



# Saline County Employee Newsletter

## SEDENTARY LIFESTYLE VS. ACTIVE LIFESTYLE

Source: [TotalWellness.com](http://TotalWellness.com)

Although more and more research has been showcasing the detrimental effects of a sedentary lifestyle, people still aren't budging. In fact, a sedentary lifestyle (also known as the "sitting disease") has been said to be worse than smoking cigarettes. An article by The Active Times states that "sitting is more dangerous than smoking, kills more people than HIV, and is more treacherous than parachuting."

To summarize, a sedentary lifestyle is lethal. It substantially increases the risk of many diseases, is strongly linked to obesity, and shortens lifespans. Despite this, many adults are still leading sedentary lifestyles. According to Mayo Clinic, 50-70% of people sit at least six hours per day, and 20-35% of people spend over four hours every day watching TV.

Even more frightening, statistics gathered by the U.S. Department of Health & Human Services reveal that only one in three adults achieve the recommended amount of physical activity each week, and more than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities.

With more than one-third of U.S. adults living with obesity, it's more important now than ever to educate yourself on the effects of sitting too much and start working towards an active lifestyle. Check out this following infographic to learn a bit more about how a sedentary lifestyle affects your health and quality of life: *(cont. page 3...)*



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## STUDY LINKS PARTICIPATION IN WEIGHT-LOSS PROGRAMS TO REDUCED ABSENTEEISM—*Safety & health Magazine*

Orlando, FL – Obese workers who took part in a structured weight-loss program reported fewer hours missed on the job after six months, a recent University of Michigan study shows.

Researchers surveyed 92 people who had an average body mass index of 40 and worked in various occupations. Before entering the program, participants stated in a self-evaluation that they worked an average of 5.2 fewer hours a month than their employers expected.

After six months and an average of 41 pounds shed, participants

reported working 6.4 more hours a month than expected.

“Our findings suggest that, through favorable effects on work attendance, participation in a weight-management program may be mutually beneficial for workers and their employers,” Dr. Jennifer Iyengar, the study’s lead author and an endocrinology fellow at the University of Michigan, said in a press release.

The results of the study were presented April 2 at the Endocrine Society’s 99th annual meeting in Florida. –end

*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

## A GARDEN OF HEALTH

Get your hands dirty! Gardening isn’t just a hobby – it’s a workout. In fact, according to MindBodyGreen.com, gardening for about 30-45 minutes a day can burn anywhere from 150 to 300 calories. A 2011 Netherlands study shows that gardening leads to a positive mood and promotes relief from acute stress. It was also said to combat stress better than other relaxing leisure activities.

## ATTITUDE OF GRATITUDE

*by Taylor & Francis Online*

Thanks to research, the practice of having an attitude of gratitude is beginning to take its place alongside meditation, yoga and mindfulness as a health practice with demonstrated value. Magazine articles, books, websites, diaries, greeting cards, and calendars all promote the attitude of gratitude.

More than 20 gratitude-focused research studies have cataloged the health benefits of gratitude, including improved life satisfaction, vitality, hope, optimism, and reduced levels of depression and anxiety. Practicing gratitude is a conscious process that includes the intention of regular thankfulness (*i.e.*, “*Today, I am thankful for...*” or “*My favorite part of today was...*”) and training one’s mind to see the good in any situation. Will it work for you? -end

# SEDENTARY VS. ACTIVE LIFESTYLE

## SEDENTARY LIFESTYLE

**20%** of all deaths of people 35+ are attributed to a lack of physical activity.  
[www.LifespanFitness.com](http://www.LifespanFitness.com)

Adults who are inactive pay \$1,437 more per year in healthcare costs than physically active adults.  
[www.StateOfObesity.org](http://www.StateOfObesity.org)

Sedentary lifestyles account for about 2.4% of U.S. direct medical spending or approximately \$24 billion a year.  
Study by Florida Atlantic University

### LACK OF PHYSICAL ACTIVITY ACCOUNTS FOR...

22% of Coronary Heart Disease  
22% of Colon Cancer  
18% of Osteoporotic Fractures  
12% of Diabetes and Hypertension  
5% of Breast Cancer

Study by Florida Atlantic University

**80%** of U.S. adults do not meet the government's national physical activity recommendations.  
[www.StateOfObesity.org](http://www.StateOfObesity.org)

**45%** of U.S. adults are not sufficiently active to achieve health benefits.  
[www.StateOfObesity.org](http://www.StateOfObesity.org)

A sedentary lifestyle has been found to increase the risks of depression and anxiety.



## ACTIVE LIFESTYLE

Adults who regularly exercise (even walking 30 minutes a day, 5 days a week) save \$2,500 a year in reduced medical costs.  
Journal of the American Heart Association 2016



### AN ACTIVE LIFESTYLE SIGNIFICANTLY REDUCES YOUR RISK OF...

- Heart Disease
- Diabetes
- Asthma
- Back pain
- Arthritis
- Certain types of cancer



[www.MayoClinic.org](http://www.MayoClinic.org)

### LIVE LONGER!



People who are physically active for about 7 hours a week have a 40% lower risk of dying early than those who are active for less than 30 minutes a week.  
[www.CDC.gov](http://www.CDC.gov)

[www.CDC.gov](http://www.CDC.gov)

Helps prevent and treat mild to moderate depression and anxiety.

An active lifestyle supports both cognitive and mental health by increasing blood flow to the brain and producing mood-boosting chemicals to keep you happy.



TOTALWELLNESS

Continued from page 1  
*Sedentary Lifestyle VS. Active Lifestyle*

Do you know if you're sitting too much? Chances are, yes – you're most likely sitting too much. Even if you hit the gym for 30 minutes after work each day, your lifestyle can still be classified as "sedentary" if you spend the rest of your day on your bum.

The good news is that an active lifestyle is more achievable than you might think. All it takes is some effort to move more and sit less, while getting in your 150 minutes of exercise each week. Follow a few of these tips to live a more active lifestyle:

- Use a standing desk at work
- Deskercise while you work
- Get up and walk for five minutes each hour of the work-day
- Limit time spent watching TV and on the computer
- Go outside more
- Walk around while talking on the phone
- Start a walking club at your office
- Stand while eating lunch
- Take the stairs
- Start an outdoor hobby (gardening, photography, fishing)
- Get up and move during commercial breaks
- Do light stretches for a few minutes every hour of the work-day

Don't pay the hefty price of sitting too much. Start educating yourself and others on the health benefits of regular exercise and start moving more today! -end

## HOW TO PREVENT SORE MUSCLES AFTER A WORKOUT

Finishing that last rep and walking out of the gym is truly the best feeling. You're buzzing with endorphins, feeling energized, and ready to take on the world! But, about 12 to 24 hours later, sore and stiff muscles begin to put a damper on your day.

If you're like most people, getting sore is the worst part about exercise. It causes pain and discomfort that can distract you throughout the day. It might also make your next gym visit sound a bit too unpleasant to follow through with. Luckily, soreness from working out can be prevented. It just takes a little bit of knowledge and a few extra steps in your workout routine to keep your muscles feeling good and ready for your next gym session.

### What causes soreness?

Soreness is most common for anyone who has just started weight training, intensified their exercise routine, or performed a strenuous cardio activity. Exercise can cause microtrauma (micro-tears) to the muscle fibers, which causes them to become swollen and sore after about 12 – 24 hours post workout. More swelling can also occur from the increased blood flow muscles receive during physical activity.

Remember that mild soreness from the exercise is completely normal and a natural outcome of physical activity. However, regular, intense pain after working out is not normal. This could be a sign of injury, so check with your doc if your soreness is frequent and painful.

### Prevent Sore Muscles

Wanting to prevent sore muscles? Add these extra steps into your exercise routine to prevent or reduce the pain associated with sore muscles:

- **Hydrate.** Make sure you're properly hydrated before and during your workout. Muscle cells need water to recover, so always drink enough water throughout the day and keep yourself hydrated while exercising. Keep a water bottle with you at all times, even if you're running or biking.
- **Warm-up.** Never forget to warm-up before your workout! Warming up is essential to a great workout and muscle recovery because it improves blood circulation. One of the worst things you can do for your body is jumping straight into a workout without helping your body transition into exercise-mode. Check out some warm-up routines here.
- **Use proper form.** Be sure that you're using proper form while lifting weights, using equipment, and performing any other exercises. If you're not sure how to use certain equipment or perform a certain exercise, don't be afraid to ask a personal trainer at the gym. There are also a lot of helpful demonstration videos on YouTube you can watch to make sure you're using proper form.
- **Ice bath.** If you're prone to muscle soreness and tenderness after a good workout, try taking an ice bath when you get home. Ice baths can help prevent inflammation before it starts.
- **Eat.** Make sure you are getting the nutrients your body needs for muscle recovery. You need healthy proteins, carbs, and fats to help repair and maintain muscles. You can also try eating some healthy foods that naturally reduce inflammation, like tomatoes, olive oil, leafy greens, and cherries.

### Treat Sore Muscles

Sometimes soreness can't be entirely avoided after an intense workout. Here are some ways to help reduce that stiff, achy feeling if your muscles are already sore:

- **Keep moving.** Use those muscles! Soreness actually increases when you don't use the muscles that have been exercised. While you should avoid any vigorous activities that cause pain, sitting on the couch all day with little movement can actually increase the swelling and cause the soreness to last even longer. Try doing some light stretches to help your muscles recover faster.
- **Massage.** Gently massage your sore spots. Massaging provides a feeling of instant relief and helps ease pain and tenderness. You can also try using a foam roller to massage any sore areas. Both techniques are known to enhance muscle recovery after physical activity.
- **Ice.** Use an ice pack wrapped in a towel and apply to your sore spots. Be sure not to apply ice directly to your skin as this can cause irritation and damage to your skin tissue. Use an ice pack for short periods of time, several times a day. This should temporarily numb some of the pain and reduce swelling.

Don't let sore muscles hold you back from exercising! With proper preparation and recovery techniques, you can significantly reduce or even prevent soreness from ruining your day.



## COURTHOUSE PARKING LOT



In anticipation and preparation of additional

County Offices soon to relocate to the Courthouse, employees assigned to the Courthouse during the workday should begin to consider using the new, north parking lot for their vehicles parking. This will allow better parking access for community members in convenient proximity to the main entrance into the building.

## JUNE WELLNESS QUESTION OF THE MONTH

According to mindbodygreen.com, gardening can burn up to how many calories in 30-45 minutes?

- A) 50-150
- B) 150-300
- C) 250-500
- D) over 500

BONUS: 25 WELLNESS POINTS for correct answer

*\*Answer to the May Question: "B: BDNF—brain-derived protein"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

## CONTINUUM LEADERSHIP ACADEMY "THE PURSUIT OF PROFESSIONALISM"

DATE: June 20, 2017

TIME: 9-11 a.m.

LOCATION: 1135 M ST—3rd floor in Lincoln, Neb.

PRESENTER: Monica Miles-Steffens

REGISTER BY: June 16  
Limit of 5 Saline County Supervisors

ABOUT THE TRAINING: Often when we hear the word "professional" we think of the professional athlete who has risen to stardom for being the best in their game.

While most of us never made it to the major leagues, we do

strive to be the best we can be at our chosen profession. As supervisors, we are expected to be professional and foster the same in our work environment.

This can be difficult in our fast-paced world of technology, changing social attitudes and depleting resources. This session will assist supervisors in enhancing their role as professionals, provide strategies for creating and maintaining a professional working environment and presenting a professional image to the public.

### REDUCING FALLS WITH PROPER EQUIPMENT—*CHAD ENGLE, NIRMA*

Back in September of 2016, I wrote about the dangers of falling while getting in or out of equipment, specifically motor graders. The topic for this article came to mind after reading the current Workers Compensation new claim report. Two new injury claims were the result of using something other than a ladder or rolling platform ladder to access parts of the vehicle or equipment that cannot be reached from the ground. In both of the incidents I'm referencing to, the employee was standing on a tire while performing maintenance. Oh, and don't stop reading here because you don't work in the road department, I've seen similar incidents involving courthouse employees attempting to reach upper shelves.

Performing a Job Safety Analysis on the task of equipment maintenance could have helped us determine that a rolling staircase would reduce the risk of falling while performing the task. Now that we have two actual injuries, it is pretty obvious that employees are exposed to the hazard of falling while performing this type of work. Once we have reviewed the incident investigation provided by the injured employee's supervisor, the next step is to determine how we are going to protect our employees from this hazard. In both cases, the employee was attempting to stand on the tire to reach their task. Tires do not provide a stable work platform.

Again, I'd recommend a rolling platform ladder to perform this type of work. Rolling platform ladders are very useful in the courthouse, or other office environments, as well. Employees are often required to retrieve records or boxes that are stored above their heads. It is impossible to carry anything while ascending or descending a ladder and maintain three points of contact.

Any elevated task that requires the employee to manipulate or carry something should be performed on an elevated platform that will provide a stable place to stand and a safe manner in which to ascend and descend. The rolling platform ladder is just the ticket.

Take a look at the everyday tasks you perform. Are you providing them a safe manner in which to do so? If not, look into safer alternatives. If you are having trouble coming up with a solution, please don't hesitate to mention this to your supervisor or give NIRMA a call at 1.800.642.6671. —Chad

## TAKING STAIRS BEATS CAFFEINE AS ENERGY BOOSTER

Athens, GA – Need to shake off some afternoon sluggishness? Skip the coffee or soda and head for the stairs, new research from the University of Georgia suggests.

For the study, participants were given caffeine or a placebo, or they spent 10 minutes walking up and down stairs at a low-intensity pace. After, they took verbal and computer tests to gauge cognitive function.

Researchers found that 10 minutes of going up and down steps resulted in participants feeling more energized than 50 milligrams of caffeine – about the same amount contained in a can of soda. Although participants did not show significant boosts in memory or attention, walking the stairs did result in a “small increase in motivation for work.”

“Office workers can go outside and walk, but weather can be less than ideal,” Patrick J. O’Connor, study co-author and professor of kinesiology at UGA, said in a press release. “And a lot of people working in office buildings have access to stairs, so it’s an option to keep some fitness while taking a short break from work. You may not have time to go for a swim, but you might have 10 minutes to walk up and down stairs.”



*“...a lot of people working in office buildings have access to stairs, so it’s an option to keep some fitness while taking a short break from work.”*

## STAY ACTIVE WHILE ENJOYING VACATION

*TotalWellnessHealth.com*

Ah, summer vacation. We fantasize about it all winter long, and we count down the days until we pack up and finally hit the road. Sitting on a beach with a drink in your hand is a great way to pamper yourself, unwind, and recharge. Whether you’re traveling abroad to sightsee or relaxing on a tropical island, one thing about vacations is certain: routines get thrown out the window – especially fitness routines!

While we’re all for an enjoyable, relaxing break from the real world, we believe a fun vacation doesn’t have to ruin your health and fitness progress you’ve worked so hard for. Try out some of these ideas to keep yourself active while vacationing or traveling:

### **Stay at a fitness-friendly hotel**

Choose a hotel or resort that has amenities like a gym and pool. Having access to a workout facility and lap pool takes away a lot of common excuses to skip working out while on vacation. Many modern hotels and resorts offer free

yoga and fitness classes, so be sure to add those to your itinerary! If working out indoors isn’t really your thing, do some research to choose a hotel that has nearby parks or jogging trails.

### **Pack for fitness**

If you’re checking a bag, you should have plenty of room to pack a few workout necessities like a jump rope, travel exercise mat, or resistance bands. These pieces are light enough and small enough that you could even pack them in your carry-on bag if necessary! Besides a few pieces of equipment, be sure to pack items such as sunscreen, proper workout shoes, athletic gear, and a raincoat. Pack whatever you will need to be active both outdoors and indoors on your vacation – you’ll be more likely to exercise if you have everything you need readily available.

### **Be adventurous**

Vacation time is the perfect time to branch out of your comfort zone and be more adventurous!

*(Continued on last page...)*



# How to Receive Criticism Well

Handling criticism well is a workplace skill you may never quite perfect, but there are ways to build emotional resilience to it.

- A. Criticism doesn't mean you're wrong, but some truth probably exists. Search for it.
- B. One complaint does not mean everyone feels the same way.
- C. Criticism may originate from a reaction to only a small part of your work, not the entire effort. Don't discard what is working well.
- D. Like the ring of a bell, the sting of criticism dissipates. Don't risk an improper reaction to it by responding immediately. Instead, wait for a few hours—or, even better, overnight—before reacting.
- E. See criticism as a gift to improve your productivity and increase the value of what you do.
- F. Label criticism as feedback, and thank those who offer it.

# Find Work & Family Activity Balance

If you struggle to find balance between work and family, try “shared activity” as a strategy to help you feel less guilty and score some wins. While working in your office at home or doing chores (with the few precious hours you possess on the weekend), consider engaging your child in a way that combines the activity with one he or she can also do that allows them to be present with you.

It's a myth that your child watching you work is a “negative” or that “finding balance” means it must always be play. Witnessing your work ethic can be powerfully influential. Many parents with demanding work schedules have mastered the art of exposing their children to their work by creatively allowing them to be close observers or even participate in some manner.

Work and family balance is about testing and experimentation. Find fascinating strategies at [pinterest.com](https://www.pinterest.com) by logging in free and searching “work family balance.”

## Health Insurance “Opt-Out” NOTICE

In regards to the health insurance benefits offered by the County to its employees, the County has been advised that those currently maintaining essential health insurance coverage from an alternate source (via coverage through a spouse, etc.), other than the individual marketplace, will need to provide on an annual basis such substantiation in order to qualify for this benefit to receive this partial payment when opting out of the County provided insurance pool. Opt-out employees should provide to the Clerk's office this needed documentation prior to July 1. See the Clerk's office for a needed document. More to follow in the upcoming paycheck stuffer.

**NIRMA ONLINE  
UNIVERSITY -  
“UNDERSTANDING  
BEHAVIOR, BURNOUT  
AND DEPRESSION”**

Mental Health wellness is essential to ensuring stability of body and mind, so individuals can enjoy sustainable health and wellness free from disease and disorders.

We all face challenges and complexities that adversely impact our health and wellness levels each day.

In this course, you learned about:

- Behavior
- Defense mechanisms
- Neurotic and Psychotic behavior
- Schizophrenia

Next Wellness Committee Meeting: Thursday, June 8, 2017 at the Law Enforcement Center Courtroom at 8:00 a.m.

**WELLNESS COMMITTEE**

215 S Court Wilber, NE 68465  
Phone: 402-821-2588  
Fax: 402-821-3319 E-mail:  
[salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



**CONT... STAY ACTIVE WHILE ENJOYING VACATION**

Many destinations offer great hiking trails, kayaking, surfing, or white water rafting. Rent a bike at a nearby shop or try rock climbing. No matter your vacation destination, there will always be outdoor or recreational activities to keep you active and fuel your wild side!

**Walk, walk, walk**

Get in as many steps as possible! Skip using the elevator and escalators at hotels and airports. Walk to a restaurant instead of calling a taxi. Take laps around your resort or walk around the city to take in all of the beautiful views. Wear your fitness tracker or download an app to keep track of how many steps you take each day of your trip. Walking burns more calories than you'd think!

**Stay hydrated**

Always be sure you are adequately hydrated throughout your trip. Drinking enough water will help you stay energized and support your active adventures. If you're consuming alcohol while on vacation, it's even more important to make sure you're sipping on H<sub>2</sub>O. Alcohol dehydrates your body, causing hangovers that will definitely make being active the next day a lot more difficult and a lot less enjoyable.

**Make healthy nutritional choices**

What you eat has a huge impact on your fitness progress and routine. It's absolutely fine to splurge a little while on vacation, but try to incorporate some healthy meals throughout your trip. A healthy breakfast, for example, will give your body the energy it needs for a nice morning workout before hitting the beach. Snack on fruits and veggies as much as possible, and try not to completely change up your regular diet.

Traveling doesn't have to set you back on your health goals and ruin your fitness routine. With a few tricks up your sleeve and a bit of preparation, you can keep yourself on track while enjoying your much-needed vacation.

**FITNESS CENTER NOTICE**

On or around the 1st of July, the entry code to the Fitness Center will undergo its annual change. Please stop by the HR or Assessor's office in order to re-sign an updated waiver form and receive the updated passcode to the lock. Family members wishing to use the Fitness Center must also supply a waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588.

*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 or legal professional.*