

Saline County



March, 2017

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“Wellness is the complete integration of body, mind, and spirit - the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” -Greg Anderson

Are You Burning as Many Calories as You Think?

—by JENNIFER PURDIE—Fitness Trainer

Every morning you crush your treadmill session and revel in the total number of calories burned glowing on the screen. Sorry to dampen your post-workout spirits, but that number is probably incorrect.

Potential Causes of Inaccurate Readings

“Machines in gyms aren’t very accurate when it comes to calories burned, distance and other such metrics — they’re rough estimates at best,” says Brandon Mentore, a strength and conditioning coach from Philadelphia. “If two people weigh 200 pounds, but one is 5’3” and the other 6’1”, the amount of calories burned and the demand is vastly different.” This holds true even if the cardio equipment accounts for age and body weight.

Everyone has different metabolic rates as well. Mentore explains that athletes, for example, generally have a more efficient metabolisms that will actually burn fewer calories for the

same effort and duration as someone with an average level of fitness.

The amount of calories you burn also depends on your lean tissue versus fat mass. “The leaner you are, the higher your metabolic rate and burn will be for the same effort and duration relative to someone who is less lean,” says Mentore.

In addition, the inaccuracy of caloric count could be related to the machine itself. Its age, calibration, elevation (for example, certain treadmill brands on a 0% grade are still not totally flat) and general maintenance upkeep all can keep it from displaying a more proper reading.

For those looking to lose or gain weight, these incorrect counts make it more challenging to try to gauge your daily caloric output. Most of us guess, but the odds of guessing correctly are slim to none. (cont. page #2)

Annual Impact Survey

March 20-April 7

The Wellness Committee has set a time frame for the 2017 Impact Survey to be from Monday, March 20th thru Friday, April 7th. This will provide three (3) full work weeks for employees to complete the survey.

Those new to this, the Impact Survey is a validated health risk assessment, interest survey, and culture audit to

guide employees and employers to a healthier worksite culture. It combines validated assessment instruments to create an overall picture of health of your organization. Plus, an ample supply of wellness-points are connected to this activity.

A notice of instruction will be provided soon! -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

Question of the Month

Based on your current read, some newly, initial studies are claiming that this spice helps to reduce blood glucose and bad cholesterol:

- A) Sodium
- B) Cinnamon
- C) Celery Root
- D) Shichimi Togarashi

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the February Question: “Heart Healthy Diet”*

Email your name and correct answer to:

salinewellness@gmail.com

...*Are You Burning as Many Calories as You Think?* — *cont. from page 1*

The Solution? Fitness Wearables

Wearables employ accelerometer and altimeter technology to detect your steps throughout a day — whether you are working out, or you're simply walking from your car to work. Some trackers can even detect power output, making for super accurate results of your activity level.

“When it comes to calorie counting, wearable fitness gear has given the user the ability to track calories instantly, rather than rely on memory, providing better results and more reliable data,” says Junior Leoso, a personal trainer from San Diego. “It’s provided an entirely different aspect to training, as it’s given data to a world of people who typically only care about the end result.”

Wearables also come with other benefits to entice you to spike your movement levels. “[They] can give you reminders when you haven’t been active in a while, as well as keep track of your data, enabling you to do weekly and monthly outlooks on calories burned and overall activity level,” says Mentore.

These devices aren’t limited to a younger, more technologically-savvy generation either. According to Rock Health, the first venture fund dedicated to digital health, no demographic variables had any significant effect on digital health. Seniors and millennials are equally as likely to use wearables.

The market for this technology is astoundingly healthy. Statista, a statistics portal for market data, says wearables are expected to reach a value of \$19 billion in 2018, more than 10 times its value in 2013. In addition, 27% of consumers expect to purchase a wearable fitness device within the next 12 months (2016 data).

The behavior toward fitness technology has shifted. It’s no longer viewed as a passing trend, but something that’s here to stay. It’s empowered people to improve their lifestyle behaviors in unparalleled fashion — from walking more to monitoring sleep to lowering heart rates. The impactful data created by wearables appears to motivate people to take charge and produce positive changes, making them worth their cost.

We are lucky to live in an age when technology can help solve challenges. Expect wearable fitness to continue to make individuals healthier for decades to come. —*end*

Happy Birthday Nebraska—You’re 150

<https://ne150.org/>



Nebraska was granted statehood on March 1, 1867. The state had commenced its Sesquicentennial beginning January 1, 2017, with a yearlong celebration involving a wide variety of programs and projects across the state.

Planning for the Nebraska 150 Celebration began in 2012 when a group of active citizens from across the state formed the Friends of the Nebraska 150 Foundation. In 2014, the Nebraska Sesquicentennial Commission was established by the state Legislature and 17 members from across the state were appointed by the Governor to lead the initiative. In 2015, the Celebrating Nebraska Statehood Foundation was established to help coordinate efforts and direct everyone toward collective success.

To learn more about the events and activities surrounding Nebraska’s Sesquicentennial, please visit the link provided above for added details. —*end*

Wilber Physical Therapy

Group Exercise Schedule

The following opportunities are available at the Wilber Physical Therapy office, downtown Wilber.

- Monday: CX Worx—12:15-12:45 p.m.
- Monday: Body Pump—5:30-6:30 p.m.
- Tuesday: Body Pump—5:40-6:30 a.m.
- Tuesday: Body Flow—6:00-7:00 p.m.
- Wednesday: CX Worx—12:15-12:45 p.m.
- Wednesday: Body Pump—5:30-6:30 p.m.
- Thursday: Body Pump—5:40-6:30 a.m.
- Thursday: Body Flow—6:00-7:00 p.m.
- Friday: Body Pump—6:15-7:15 a.m.
- Saturday: Body Pump—6:00-7:00 a.m.

The cost for the above is usually \$80.00 for 12 classes. The first class is free and there are available discounts when given your first membership punch card. —*end*



Is it time to replace your shoes?

- American Council on Exercise

New aches or pains in your bones and joints or shin splints might be signs that it’s time to get new shoes. Wearing



worn out shoes to exercise can increase your risk of hip, knee, ankle and foot injuries.

How often should you replace them? Experts recommend that you replace exercise shoes between 350-500 miles, depending on your activity, style, body weight and the surface you exercise on.

Try tracking your mileage, and pay attention to how you feel, because a shoe can lose its support and mid-sole cushioning even if the outside looks fine. —*end*

How a full spice cabinet can keep you healthy—By Carrie Dennett, *Washington Post*

Spices and herbs add delicious variety to the foods we eat. But spices and herbs are much more than flavor enhancers — they are nutritional powerhouses. After all, spices and herbs come from plants, which means they are sources of plant phytonutrients. Many phytonutrients have antioxidant, anti-inflammatory or even anticancer properties, and in the case of spices, these phytonutrients can be very concentrated. So spices do more than perk up the flavor of your food — they put a natural pharmacy in your kitchen.

For some Americans, one perceived impediment to cooking with spices is the dislike of spicy food, even though spices are not spicy hot, per se. Spices can make food richly flavorful and aromatic, but they make it hot only if you add fresh, powdered or flaked chile peppers. That heat comes with a few benefits — spicy hot food reduces the need for salt, plus it helps the body sweat and potentially remove toxins.

The anti-inflammatory spice drawer

A handful of spices have enjoyed an elevated status, thanks to their potential to help decrease inflammation in the body: cinnamon, garlic, ginger and turmeric. None of these is a magic bullet, of course, but because they also help make food more flavorful and satisfying, there no reason not to use more of them.

- Cinnamon's versatility lends itself to sweet and savory dishes. Add cinnamon to your breakfast oats, baked goods or meat marinades. Sprinkle it on roasted vegetables or sautéed leafy greens. Mix it into black bean dishes. Some initial studies claim that cinnamon helps to reduce blood glucose and bad cholesterol, but more research is needed.
- Garlic is technically a vegetable, even though few people eat it like one (the French writer Colette is one notable exception). Freshly peeled cloves are best, but you can buy prepacked frozen minced garlic. Garlic appears to benefit cardiovascular health.
- Ginger root is a cornerstone of Asian cooking, imparting a slightly sweet, slightly hot flavor. It goes well with garlic in many Thai, Indian, and Chinese dishes. Ginger can help ease nausea and may also relieve heartburn and bloating. Try a ginger and honey tea when you're under the weather, or add fresh or powdered ginger to smoothies. Fresh ginger root keeps in the fridge for several weeks, longer in the freezer.
- Turmeric is used in Indian and other dishes for flavor, and its intense bright orange color is known to stain kitchenware. Add turmeric to rice or to hot oil before sautéing onions and garlic. Add it to curry dishes, marinades and salad dressings. Recipes for turmeric tea abound online, or

you can buy ready-to-go tea bags. When you use turmeric in savory dishes, use black pepper, too, because a compound in black pepper helps your body absorb turmeric's beneficial compounds.

A shortcut to dinner

When cooking time is in short supply, spices are an easy way to accentuate simply prepared whole foods such as fish, meat, chicken, vegetables, whole grains and lentils. You can even prepare spice rubs and pastes in advance so they are ready and waiting when it's time to pull a meal together.

One key reason that world cuisines taste different from each other is the distinctiveness offered by the herbs, spices and other aromatic ingredients that are traditional to each one. When you know which flavors are common to your favorite cuisines, you are well on your way to creating tasty dishes without following a recipe. For example, when you are craving Mexican food, you can cook beans and rice, grill some steak, chicken, or fish or bake some tofu, sauté peppers and onions, and season to taste with cumin, lime juice, cilantro, salsa and hot sauce if you like it hot.

The spices and herbs you keep in your pantry will depend on your taste preferences, as well as your comfort level with using them. Here are some common ingredient combinations from a few popular cuisines:

- Chinese cuisine includes anise seed, bean paste, chile oil, garlic, ginger, green onions, hot red peppers, sesame oil and seeds, soy sauce and star anise.
- French cuisine includes bay leaves, black pepper, chervil, chives, fines herbs, garlic, marjoram, nutmeg, onions, parsley, pink and green peppercorns, rosemary, shallots, tarragon and thyme.
- Greek cuisine includes cinnamon, dill, garlic, lemon, mint, nutmeg, olives and oregano.
- Indian cuisine anise seed, black and red pepper, cardamom, chilies, cilantro, cinnamon, cloves, coriander, cumin, curry powder, fenugreek, garlic, ginger, mace, mint, mustard seeds, nutmeg, saffron, sesame seeds, turmeric and yogurt.
- Italian cuisine includes anchovies, basil, bay leaves, fennel seeds, garlic, marjoram, onions, oregano, parsley, pine nuts, red pepper and rosemary.
- Spanish cuisine includes almonds, bell pepper, cumin, garlic, olives, onions, paprika, parsley and saffron. —end



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

Elite-Eight Challenge

beginning March 6th

In this upcoming challenge, there are 8 categories in which you can receive points: (See attached challenge sheet...)

- 1) Water--1 Point for every 8oz of water drank during the day
- 2) Exercise--5 Points for every 15 Minutes of continual exercise per day (30 min = 10 pts, 45 min = 15pts, 60 min = 20 pts (MAX 20 Points/Day)
- 3) Sleep--1 Point for every night you sleep 7 or more hours (Max 1 Point/Day)
- 4) Fruit/Vegetable--1 Point for every serving of Fruits or Vegetables you eat each day
- 5) Pop--1 Point for every day you do not consume pop, 0 Points if you have one, SUBTRACT 1 point for every pop you have over 1 a Day (MAX 1 Point/Day)
- 6) Tobacco--1 Point for every day you do not use a tobacco product
- 7) Healthy Breakfast--1 Point for each day you eat a healthy breakfast
- 8) Read a Book--1 Point for each day you read a book for at least 1/2 hour a day.

In order to receive 25 Wellness points for participating in this challenge, you

March Educational Class—March 21 at 5:30 p.m.

Bruce Wahl of the Crete Chiropractic clinic will be here in Wilber to present another topic that may be of interest to many of our County employees. This presentation will be held on Tuesday, March 21st at 5:30 p.m. at the Saline County Extension meeting room. -end

Saline County Employee Awards Banquet

~ Invitation ~

Your invitation to the earlier scheduled Awards Banquet remains extended. Due to the inclement weather experienced on February 24th, the Banquet Committee has worked to reschedule this event for Friday, March 10th. It remains to be held at Saline Center Hall.

- 6:00 p.m. Social
- 6:30 p.m. Meal

If you could not attend for the earlier date due to a conflict, please RSVP your supervisor so we may look forward to seeing you on this new night!

For Employees and Spouses or Guests

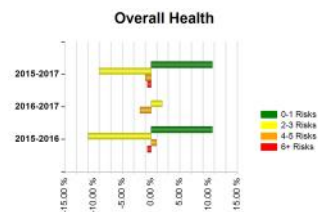
Health Risk ScoreCard

As a result of our recent Health Fair, Madonna Fit-for-Work has provided the Wellness Committee with our group Health Risk ScoreCard Trending Report which shows risk trending for our employee population over time. Some of those changes are a reflection of efforts to build a culture of wellness and how far along our organization is in its wellness journey.

Risk factors are compared for our group from year to year: health risk scores, biometric measures, lipid profile data, triglycerides, blood sugars and lifestyle habits.

The goal of this report is to help the Wellness Committee identify areas in which we are gaining ground or holding steady as well as areas to be targeted for more intense programming efforts.

We hope to encourage you to celebrate your areas of trending success and to work with experienced health professionals to find the most effective solutions to help improve the health of our workforce. -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.

must have at least 1,000 points at the end of the 8 weeks. In order to receive 50 Wellness Points for participating in the challenge, you must have at least 1,500 points at the end of the 8 weeks. Your log sheet will need to be submitted to salinewellness@gmail.com by Friday, May 5th.

For this challenge, please keep in mind the following:

- 1 serving of vegetables is equivalent to 1 cup of raw leafy vegetables, or 1/2 cup for other vegetables that are not raw leafy vegetables.
- 1 serving of fruit is equivalent to 1 medium piece of fruit, 1/2 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. -end

PROTEST PERIOD

The Wellness Committee is anticipating the offering of a scheduled protest period during the 3rd to 4th week in March. Your final numbers to be forthcoming soon.