



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

AUGUST/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 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 8th.
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!

AUGUST EDUCATIONAL CLASS

The speaker for the August Educational class will be Chad Engel with NIRMA, who will be giving a presentation on Ergonomics. The presentation will be on **August 16, 2016 given at two different times: 9:00am and 10:30am** at the extension office. You only have to attend on presentation for wellness points. The session will be recorded!

BONUS: 25 WELLNESS POINTS

Answer to last month's Question: C) Fiber, Sugar, Added Sugar and D) Sugars, Starches, and Fiber were acceptable.

According to the President's Council on Fitness, Sports, and Nutrition; Less than ___% of adults participate in 30 minutes of physical activity each day, with only one in three adults receiving the recommended amount of physical activity each week.

A) 50% B) 5% C) 15% D) 25%

Email your answer to Elly or any Wellness Committee member to receive 25 Wellness Points.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- Keeping Your Cool

AUGUST AWARENESS MONTH

August is National Immunization Awareness Month (NIAM) and is used to remind everyone of the benefits of vaccination and to highlight the importance of vaccination for people of all ages. Visit Centers for Disease Control website for more information!

Certain vaccines are recommended based on a person's age, occupation or health conditions such as asthma, chronic obstructive pulmonary disease (COPD), diabetes or heart disease.

Vaccination is important because it not only protects the person receiving the vaccine, but also helps prevent the spread of disease, especially to those that are most vulnerable to serious complications such as infants and young children, elderly, and those with chronic conditions and weakened immune systems.

All adults, including pregnant women, should get the influenza (flu) vaccine each year to protect against seasonal flu. Every adult should have one dose of Tdap vaccine (tetanus, diphtheria, and pertussis or whooping cough) if they did not get Tdap as a teen, and then get the Td (tetanus and diphtheria) booster vaccine every 10 years. In addition, pregnant women are recommended to get the Tdap vaccine each time they are pregnant, preferably at 27 through 36 weeks.

Adults 60 year and older are recommended to receive the shingles vaccine. And adults 65 and older are recommended to receive one or more pneumococcal vaccines. Some adults younger than 65 years with certain high-risk conditions are also recommended to receive one or more pneumococcal vaccinations.

NUTRITIONAL TIPS FROM ELLY

Try eating 5-6 small meals a day, as opposed to three large meals a day! This will help boost your metabolism, which helps you burn more calories all day long! This is because of the thermic effect of food, meaning the breakdown and absorption of food itself requires a substantial amount of calories. All foods have a thermic effect ranging from 3-30%, with protein foods having a thermic effect up to 30% this means that 30% of your daily calories from foods like turkey, salmon and chicken are burned simply by just digesting them! The same thermic effect is seen in carbohydrate digestion as well; complex and fibrous carbohydrates burn approximately 20% of calories through digestion. By simply eating broccoli, spinach, corn, green beans, etc., 20% of those calories consumed are burned just by digesting them alone!

When planning out your meals for the day, make sure every meal has at least 10 grams of protein and 20 grams of carbohydrates. Carbohydrates are needed for many functions; such as physical activity, energy and fat burning, but too many carbohydrates in one sitting can cause the body to go into the fat storage process! The fat storage process is when the body takes the excess consumed carbohydrates, and instead of being stored as energy to use for physical activity, the carbohydrates get stored as energy that we don't use and is later converted to body fat. This is where protein comes in to play! Protein is needed to burn fat and feed muscle! When carbohydrates and protein are consumed together, carbohydrates are digested slower, which means the body uses the carbohydrates for energy for daily function, and less likely to be stored as fat!