



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

JUNE/2016

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

## HEALTH COACHING SESSIONS WITH ELLY

The wellness committee would like to announce that starting in June, Elly Reedy will be available once a week for health coaching sessions! Elly has recently transitioned to a part-time position at Saline County, and with this position, Elly will be in Wilber one day a week at the following locations; The Courthouse, The Extension Office and the Law Enforcement Center.

Elly has her B.S. in Exercise Science, is currently working towards her M.S. in Exercise Science and Nutrition, with a specialization in Childhood Obesity Prevention, as well as her certification in Personal Training from NSCA. Elly will be available to answer any and all questions relating to exercise, nutrition, wellness, etc. The sessions will be made available to all saline county employees and spouses.

Starting on June 6, 2016, the following schedule represents the times and locations Elly will be available **every Monday**:

- 8:00-9:45am – Extension Office
- 11:15-3:00pm – Court House
- 3:00-6:00pm – SCLEC

Sessions can be made ahead of time by emailing Elly Reedy ([mailto:reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com)) or walk-ins are also an option. A schedule is currently being made online that employees can access to check Elly's schedule, and make appointments as well. Keep checking your emails for more updates!

## CRAZY 8 CHALLENGE

The Crazy 8 Challenge ended on May 29, 2016! The Wellness Committee hopes this challenge helped all employees incorporate more fruits and vegetable into your meals, as well as lead to more water consumption and exercise! Congrats to everyone who completed the challenge, and used this challenge as an attempt towards a healthier lifestyle! Please don't forget to turn in your completed challenge to and wellness committee member by **June 1, 2016!**

### BONUS: 25 WELLNESS POINTS

Answer to April's Question: **B) 40**

**According to the Academy of Dermatology (AAD), you should apply a broad-spectrum sunscreen with a minimum SPF of \_\_\_\_\_.**

- a) 15      b) 40      c) 30      d) 20

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 April 1 to June 30. (75 Wellness Points)

- Back Injury

## 100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge is back for the summer! Bike, Walk, Jog or Run 100 Miles in 100 Days and you can earn 100 Wellness Points! **The challenge starts June 1, 2016 and ends September 8, 2016.**

The following rules and guidelines are to be followed for the entire duration of the challenge:

1. You **MUST** complete a **minimum of 100 Miles** to earn 100 Wellness Points
2. If you are biking; **2 Miles on the bike is equal to 1 Mile to record**
3. Did more than 100 Miles? AWESOME! **Earn ONE extra point for EACH additional mile completed over 100!**
4. Record **Double Miles** on holidays & your birthday!
5. Make sure you are recording your exercise for the challenge in your Wellness Booklet as well, to count for exercise completed!
6. Any questions regarding the challenge, or alternative standard requests, contact Elly Reedy at [mailto:reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com) or any wellness committee member.
7. Remember you don't have to walk one mile each day, you just need to complete a total of 100 miles by September 8<sup>th</sup>.
8. Turn in your completed challenge to any wellness member by **September 16, 2016.** If you do not turn in your challenge by the due date, you will not receive credit for completing the challenge!

## JUNE EDUCATIONAL CLASS

On **June 20, 2016** a presentation will be given by Elly Reedy at the extension office starting at **5:30 pm** This class will present topics in regards to exercise, nutrition, healthy lifestyle choices and habits, and will also be open for discussion and any questions brought forward by the attendees. If you have a specific topic you would like to be covered or addressed in the presentation please email Elly Reedy your thoughts and questions and it will be worked in to the presentation! This class **will be recorded**, and spouses and other family members and friends are welcome to attend!

## JUNE AWARENESS MONTH

The National Safety Council (NSC) is working to make June, National Safety Month! The organization will be focusing on reducing leading causes of injury and death at work, on the roads and in our homes and communities.

Each week in June, the NSC will be highlighting different safety topics that will work to help empower all individuals to make safe decisions for not only ourselves, but also those we care about.

Week 1: Stand Ready to Respond

Week 2: Be Healthy

Week 3: Watch Out for Dangers

Week 4: Share Roads Safely

For more information on the event and to download informational materials from the NSC check your emails every week in June, Elly will be sending out information fliers and links to websites regarding the topic each week.

Name: \_\_\_\_\_

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Name: \_\_\_\_\_

**SALINE COUNTY WELLNESS COMMITTEE 100 MILES in 100 DAYS**  
**CHALLENGE - TRACKING SHEET**

Must earn at least 100 Miles to earn ANY wellness points. You will receive 100 Wellness Points if you complete 100 Miles in 100 Days! But you MUST earn at least 100 Miles to earn ANY wellness points! Any miles over 100, you will receive additional points. Please return the tracking scorecard to a wellness committee member by Friday, September 16, 2016.

DATE	MILES	DATE	MILES	DATE	MILES	DATE	MILES
June 1		July 2		August 2		September 2	
June 2		July 3		August 3		September 3	
June 3		July 4		August 4		September 4	
June 4		July 5		August 5		September 5	
June 5		July 6		August 6		September 6	
June 6		July 7		August 7		September 7	
June 7		July 8		August 8		September 8	
June 8		July 9		August 9			
June 9		July 10		August 10			
June 10		July 11		August 11			
June 11		July 12		August 12			
June 12		July 13		August 13			
June 13		July 14		August 14			
June 14		July 15		August 15			
June 15		July 16		August 16			
June 16		July 17		August 17			
June 17		July 18		August 18			
June 18		July 19		August 19			
June 19		July 20		August 20			
June 20		July 21		August 21			
June 21		July 22		August 22			
June 22		July 23		August 23			
June 23		July 24		August 24			
June 24		July 25		August 25			
June 25		July 26		August 26			
June 26		July 27		August 27			
June 27		July 28		August 28			
June 28		July 29		August 29			
June 29		July 30		August 30			
June 30		July 31		August 31			
July 1		August 1		September 1			
<b>TOTAL</b>		<b>TOTAL</b>		<b>TOTAL</b>		<b>TOTAL</b>	