



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

NOVEMBER/2015

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

NOVEMBER HOLIDAY BINGO

Starting **November 1**, mark each BINGO Square that you complete during the month of November. This challenge is on the honor system, so if you cheat, you are only cheating yourself!

You must earn at least 1 "BINGO" in order to earn 25 Wellness Challenge Points.

For this challenge please keep in mind the following,

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

Please turn in your finished BINGO sheet to any member of the Wellness Committee by December 4, 2015. Good Luck! ☺

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **Apple**

Which of the following is NOT a fat-soluble vitamin?

- a) Vitamin D b) Vitamin A
- c) Vitamin C d) Vitamin E

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

NOVEMBER DIABETES AWARENESS MONTH

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans has diabetes – that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing Type II Diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at a higher risk of developing Type II Diabetes. The good news is that making healthy changes can greatly lower your risk. To prevent Type II Diabetes, watch your weight, eat healthy and get more physical activity! For more information please visit, <http://jdrf.org/t1dlooklikeme/>

MONTHLY EDUCATIONAL CLASS

The November Class we will be offering this month will be a presentation on the products from "doTERRA" The essential oils are used for a wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends in either an aromatic method, or a topical or even an internal method.

The class will be held at the **Extension Office** on **November 12, 2015 at 6:30pm.** Come listen to the presentation, and at the end you will have the opportunity to purchase the products as well!

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 31. (75 Wellness Points)

- Drug and Alcohol Awareness

STUFF THE BIRD, NOT YOURSELF!

Did you know that the average Thanksgiving Dinner could add up to 4,500 calories and a whopping 229 grams of fat? That amount of fat is equivalent to THREE sticks of butter! During the holidays, try reducing the amount of fat and calories you consume to prevent weight gain over time. I know what you're thinking, but it's Thanksgiving, there's turkey, and potatoes and don't forget that stuffing! Don't even get me started on pumpkin pie! ☺ But, with a few tips we can work together to stay on track this holiday season by watching what we eat and how much we eat.

By focusing on quality not quantity, we can be nutrition wise this holiday season! Reasonable portions a few creative culinary tips can leave you feeling comfortable, satisfied and thankful as you start the holiday season!

Turkey—a lean protein that has virtually no saturated fat! Unless you purchase a self-basting turkey that has been injected with butter or oil. Avoid these and baste your bird with low-fat, low-salt broth, wine or juice.

Mashed Potatoes—Leave the skins on! They provide fiber and potassium!

Stuffing—Switch from white to whole-wheat bread and get the benefit from whole grains. Add flavor with fresh herbs and aromatic veggies such as carrots, onions or celery!

Green Beans—Try to skip the cream of mushroom soup in your casserole and just keep the green beans as themselves. Lightly steam them and top with seasonings of your choice or a light sprinkling of lemon zest!

Gravy—Gravy does contain meat or poultry juices, which means it contains vitamins. But try a learner version!

CLASSICAL RECIPES MADE-OVER HEALTHY

Don't want to miss out on the traditional Thanksgiving meal, but also don't want to loosen a notch in your old belt? Then check some of these recipes out that take classic holiday recipes and give them a health kick makeover! Still have that great taste, just less calories, fat and sugar!

Classic Thanksgiving turkey can add up to 320 calories for one serving, with 12 grams of fat! Try this Herb Roasted Turkey with only 241 calories and 3.30 grams of fat!

- [Herb Roasted Turkey Breast](#)

Can't have turkey and potatoes without gravy right? Try this lower-fat option for gravy this year!

- [Lower-Fat Gravy](#)

You might think you're doing great getting your serving of vegetables by adding that scoop of the classic green bean casserole, but those green beans are loaded with sodium and extra fat once you put them into casserole form. Switch to low-fat milk and reduced sodium broth and trade those canned French-fried onions for oven fried ones and trim the total fat by 8 grams and drop the sodium by 257 milligrams with this recipe!

- [Green Bean Casserole](#)

Everyone's guilty pleasure... PIE! One slice of pumpkin pie has approximately 320 calories and 14.5 grams of fat. That's about the same as eating 22 mini Oreos! Get a little adventurous and try this new look on pie by using sweet potatoes! With only 208 calories per serving and 9 grams of total fat, it's a safe trade for a delicious dessert that could fix anyone's sweet tooth cravings!

- [Sweet Potato Pie](#)

Enjoy the holiday season with your family, but be mindful of what you're eating! Just remember you don't have to fill your entire plate! Start a family tradition of going for a family walk after dinner, or play a competitive game of football with the whole family! Happy Holidays!



HAPPY THANKSGIVING

B	I	N	G	O
Drink at least 64 ounces of water 3 days each week	Avoid sugar sweetened beverages such as fruit juice and pop for three consecutive days twice during the month of November	Get 6 hours of sleep at least 4 times a week	Eat four servings of fruit at least four days a week	Answer the monthly bonus question correctly
Do not use tobacco 3 consecutive days each week	Eat breakfast three days a week	Attend the November education class (or watch the video)	Lose 3 pounds or more during the month of November	Get a flu shot (In October or November)
Do strength training (weight machines or free weights) at least once a week	Complete 10 exercise sessions of 30 minutes or more this month		No sweets (candy, cake, cookies, ice cream, pastries) 3 consecutive days twice this month	Do cardio for at least 30 minutes 10 times this month
Read the November monthly newsletter	Work out at the fitness center 5 times this month	Eat 8 servings of vegetables at least 4 days a week	Donate to the food drive two separate times this month	No fast food for one week
Say NO to Thanksgiving Pie	Turn off all electronics at least 1 hour before bed every night	Eat a lean protein five times a week	No alcohol 3 consecutive days each week	Maintain your weight during the Thanksgiving holiday