



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JANUARY/2016

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

2016 ANNUAL HEALTH SCREENING

The Saline County 2016 Health Screening will be held **February 17th and 18th** starting at **5:00am until 8:00am** BOTH DAYS.

Wednesday February 17, 2016: the screening will be held at the **Saline County Extension Office**.
Thursday February 18, 2016: the screening will be held at the **Law Enforcement Center**.

Please mark your calendars and be on the look out for more information regarding the screening, and when we will start accepting scheduling for signing up for an allotted time to attend the health screening. The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. You save valuable time and money since the screens are offered at the workplace and paid for by Saline County and don't forget employees can receive 500 wellness points for attending! The health screening includes lab draws and biometric measures (blood pressure, weight, body mass index, body fat% and waist measures).

NIRMA ONLINE UNIVERSITY CLASSES

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

- Sleep and Your Health

DIABETES PREVENTION LIFESTYLE CLASS

Through the National Diabetes Prevention Program, Elly Reedy has received her Lifestyle Coach Certification and is available to teach a Lifestyle Change Program here in Saline County!

Diabetes is a condition caused by an excessively high level of glucose in the blood, while there are three types of diabetes the most common and PREVENTABLE is Type 2 Diabetes. Type 2 diabetes is highly associated with obesity, which stresses the importance of understanding the disease and how to prevent it.

This program is group-based and helps participants make lifestyle changes to reduce risk for developing Type 2 Diabetes. If this is something that is of interest to you, please email Elly Reedy, if you haven't done so already!

Be on the lookout for more information later this month!

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **Osteoporosis**

Sitting for more than three hours a day can cut _____ off a person's life expectancy.

- a) 2 years
- b) 1 year
- c) 5 months
- d) 10 months

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

NEW YEAR NEW YOU! HOW TO BE S.M.A.R.T

We will not be hosting a “Mini Challenge” for the month of January for wellness points. Instead, the Wellness Committee wants to challenge YOU for some goals for the 2016 year!

A New Year usually brings along New Year resolutions, but let's be honest. How many people actually keep the goals they set out for themselves? A recent study shows that only 45% of individuals keep their goals he/she made for the 2016 year, BUT WHY? It's usually because the goals made are not SMART!

SMART stands for **specific, measureable, attainable, realistic and time-based.**

Specific: What you want to achieve and how you'll do it. Ask yourself, “What do I want to accomplish?” “How will I do it?”

Measureable: How you'll know when you've reached your goal. Ask yourself, “How much?” “How often?”

Attainable: That your goal is possible. Ask yourself, “Can I do this?”

Realistic: That your goal is appropriate for you. Ask yourself, “Am I willing to work towards this goal?” “Do I have the skills and resources I need?”

Time-Based: When you plan to reach a goal. Ask yourself, “When will I achieve this?”

For example, your goal might be “To eat healthier” but a SMARTer goal would be “I will eat at least two servings of fruit every day for the next month”. Or instead of saying “I will workout” Make your goal “I will go to the gym at least two times a week for the next month”

BREAKFAST, IS IT THAT IMPORTANT?

When you don't eat a morning meal your body enters into a prolonged fasting state and starts to believe that you won't be eating any time soon. Then when you finally do eat a meal (ex. Lunch), your body stores it as fat because it thinks it won't be getting food for another prolonged duration. This of course leads to weight gain, and inadequate consumption of fruits and vegetables and deficiencies in calcium and other minerals. But what exactly qualifies as “Breakfast”? The best breakfasts are low in carbs and fat and high in protein and fiber. Ideally, you should get between 7 and 10 grams of fiber at breakfast and 24-30 grams of protein at breakfast. Fiber will fill you up, while protein creates satiety and prevents snacking later on.

Breakfast can come with high amounts of fat, sodium, sugar and carbohydrates. With the rush of the mornings, and people looking for a quick grab and go meal to consume on the way to work or quickly before heading out the door it's common to see individual's grabbing foods that lack nutritional value. Such as a doughnut, or a bagel with cream cheese, or a bowl of sugary cereal or a frozen breakfast meal that can be heated up in one minute or less.

With a little preparation and smart shopping, the most important meal of the day could be your best meal of the day! The website listed below is full of healthy breakfast ideas for busy mornings! These recipes can be prepared in the morning or the night before for an even simpler approach at breakfast!

<http://greatist.com/health/healthy-fast-breakfast-recipes>