



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

JULY/2016

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

## 100 MILES IN 100 DAYS CHALLENGE

**The challenge started 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!

## JULY EDUCATIONAL CLASS

The speaker for the July Educational class will be Brad Kalkwarf. The presentation will be on **July 21, 2016 at 5:30pm** at the extension office.

The topic of the presentation has not been decided yet. An email will be sent out in the upcoming week regarding the class topic.

### **BONUS: 25 WELLNESS POINTS**

Answer to April's Question: C) 30

**A Nutrition Label states the amount of carbohydrates are in the food and/or drink item, but what are the three types of carbohydrates listed?**

- a) Carbohydrates, Fiber and Vitamins
- b) Starches, Vitamins, and Minerals
- c) Fiber, Sugar, Added Sugar
- d) Sugars, Starches, and Fiber

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)

- Keeping Your Cool

### **WILBER FARMERS MARKET**

The market takes place downtown Wilber from 4:00-6:30pm every Tuesday with produce, eggs, baked goods, crafts, and more are made available!

If you're interested in being a vendor contact Pat Hudecek via email [ephudecek@windstream.net](mailto:ephudecek@windstream.net) or call 1-402-821-3258 or 1-402-218-1799. There is no fee to become a vendor, and you can be a full time or part time vendor!

### **LINCOLN AREA FARMERS MARKETS**

Haymarket (7th and P Street) –  
Every Saturday May-October 8am-1pm

Old Cheney (55th & Old Cheney Rd) –  
Every Sunday April-October 10am-2pm

Fallbrook (570 Fallbrook Blvd) –  
Every Thursday May 26-September 4:30pm-8pm

University Place –  
Every Wednesday May-October 4-8pm

Piedmont (1265 South Cotner Blvd) –  
Every Friday May-September 4-7pm

Downtown Garden (16th and Centennial Mall) -  
Every Wednesday June-August 12-4pm

St. Paul UCC (1302 F Street) –  
Every Tuesday May-October 4:30-7:30pm

### **JULY AWARENESS MONTH**

July is recognized as **Cord Blood Awareness Month**, **Juvenile Arthritis Awareness Month**, and **National Cleft & Craniofacial Awareness & Prevention Month**

### **SUMMER WATER AEROBICS**

Get a great workout outside at the Wilber Municipal Pool, and have a blast at water aerobics with Jadyn Cerveny!

It cost just \$2.00 every time you come or you can purchase a punch card for \$20.00 for classes! Classes are offered Monday-Friday and include a Water Fitness Class and Water Aerobics where you'll workout to choreographed water moves!

#### **Water Fitness:**

Monday, Wednesday & Friday at 7:30-8:30 am

#### **Water Aerobics (To Music):**

Tuesday & Thursday at 8:00-9:00 pm

The classes offered on Tuesdays and Thursdays are scheduled to change in the event of a pool party. If a pool party is scheduled, the class will be taught in the morning. Check out the Wilber Municipal Pool Facebook Page for updates on class schedules and cancellations!

### **PERSONAL TRAINING**

If you, your spouse, or other family members, even friends are interested in taking personal training sessions, please contact Elly Reedy [mailto:reedy\\_03@hotmail.com](mailto:reedy_03@hotmail.com) for more information! Elly has her Personal Training certification through the National Strength and Conditioning Association (NSCA)

Session dates, duration, and cost are all dependent on what you want to work on, how long you would like to train and if you are doing individual training, or group training!