



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

SEPTEMBER/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!

OCTOBER FLU SHOT CLINIC

Mark your calendars! The annual Flu Shot Clinic is right around the corner with Public Health Solutions (PHS). PHS will be in Wilber on **October 24, 2016** at 7:30-10:00am at the Court House and again in the afternoon at 3:00-6:30pm at the Saline County Law Enforcement Center. PHS will NOT be offering the Flu Mist this year, so schedule appointments accordingly. Look out for updates as the date comes closer!

BONUS: 25 WELLNESS POINTS

Answer to August's Question: **B) 5%**

According to the World Health Organization, on "Nutrition for Older Persons" consumption of fruit and vegetables by one to two servings daily could reduce cardiovascular risk by _____%

- a) 80% b) 40% c) 30% d) 70%

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

LUCKY 7 POKER CHALLENGE

The "Lucky 7 Poker Challenge" will start on **September 1st and run through October 19th**. There are two options for this poker challenge! Once you have chosen either option 1 or option 2; that is the option you must continue to follow for the duration of the challenge.

Option 1:

The participant will walk or run at least **7 Miles Per Week** to obtain a Poker Card.

Option 2:

The participant will have to attain **300 Points Each Week** to obtain a Poker Card. The categories and points associated are listed below:

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do

Please see attached sheet in the email attachment for further rules and guidelines.

All final numbers on record must be turned in to a wellness committee member by October 24, 2016 at 4:00pm. All challenge sheets turned in after date stated will not be accepted.

FRUIT & VEGETABLE SERVING SIZES

Remember, for all challenges please following the following guidelines for serving sizes of fruits and/or vegetables.

- **1 serving of vegetables** is equivalent to 1 **cup** of raw leafy vegetables, or ½ **cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to 1 **medium piece** of fruit; ½ **cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

WELLNESS PROGRAM 2017 PREPARATION

The Wellness Committee has begun to review to the Wellness Program Book for the 2017 calendar year making corrections and additions as needed. The Committee is asking all employees for input on the upcoming year, and are accepting any comments, concerns, or helpful ideas they would like to share concerning the program and the upcoming year. Please submit all comments to any wellness committee member before the next meeting, September 26, 2016. The committee thanks you in advance! All comments are helpful and appreciated!

SEPTEMBER EDUCATIONAL CLASS

For the month of September, we will have NO monthly educational class. Enjoy the beginning of the school year, sporting and family events!

MORE MATTERS MONTH – FRUIT & VEGGIES

One of the most important aspects of living a healthy lifestyle is having a nutritious diet. One key factor in a successful eating habit/diet is to consume fruits and vegetables! September is celebrated as More Matters Month, specifically pushing all individuals of all ages to EAT MORE FRUITS AND VEGETABLES! So, here are 10 Top Reasons you SHOULD be eating fruits and vegetables!

1. Fruits and vegetables are nutritious AND delicious!
2. They're simply just fun to eat! That perfect crunch of a carrot, or the simplicity of popping a few grapes into your mouth with lunch!
3. Fruits and vegetables are nature's treat, and are easy to grab for a quick, natural snack.
4. Fruits and vegetables are available in an almost infinite variety, and there's always something new to try!
5. VITAMINS and MINERALS that help you feel healthy, energized, and are just all around good for you from your head to your toes.
6. Eating plenty of fruits and vegetables could help reduce your risk of developing heart disease, high blood pressure, and even some cancers.
7. Naturally low in calories.
8. Provide fiber that helps fill you up and keep you feeling fuller longer (and make your digestive system happy!)
9. Fresh, frozen, canned, dried, and 100% fruit juice, either way, it's ready when you are!
10. Fruits and vegetables add color, texture, and appeal to your plate! Load up!

NUTRITION, EXERCISE AND AGING

Another day, another day older, and although we may not like adding another candle to that birthday cake, everyone deals with it... aging. Changes happen to our bodies as we age, some are physiological, while others are changes that happen from your day to day lifestyle and your priorities. Nutrition plays a KEY role in keeping us at our best, no matter the number of candles on top of your cake.

Once you're past age 25, your body's ability to consume oxygen declines, meaning your body's capacity to do work declines as consuming oxygen and expelling carbon monoxide becomes harder. Unless we stay active, this number will only continue to fall, and muscle mass and strength will also slowly decline. All of this will affect your ability to produce power, speed, and endurance. Following the recommendations for getting 30 minutes of physical activity daily is crucial to maintain strength, and keep your cardiovascular and pulmonary systems functioning properly, especially as we get older!

How many times have you heard to "drink water" or has your doctor told you you're not drinking enough? That's because as you age, your hydration capacity is reduced, and you can even lose the sensation of hydration, so you're body can't tell you, "HEY, I'm really thirsty!". Make sure you're getting at least 64 ounces of water daily, to keep kidney function efficient to remove waste!

Lastly, as stressed last month, adequate protein is required to get the most of the body's ability to repair and build muscle tissue. Aside from protein, fruits and vegetables (carbohydrates full of fiber) contain vitamin and minerals that are crucial to the body, especially as we age! Vitamins and minerals that keep the bones and joints working, as well as blood pumping where it needs to!