



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

MARCH/2016

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

## MONTHLY EDUCATIONAL CLASS

Judy Florian will be giving a hands-on presentation on the topic of Reflexology and Pressure Points. The class will be held at the extension office on **March 10, 2016 at 5:30pm.**

This class will be very focused on hands-on, so for those attending please know you will be required to take off your shoes if you want to participate, and you will be touching your feet, so dress appropriately for the class.

If you will be attending the class, please contact either Elly or Brandi Kelly **by March 7<sup>th</sup> no later than 5:00pm.**

**\*\* THIS CLASS WILL NOT BE RECORDED \*\***

### BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **100%**

**According to the Fight Colorectal Cancer organization, over \_\_\_\_\_% of colon and rectal cancers are found in people over the age of 50.**

- a) 50      b) 90  
c) 35      d) 75

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

## MARCH AWARENESS MONTH

**March is recognized as National Colorectal Cancer Awareness Month**

## 2015 WELLNESS PACKETS

We received 69 packets from employees that participated in the 2015 Wellness Program. Currently, Madonna is in the process of calculating final points. Once all points have been calculated, we will be contacting the employees who participated with your individual point totals for the 2015 year.

Madonna will be on site at the courthouse on March 7, 2016 with the presentation for the employee total wellness points.

The wellness committee will be providing all employees the opportunity to review the points that have been calculated and if the employee sees a discrepancy in the point totals, the employee will be able to come forward to the committee to address their concerns to see if a change in point distribution will be allowed or not if the employee doesn't agree with the point totals calculated. The date of this "protest period" will be announced at a later date, stay tuned!

After the presentation of the final point totals, in addition, if the participant has not already indicated which incentive they would like to receive, a wellness committee member will be contacting you.

### 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

## COLORECTAL CANCER AWARENESS

Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the United States. The American Cancer Society's estimates for the number of colorectal cancer cases in the United States for 2016 are: **95,270** new cases of colon cancer and **39,220** new cases of rectal cancer.

Overall, the lifetime risk of developing colorectal cancer is about 1 in 21 (4.7%) for men and 1 in 23 (4.4%) for women. **So what exactly is colorectal cancer?**

Colorectal cancer starts in the colon or the rectum, which begin as a growth on the inner lining of the colon or rectum called a *polyp*. Some types of polyps can change into cancer over the course of several years, but not all become cancer. Two types of polyps exist: Adenomatous Polyps, which sometimes change into cancer, and the appearance of adenomas is considered a pre-cancerous condition. The second type of polyp falls under the category of Hyperplastic Polyps and Inflammatory Polyps. These polyps are more common, but in general are not pre-cancerous.

The colon and rectum are parts of the digestive system, and if cancer forms in a polyp, it can eventually begin to grow into the wall of the colon or rectum. The wall of the colon and rectum is made up of several layers, the innermost layer is where the cancer starts, cancer cells in the wall can grow into blood vessels or lymph vessels and can then travel to nearby lymph nodes or distant parts of the body.

The good news is that colorectal cancer is easily detected and can be prevented!

## COLORECTAL CANCER AWARENESS

Several risk factors exist that might increase a person's chances of developing colorectal polyps or cancer. There are lifestyle-related factors that have been linked to colorectal cancer such as diet, weight and exercise.

Your risk for developing colorectal cancer is increased if you are one or more of the following:

- Overweight or obese
- Physically Inactive
- Consuming a diet high in red meats, and/or processed meats
- Smoking
- Heavy alcohol use

Unfortunately, the above risk factors are not the only risk factors for developing colorectal cancer. Several risk factors exist that you, as an individual have no control over.

- Being older, especially over the age of 50
- Personal history of inflammatory bowel disease
- Family history of colorectal cancer or adenomatous polyps
- Inherited Syndrome
- Your racial and ethnic background

In an attempt to prevent colorectal cancer, it is recommended to start screening at age 50, talk to your doctor about the appropriate screening option that is best for you.

But at this time, the best advice about diet and activity to reduce your risk of colorectal cancer is to increase the intensity and amount of your physical activity, limit red and processed meats, eat more vegetables and fruits, avoid excess alcohol, avoid weight gain around the midsection and get the recommended levels of calcium and vitamin D.

## WELLNESS BOOKLET REMINDERS

When recording points into your wellness booklet please pay very close attention to the instructions found in your wellness booklet.

When recording your exercise please remember to write down the **duration** of exercise (15 minutes – 1 hour) and what **type** of exercises (lifting, walking, running, etc.). If you do not write down how long you were exercising or what type of exercise you did, you **WILL NOT** be awarded the points for that day(s) of exercise. Please be specific when recording your monthly exercise points, so you get the points that you deserve!

Also, please remember that exercise during work **DOES NOT COUNT**. If you record exercise done during work, you will not be awarded exercise points. You will receive points though if you are doing exercise during lunch breaks, just not during the on-the-clock work hours.

If you have any questions regarding this please contact a wellness committee member. Upon review of the wellness books from the 2015-year, we are very pleased to see the amount of physical activity done during 2015! So congratulations to all getting in their physical activity throughout the week, you're on the right track towards a healthier lifestyle by participating in exercise! Just remember to track points correctly and in the correct calendar of the wellness book so that you can be awarded for your hard work!

## MARCH MINI CHALLENGE

There will be **NO MINI CHALLENGE** for the month of March! Look forward to a new challenge appearing in April!

## STRENGTH TRAINING

Research has shown strength training is related to an array of health benefits. As we get older our muscle mass decreases and unfortunately, and if you don't "use" it, you lose it! Strength training can prevent this by increasing and preserving your muscle mass. Strength training can help control weight and aid in weight loss because the development of additional muscle mass in your body will actually burn more calories than fat alone during exercise!

Strength training is for men and women and for all ages! Strength training can increase bone health, which leads to decreased risk of injury. Strength training has so many benefits for everyone, it has even been shown to prevent certain disease and can increase energy levels and increase your mood! But how do you start strength training?

Strength training can be done with the use of free weights (dumbbells), weight machines, body weight exercises or rubber bands. Strength training routines should be done at a resistance level that fatigues your muscles after 8-12 repetitions done in a row for one complete set. As your body gets used to strength training and your muscles can adapt to the routine you can increase your sets to two sets, and then three sets with 8-12 reps!

Don't forget to give yourself a warm-up before beginning strength training by stretching, and/or light cardio. Everyone should consult his or her physicians before beginning any exercise program to prevent injury! If you have questions regarding this, email Elly [mailto:reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com)