

# Saline County



## Health & Wellness Newsletter *Happy New Year!*

January, 2017

### Inside this issue:

Jerry Seinfeld's Secret	1-2
NIRMA Online University Class Information	1
Top 10 New Year's Resolution Tips	2
Day'zee Chain Resolution Challenge	3
"How Do I Eat Healthy if I Hate Veggies?"	4
January Educational Class	4
Employee Health Fair: Plan Ahead Today	4

*"Life is like an ice-cream cone. You have to lick it one day at a time." - Charles M. Schulz*

### Jerry Seinfeld's Secret —Based on a storyline by Gina Trapani

Years ago when *Seinfeld* was a new television show, Jerry Seinfeld was still a touring comic. At the time, Brad Isaac - a software developer, was hanging around clubs doing open-mic nights and trying to learn the ropes himself. One night he was in the club where Seinfeld was working, and before he went on stage, Brad saw his chance. He had to ask Seinfeld if he would share any tips for a young comic. What he told him was something that would benefit Brad a lifetime...

Jerry said the way to be a better comic was to create better jokes and the way to create better jokes was to write every day. But his advice was better than that. He had a gem of a leverage technique he used on himself and you can use it to motivate yourself—even when you don't feel like it.

He revealed a unique calendar system he uses to pressure himself to write. Here's how it works, and to which this month's Wellness

Challenge is based:

He told Brad to get a big wall calendar that has a month, a year, or any time period on one page and hang it from a prominent wall or anywhere there is visual access to it on a daily basis. The next step was to get a big red magic marker or writing instrument.



Jerry said for each day he did his writing, or any task relative to the goal, you get to put a big red X over that day. "After a few days you'll begin to form a chain. Just keep at it and the chain will grow longer every day. You'll begin to like seeing that chain, especially when you get a few weeks under your belt. Your only job next is to not break the chain."

"Don't break the chain," he said again for emphasis. *(continued on page 2...)*

### Question of the Month

**BONUS: 25 WELLNESS POINTS** for correct answer

What percentage of people making New Year's resolutions can be found void in reaching their goal?

- A. 90%
- B. 80%
- C. 70%
- D. 60%
- E. None of the Above

*\*The answer to the December Question of the Month:*

A) Melatonin

Email your name and correct answer to:

[salinewellness@gmail.com](mailto:salinewellness@gmail.com)

## 2017 Wellness Program Underway

The Wellness Committee has distributed the 2017 Wellness Program. If you have yet to receive one, or have questions needing to be addressed, please contact the committee.

### Dates to remember:

January 27, 2017: Deadline to return 2016 Program books

January 30, 2017: Deadline for submitting foreseen 2017 Alternative Standard requests.

January 5, 2018: Deadline to return 2017 Program books.



### NIRMA Online University

The following online class is the current dedicated offering to employees from now until March 31st. Complete this NIRMA Online University Class to receive 75 Wellness Points: "Suicide Prevention".

## ...Jerry Seinfeld's Secret — continued from page 1

Over the years Brad used this technique in many different areas. He's used it for exercise, to learn programming, to learn network administration, to build successful websites and build successful businesses.

It works because it isn't the one-shot pushes that get us where we want to go, it is the consistent daily action that builds extraordinary outcomes. You may have heard "*inch by inch anything's a cinch*"? Inch by inch DOES work if you can move an inch every day.

Daily action builds habits. It gives you practice and will make you an expert in a short time. If you don't break the chain, you'll start to spot opportunities you otherwise wouldn't. Small improvements accumulate into large improvements rapidly because daily action provides 'compounding interest'.

Skipping one day makes it easier to skip the next.

It may well be admired to have someone who will take action—even if small—every day as opposed to someone who swings hard once or twice a week. Seinfeld understands that daily action yields a greater benefit rather than sitting down and trying to knock out 100 jokes in one day.

Think for a moment about what action would make the most profound and healthy impact on your life if you worked at it every day. That is the action recommended to you when starting your New Year's resolution. Put it on your Seinfeld calendar at the start of your 2017. Don't hold off. Begin today and earn your big red X. And from here on out...Avoid breaking the chain!

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## 10 Tips for a Successful New Year's Resolution—NHS Choices

Most of us will make a New Year's resolution - maybe to lose weight, quit smoking or drink less - but often times, only one in ten will achieve their goal.

Psychologists have found we're more likely to succeed if we break our resolution into smaller goals that are specific, measurable and time-based.

Professor Richard Wiseman, of the University of Hertfordshire, tracked 5,000 people as they attempted to achieve their New Year's resolutions. His team found that those who failed tended not to have a plan, which made their resolution soon feel like a mountain to climb.

Some focused too much on the downside of not achieving their goal, adopted role models, fantasized about their goal or relied on will power alone. "Many of these ideas are frequently recommended by self-help experts but our results suggest that they simply don't work," says Prof Wiseman.

"If you are trying to lose weight, it's not enough to stick a picture of a model on your fridge or fantasize about being slimmer," he said.

Further, the 10% of participants in the study who had achieved their target broke their goal into smaller goals and felt a sense of achievement when they achieved these. "Many of the most successful techniques involve making a plan and helping yourself stick to it," says Prof Wiseman.

Prof Wiseman's top 10 tips to achieving your New Year's resolution:

1. Make only one resolution. Your chances of success are greater when you channel energy into changing just one aspect of your behavior.
2. Don't wait until New Year's Eve to think about your resolution and instead take some time out a few days before and reflect upon what you really want to achieve.
3. Avoid previous resolutions. Deciding to revisit a past resolution sets you up for frustration and disappointment.
4. Don't run with the crowd and go with the usual resolutions. Instead think about what you really want out of life.

5. Break your goal into a series of steps, focusing on creating sub-goals that are concrete, measurable and time-based.

6. Tell your friends and family about your goals. You're more likely to get support and want to avoid failure.

7. Regularly remind yourself of the benefits associated with achieving your goals by creating a checklist of how life would be better once you obtain your aim.

8. Give yourself a small reward whenever you achieve a sub-goal, thus maintaining motivation and a sense of progress.

9. Make your plans and progress concrete by keeping a handwritten journal, completing a computer spreadsheet or covering a notice board with graphs or pictures.

10. Expect to revert to your old habits from time to time. Treat any failure as a temporary setback rather than a reason to give up altogether.



# Day'zee-Chain Resolution Challenge

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<p><i>*Example: Avoided my typical, mid-morning candy bar. Ate apple instead.</i></p>			

1. Resolution Statement: \_\_\_\_\_
2. List one achievable step in reaching your goal: \_\_\_\_\_
3. List one person with which you've shared your goal: \_\_\_\_\_
4. List one way you've used methods of support or encouragement: \_\_\_\_\_
5. List one temptation you are committed to avoid in order to reach your goal: \_\_\_\_\_
6. List one reward that you've promised yourself when reaching your goal: \_\_\_\_\_
7. List one learnable experience that you will share with someone else: \_\_\_\_\_

**OBJECTIVE:**

The objective of the **"Day'zee-Chain Resolution Challenge"** is to help fulfill your stated New Year's Resolution by using a one day at a time approach; linking together as many days as possible, which together provide a habitual chain in contributing to your resolution goal.

**RULES:**

You will receive fifty (50) Wellness Points for participating and providing feedback using ALL SEVEN (7) answering points.

You will also receive one (1) point for each day on the calendar you've created a link in the chain equated to positive, contributing actions helpful in reaching your stated goal. *(See example on Day 32 above)*

You will need to return your participation sheets to the Wellness Committee, either at the Assessor's office or via email, [salinewellness@gmail.com](mailto:salinewellness@gmail.com), on or before February 8, 2017.



## Saline County

### Wellness Committee

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

[co.saline.ne.us/webpages/committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)

### How Do I Eat Healthy if I Hate Veggies? - by KRISTINA LARUE, RD, CSSD, LDN

So you hate veggies. Let's guess: Your parents wouldn't let you leave the dinner table until your broccoli was gone? Or maybe vegetables are too bitter, too bright and too crunchy for your liking? Or maybe, just maybe, you've never had a relationship with veggies because they weren't a priority in your diet?

Whatever the reason, it's time to put your loathsome feelings toward veggies aside. They're a necessary part of a healthy diet! You see, vegetables are incredibly nutrient-dense foods, meaning they contain an abundance of vitamins, minerals and antioxidants without packing in excess calories. All of these things work together to keep our bodies functioning normally, fighting off disease, protecting against injury and achieving our weight goals.

If you've sworn off veggies but are trying to eat healthy, it's time to take a new approach. After all, eating healthfully without eating veggies is pretty difficult to do.

Another tip to keep in mind is the way you're preparing the veggies. Try them raw, try them steamed, try them boiled, try them roasted, try them chopped, try them minced, try them sliced, try them diced... Try them as many ways as you can until you find what works for you.... Or until you try them 10+ times!

That's right. Get sneaky. Maybe it's not the flavor or the texture of veggies that turns you

off but the mere sight of them. If this is the case, there are plenty of ways to sneak them into your diet. Choose veggies that are close in color to the food that you're making and don't have an overpowering flavor. This way they'll blend right in while your taste buds and eyes remain none the wiser.

One of the easiest ways to get sneaky is with smoothies. Next time you make a berry smoothie, try adding some spinach or kale. The rich color of the berries will mask the greens, which won't change the flavor. Once you've mastered this trick of the mind, try adding carrots and onions to spaghetti sauce, diced mushrooms to ground beef or cauliflower to "mac" & cheese. The only limit to this tip is your imagination!

Sometimes it's all about the pairing of foods. Think about the last few parties you've attended. One of them likely had a bowl of dip served with crackers and veggie sticks. This is because veggies and dips are a match made in heaven. Cauliflower and hummus; celery and blue cheese dressing; carrots and spinach dip; cucumbers and ranch dressing — the combinations are endless! Introducing a rich flavor to the vegetable may make it more palatable for you. Keep in mind though that dips and dressings are often high in calories, meaning just a little goes a *long, long* way.

Vegetables are a nutritious and delicious part of a healthy diet, so be persistent and be creative. Eventually you'll find what works for you.

### January Educational Class

The January Educational class will cover the topic, "Boosting One's Self Esteem". This informational presentation will be provided by Alison Leonard from the Beatrice YMCA. The class will be held at the Extension Room on January 17, 2017 beginning at 5:30 p.m.

### 2017 Employee Health Fair

Plan now to participate in the annual Saline County Health Fair. Mark your calendars for this year's date and location to be:

- February 7th at the Law Enforcement Center—5:00 a.m. to 8:00 a.m.
- February 8th at the Extension Building—5:30 a.m. to 8:00 a.m.

Please contact either Brandi at the Assessor's office or Jennifer/Kory at the LEC once paperwork begins to surface later this month and you are asked to choose a preferred location.

In addition to the basic blood work, there will be additional tests made available, as in previous years, to all employees at your own cost if you opt to have them processed. Those additional tests will likely include: TSH (thyroid), PSA (prostate), A1C (90-day Glucose Average), Vitamin D and the Cortisol (stress hormone).

### IMPORTANT NOTICE: 2016 & 2017 Program Books

2016 has come to a close. Please be reminded that all 2016 Wellness Books and participant documents are to be returned to the Wellness Committee by January 27, 2017.

In order to expedite the review process for the 2016 year, please make sure your small and large calendar data is readable and providing the mandatory information required. This information should include: Exercise type, time and associated points for each and every day, etc. (*Provide a legend if helpful.*)

As found documented in your supplied materials for 2017, those wishing to address obtaining an Alternative Standard for portions of the 2017 Program, need to complete the provided "Alternative Standard Form" before the end of January. Return it to the Committee for review so that adjustments can be properly made on your behalf. It is IMPORTANT that those receiving adjustments in 2016 will still need to re-apply for 2017.

If you've yet to receive your 2017 Wellness Program packets, please let the committee know ASAP.

Please complete your participation signature page and return it soon. -end

NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical professional.