

Saline County

Health & Wellness

Newsletter

February, 2017



Healthy Heart February!

“Keep a healthy heart so we won’t be apart” - Unknown

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National Wear Red Day —The American Heart Association

Ask any stylist, job coach or dating expert and they’ll tell you that red stands out. Eyes are immediately drawn to it. Some even say that the color red is a confidence booster and makes you feel powerful. Maybe that’s why we chose the color red to signify our fight against the No. 1 killer in women. Maybe it’s just a coincidence that it’s also the color of our hearts.

In 2003, the American Heart Association and the National Heart, Lung and Blood Institute took action against a disease that was claiming the lives of nearly 500,000 American women each year – a disease that women weren’t paying attention to. A disease they truly believed, and many still believe to this day, affects more men than women.

Stemming from that action, National Wear Red Day was born. It’s held on the first Friday in February every year to raise awareness about heart disease being the No. 1 killer of women.

This coming National Wear Red Day, Feb. 3, 2017, will mark 15 years since the initial National Wear Red Day, which was first observed to bring national attention to the fact that heart disease is the #1 killer of women, and to raise awareness of women’s heart health. And looking back on all we’ve accomplished, we’ve really made tremendous strides. They include:

- Nearly 90% of women have made at least one healthy behavior change.
- More than one-third of women has lost weight.
- More than 50% of women have increased their exercise.
- 6 out of 10 women have changed to and supported a ‘heart healthy diet’.
- More than 40% of women have checked their cholesterol levels.
- One third of women has talked with their doctors about developing heart health plans.
- Today, nearly 300 fewer women die from heart disease and stroke each day. —cont. 2

Question of the Month

The February ‘Question of the Month’ is a bit of a puzzler, as found on the last page. The answer is found herein and dedicatedly within yourself.

BONUS: 25 WELLNESS POINTS for correct answer



*The answer to the January Question of the Month:
A) 90%

Email your name and correct answer to:
salinewellness@gmail.com

2017 Wellness Program Underway

The Wellness Committee has distributed the 2017 Wellness Program. If you have yet to receive yours, or have questions needing to be addressed now being in the new year, please contact the committee for help or clarification. Your questions are always welcomed.

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. —end

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”. —end

...National Wear Red Day — *cont. from page 1*

- Death in women has decreased by more than 30 percent over the past 10 years.

But despite our progress, more work is crucial. 1 in 3 women die of heart disease and stroke each year. But what's more powerful? Millions of mothers, sisters, daughters and friends making a change.

More than ever, educating themselves and contributing to healthy lifestyle have saved lives. The American Heart Association's, "Go Red" support educational programs increase women's awareness about their risk for heart disease and stroke as well as critical research and fundraising involvement have contributed to the discovery of scientific knowledge about cardiovascular health.

You may want to ask yourself, male or female, whether you are where you want to be? *-end*

How Often Should You Weigh Yourself?

by PAIGE SMATHERS, RDN, CD

Imagine this: You decide it's time to make a concerted effort to lose weight. You start exercising regularly and embark on a healthy eating plan. The time comes to check in on your progress, so you step on the scale for the moment of truth.

You haven't lost any weight.

What do you do? Continue with the exercise and healthy eating plan? Throw in the towel, and go back to what you were doing before? Start restricting your eating even more as an effort to make weight loss happen faster?

These are all completely normal and reasonable reactions to a lack of success on the scale. Weight loss, maintenance or gain can be tricky to navigate. Put more plainly: The scale can be tricky to navigate.

Weight fluctuations are common because your weight is determined by a variety of factors. These include but are not limited to how hydrated you are, what you recently ate, your bathroom habits, the climate and your exercise routine. A few pounds of weight fluctuation here or there are usually not a result of fat gain but a result of your body doing exactly what it needs to do to regulate its physiological functions. So, how often should you weigh yourself? Whether your goal is maintenance, loss or gain, let's talk about the scale.

The very first question you need to ask yourself is: "Will weighing myself (daily, weekly, periodically, etc.) help me or harm me?" Since there's no magic answer for how often to weigh yourself, figuring out what is helpful and

motivating for you as an individual is how you decide.

DAILY WEIGH-INS

Many people find weighing in daily provides a sense of accountability and is helpful for having a good idea of where they are with their progress.

For many, it helps to keep progress on track. If you're able to look at the overall trend and not stress about the fluctuations, then by all means, weigh yourself daily.

Does a 0.4-pound weight gain sour your mood? Or, are you absolutely elated to see that you're down 1 pound? If the daily weigh-ins powerfully affect your mood and behavior, then you might want to reconsider how often you weigh yourself. The number on the scale should not have the power to dictate your mood, the events of the day or your overall quality of life — it's just a number.

WEEKLY WEIGH-INS

Weighing weekly can have its advantages — it allows you to track progress while still having six whole days to not focus on your weight.

For best results, pick a consistent day each week, and weigh yourself in the morning. Look for trends, but don't get caught up in the minutiae. Recognize that it will take a few weeks to get a picture of where the trend is heading. This can be a good tool to help you feel accountable without making you ride the daily emotional roller coaster that is (or can be) the scale.



OCCASIONAL WEIGH-INS

Some people opt for the occasional weight check-in. People may do this at home or rely on the scale at the gym or doctor's office to get an idea of where they are. People who opt for the occasional weigh-in often have alternative ways of identifying weight shifts, like the way their clothes fit or how strong they feel while exercising.

NEVER WEIGHING

There are many people out there who smash their scale and never look back. Some people find it helpful to focus on how they feel in their clothes, the balance of their meals and snacks and how they perform with their exercise rather than focusing on the number. This can be a valid way to approach health — there's much more to health than a number on the scale!

If you are weighing yourself multiple times per day, stop! With rare exceptions, you should not weigh yourself more than once per day. Obsessing over a number on the scale can turn into a very problematic pattern that can disturb the peace and happiness in your life. If you decide to weigh yourself, the scale should be a tool that helps you, not harms you.

Overall, ask yourself about what is most helpful for you. For some, daily weigh-ins are the best route. For others, weighing less often is better for overall health. Each of us has different ways of experiencing things and inviting motivation and positivity into our lives. Find what works for you and stick to it! *—end*

Drink your water!



28 DAY WATER CHALLENGE

by pepperscraps.com

Day1		Day 16	
Day2		Day 17	
Day3		Day 18	
Day4		Day 19	
Day5		Day 20	
Day6		Day 21	
Day7		Day 22	
Day8		Day 23	
Day9		Day 24	
Day10		Day 25	
Day11		Day 26	
Day12		Day 27	
Day13		Day 28	
Day14			
Day15			

28 Day Water Challenge Rules

This Challenge runs through the month of February—28 days! Participants will receive one (1) point for each day in which four 8oz glasses of water are drank. In addition to that one point, any day that involves the drinking of additional 8oz glasses of water, will receive another (1) point. *(There is then the possibility of earning a total of 56 points for your efforts in this challenge.)*

NOTE: Water = H₂O or H₂O with natural additives—such as lemon or other fruit. No flavored powders, coffees, teas or other such products containing caffeine, alcohol or carbonation are to be substituted for water.



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

February Educational Class—February 15 at 5:30 p.m.

Elly Reedy will offer the Saline County employees an evening presentation entitled, "Complete Nutrition". This may be a good topic in which to inquire on the many elements of Health and Wellness. See you at the class on Wednesday, February 15th at 5:30 p.m. at the Saline County Extension meeting room! -end

Question of the Month

You can be more fit by eating this...

(25 Wellness Points)

Y T H A R H E H E D I E T A L T

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Place the tiles containing the letters from above into the empty boxes beneath, in order, to unscramble this message:

“ _____ ”

2017 Employee Health Fair

By now, you've had an opportunity to sign up and mark your calendars for the Annual Saline County Health Fair. As a reminder, his year's dates and locations are:

- 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 if lingering questions remain leading up to the event.

In addition to the basic blood work with A1c, there will be additional tests made available for an additional cost. These additional tests include: TSH (thyroid), PSA (prostate), Vitamin D and the Cortisol (stress hormone).

The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. You can save valuable time and money since the screens are offered in the workplace and paid for by Saline County. PLUS, you receive 500 wellness points to boot!

What you need to do to prepare

- The blood profile requires fasting so that your screening results provide you with the most accurate picture of your current health status. Avoid eating or drinking anything other than water for 8-10 hours before your appointment.
- Drink plenty of water the day before the screening so that you are well hydrated and it will make it easier to give a blood sample. You can drink water and take medications (*with water*) the morning of your health screening. But please—no coffee, tea, pop or nicotine before your screening appointment. -end

EXTENDED OPPORTUNITY

The Wellness Committee is providing an extension for the return of 2016 Booklets; Thursday, Feb 2nd at 8:00am.

IMPORTANT NOTICE: 2016 & 2017 Program Books

Please know that all 2016 Wellness Books and participant documents should have been returned to the Wellness Committee by January 27, 2017. (*now extended—Feb. 2 @ 8a*)

We hope to expedite the review process for the 2016 documents in your small and large calendar data when ensuring they are readable and provide the mandatory information required. The Wellness Committee will begin the review of the large calendar/exercise portion of the returned books on February 2nd.

As found documented in your supplied materials for 2017, those who had wished to address an Alternative Standard for portions of the 2017 Program for the entire year, needed to complete this request before the end of January. Any late applications will be addressed individually—on a case-by-case basis. As earlier indicated, those receiving adjustments in 2016 will still need to re-apply for 2017. (*This is to the benefit of all; as needs may have changed over the course of the year.*)

Again, if you've yet to receive your 2017 Wellness Program packet, 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.