60 Wellness Points**. Participants that completed 5/7 Weeks can receive **50 Wellness Points**.

Therefore you must complete a minimum of 5 weeks to receive credit for completing the challenge. Please see attached challenge sheets at end of newsletter for more information and tracking sheets

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!

BONUS: 25 WELLES POINTS

Answer to Last Months Question: **29.1 Million**

According to the CDC, more than _____ Americans are living with a disease caused by smoking.

- | | |
|---------------|----------------|
| a) 16 million | b) 21 million |
| c) 575,000 | d) 7.5 million |

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

SEPTEMBER MONTHLY EDUCATION CLASS

Jessica Kirkpatrick will be instructing a “**Boot Camp**” style fitness class for all Saline County employees and their spouses that are interested. The class will be done at the Legion Park, and we will meet at the front of the Yellow Legion Building for the class. The class will be held on **September 14, 2015 at 6:00pm**. Please email Elly (reedy_03@hotmail.com) if you are attending!

Jessica lives in Crete, has her B.S. in Exercise Science and has her own business, Next Level Fitness! Jessica has added me, Elly, to her team and together we will be bringing Boot Camp to Wilber! The classes in Wilber will be taught by Elly, but we want to get the word out and see what the people want!

Please email Elly if you would like more information on the style of this fitness class, what days and times work best for you and if this is something you would be interested in! This class isn't just for women; it's for men too! We want this to be a fun, positive environment! The class will be structured for all fitness levels, beginner, intermediate and advanced! So come join the fun!

“THE WELL” CLASSES AVAILABLE

Julie Holly from The Well in Dorchester will be hosting a Zyto Compass Reading Friday, September 18, 2015 at 6:30pm. At the class you will have the opportunity to have your electromagnetic reading measured and find out what essential oils you will need to bring your body back into alignment. There is a \$15 charge for those interested in attending!

Julie's Weekly Schedule: Tai Chi on Wednesday and Fridays at 5:15pm. Yoga on Thursdays at 4:15pm and 5:30pm and Fridays at 1:00pm.

BLUE HEALTH WELLNESS PROGRAM

It's time to take your first little step toward better health! NACO has launched, starting September 1, 2015 the **BlueHealth Advantage Premium Wellness Program!** This program is designed to help you achieve your health goals, live fully, and you can even earn special rewards for participating!

This program has so much to offer, and you can all get started at www.nebraskablue.com/fitness

The website offers tools that are easy to use and simple to access including Health Trackers for nutrition, exercise and weight management and wellness calculators to measure BMI, calorie burn, target heart rate for exercise and more! This program is completely confidential and strictly voluntary! The Wellness Committee would like to encourage you all to search the website and utilize some of it's many useful tools which will assist you in making healthier lifestyle choices! If you **do** chose to participate in the program, and if you are registered (completed your health assessment on the website) by **October 31, 2015** you qualify for a **\$25.00 gift card!** If you do not register by the deadline, you are still able to sign up and take advantage of what NebraskaBlue has to offer on their website long afterwards!

If this is something you are interested in, please check your emails for the **NACO Getting Started** attachment to help you start and get registered where you will create your own account and you can start exploring and fill out the health assessment! If you have any questions please contact any Wellness Committee Member, or you can visit www.nebraskablue.com/fitness for more information!

BUTT OUT SMOKING

In 1982 United States Surgeon General's report stated, "Cigarette smoking is the major single cause of cancer mortality in the United States." This statement is as true today as it was then. Tobacco use is responsible for nearly **1 in 5 deaths** in the United States, yet cigarette smoking is the most preventable cause of death in our society.

Each year about **480,000** people in the United States die from illnesses related to tobacco use. Cigarette smoking accounts for at least **30% of all cancer deaths** and is linked with an increased risk to develop these cancers: lung, oral cavity, Pharynx (throat), stomach, pancreas, cervix, bladder, ovary, colorectum, etc. As serious as cancer it, it accounts for less than half of the deaths related to smoking each year.

Smoking is also a major cause of other deadly health problems such as heart disease, aneurysms, bronchitis, emphysema, and stroke.

Smoking affects how long you live and your quality of life! Cigarette smokers die younger than non-smokers. Smoking can shorten male smokers' lives by **13.2 years** and female smokers' lives by **14.5 years!** Smoking limits a person's daily life by making it harder to breathe, get around, work or play!

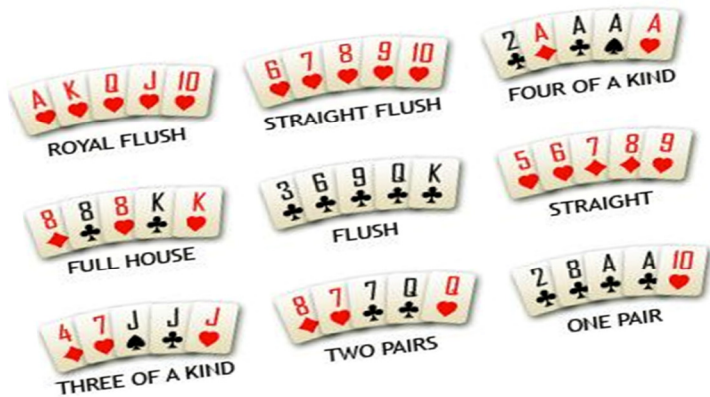
CUT THE NICOTINE

The route may be different, but the nicotine addiction is still the same when it comes to comparing smokeless tobacco with smoking. Nicotine in smokeless tobacco products absorbs from the mouth or nose along with other compounds in the tobacco, while the nicotine in smoking gets in the body through the mouth, nose, and lungs along with other particles generated by combustion. Smokeless tobacco have very **high** levels of cancer-causing agents (**carcinogens**).

9 million aged **12 and older** in the US used smokeless tobacco. Smoking tobacco has harmful health effects including; mouth, tongue, cheek, gum and throat cancer, stomach cancer, possible increase in risk of heart disease, heart attacks, and stroke, leukoplakia, receding gums, bone loss around roots of the teeth, & tooth loss.

THIS IS YOUR TIME TO QUIT

The American Cancer Society's Great American Smokeout events started in the 1970's and continue to encourage people to quit today! Every year, on the third Thursday of November, smokers across the nation take part in this Smokeout! They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The Saline Wellness Committee is calling out all employees who currently use tobacco to use this time to think about the harmful effects of tobacco and think about quitting! We will be making changes to the Wellness Program Points for the 2016 year and if you make the commitment to **QUIT** using tobacco you could receive additional wellness points than points listed already stated in 2015 Program Booklet.



THE LUCKY 7 POKER CHALLENGE

The “Lucky 7 Poker Challenge” will start on September 1st and run through October 19th. There are two options for this poker challenge!

Option 1:

The participant will walk or run at least **7 Miles Per Week** to obtain a Poker Card.

Option 2:

The participant will have to attain **300 Points Each Week** to obtain a Poker Card. The categories and points associated are listed below:

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do

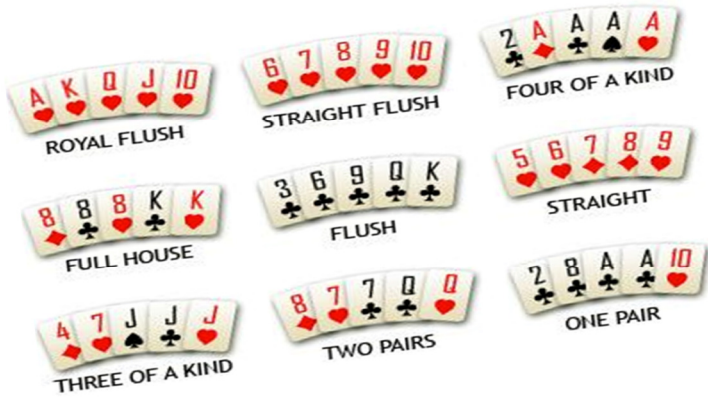
Participants will choose which option they are going to participate in and continue with that option for the entire 7 weeks of the challenge. They are not allowed to switch challenges once they begin.

The weeks for the challenge will run from Tuesday through Monday (Because challenge starts on September 1st and it's a Tuesday). Participants will be required to bring in their sheet with totals to Sharon, Kory, or Bruce by the following Wednesday. Once a participant chooses whom they are turning in their numbers to, that participant must continue to go to the same committee member for the duration of the challenge. When numbers are verified, the participant will draw a poker card. This card will be recorded on a spreadsheet and kept until end of challenge.

The participant will then be required to turn in the final numbers by October 23rd at 4pm to a wellness committee member. After all cards have been drawn, the committee will review the "hands" and determine the Best and Worst poke hand for each option. Points will then be distributed as follows:

- Participant completed 7/7 Weeks → 70 Points
- Participant completed 6/7 Weeks → 60 Points
- Participant completed 5/7 Weeks → 50 Points

The participant with the "Best" hand will receive an additional 10 Points and the participant with the "Worst" hand will receive an additional 10 Points. (Must have completed 5/7 weeks to be in the running for the best and worst hand)



THE LUCKY 7 POKER CHALLENGE Tracking Sheets

Option 2: Record your daily points

<u>Wate</u> <u>r</u>	<u>Exerci</u> <u>se</u>	<u>Slee</u> <u>p</u>	<u>Fruits</u> & <u>Vegetab</u> <u>les</u>	<u>Stretch</u> <u>ing</u>	<u>Alcoh</u> <u>ol</u>	<u>Tobacco,</u> <u>Nicotine,</u> <u>Illegal</u> <u>Substance</u>	<u>Tota</u> <u>ls</u>
<u>Sep</u> <u>t.</u> <u>1</u>							
<u>Sep</u> <u>t.</u> <u>2</u>							
<u>Sep</u> <u>t.</u> <u>3</u>							
<u>Sep</u> <u>t.</u> <u>4</u>							
<u>Sep</u> <u>t.</u> <u>5</u>							
<u>Sep</u> <u>t.</u> <u>6</u>							
<u>Sep</u> <u>t.</u> <u>7</u>							
<u>END OF WEEK1</u>							

Option 2: Record your **daily** points

<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruits & Vegetables</u>	<u>Stretching</u>	<u>Alcohol</u>	<u>Tobacco, Nicotine, Illegal Substance</u>	<u>Totals</u>
<u>Sep</u> <u>t.</u> <u>8</u>							
<u>Sep</u> <u>t.</u> <u>9</u>							
<u>Sep</u> <u>t.</u> <u>10</u>							
<u>Sep</u> <u>t.</u> <u>11</u>							
<u>Sep</u> <u>t.</u> <u>12</u>							
<u>Sep</u> <u>t.</u> <u>13</u>							
<u>Sep</u> <u>t.</u> <u>14</u>							
<u>END OF WEEK 2</u>							

Sep
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15

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t.
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Sep
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21

END OF WEEK 3

<u>Water</u>	<u>Exercis</u>	<u>Sleep</u>	<u>Fruits & Vegetabl</u>	<u>Stretchi</u>	<u>Alcoho</u>	<u>Tobacco,</u>	<u>Total</u>
<u>e</u>			<u>s</u>	<u>ng</u>	<u>l</u>	<u>Nicotine,</u>	<u>s</u>
						<u>Illegal</u>	
						<u>Substance</u>	
<u>Sept</u>							
<u>. 22</u>							
<u>Sept</u>							
<u>. 23</u>							
<u>Sept</u>							
<u>. 24</u>							
<u>Sept</u>							
<u>. 25</u>							
<u>Sept</u>							
<u>. 26</u>							
<u>Sept</u>							
<u>. 27</u>							
<u>Sept</u>							
<u>. 28</u>							
<u>END OF WEEK 4</u>							
<u>Sept</u>							
<u>. 29</u>							
<u>Sept</u>							
<u>. 30</u>							
<u>Oct.</u>							
<u>1</u>							
<u>Oct.</u>							
<u>2</u>							
<u>Oct.</u>							
<u>3</u>							
<u>Oct.</u>							
<u>4</u>							
<u>Oct.</u>							
<u>5</u>							
<u>END OF WEEK 5</u>							

<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruits & Vegetables</u>	<u>Stretching</u>	<u>Alcohol</u>	<u>Tobacco, Nicotine, Illegal Substance</u>	<u>Totals</u>
<u>Oct</u> <u>. 6</u>							
<u>Oct</u> <u>. 7</u>							
<u>Oct</u> <u>. 8</u>							
<u>Oct</u> <u>. 9</u>							
<u>Oct</u> <u>. 10</u>							
<u>Oct</u> <u>. 11</u>							
<u>Oct</u> <u>. 12</u>							
<u>END OF WEEK 6</u>							
<u>Oct</u> <u>. 13</u>							
<u>Oct</u> <u>. 14</u>							
<u>Oct</u> <u>. 15</u>							
<u>Oct</u> <u>. 16</u>							
<u>Oct</u> <u>. 17</u>							
<u>Oct</u> <u>. 18</u>							
<u>Oct</u> <u>. 19</u>							

19

END OF WEEK 7