



Saline County Employee Newsletter

HOW TO GET A PERFECT NIGHTS SLEEP

by Robyn Whalen

There's really nothing better than crawling into your warm bed after a long day. However, for many people, bedtime means tossing and turning until the alarm clock goes off. Lack of quality sleep leads to many mental and physical health problems. Not to mention, you certainly will be able to perform your best at work.

Believe it or not, sleep is just as important to your health as nutrition and exercise. Your body simply cannot function without enough ZZZs. So, if you find yourself counting sheep trying to fall asleep, or waking up multiple times throughout the night feeling restless, it's time to change the way you sleep. Use these tips to start promoting good sleep habits throughout your day and create the perfect sleeping environment: *(See tips on page #3...)*



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Blue Cross Blue Shield Summary of Benefits and Coverage Document for 2017:

<https://coc.nebraskablue.com/CCW3I4X5>

“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

SHOULD YOU FORCE YOURSELF TO DO A WORKOUT YOU HATE?

BY BRITTANY RISHER

We often hear we should have a well-rounded fitness program. But it’s confusing what exactly that means. It seems like a different celebrity is endorsing a new workout every day on Instagram. Boutique fitness studios continue to pop up offering unique classes everyone says you *must* try. You feel like you ‘should’ do yoga, but all you really want to do is run. Do you need to do it all?

The answer probably won’t surprise you: Yes and no.

There are some elements of fitness everyone should do to be their healthiest. However, that doesn’t mean you need to do everything, and it also doesn’t mean you need to give up what you love. Here’s how you can do it all — on your terms.

THE BENEFITS OF CROSS-TRAINING

Just as balance is important when it comes to eating, it’s also important when it comes to exercise.

“A well-rounded fitness routine is one that focuses on the various health-related components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition,” explains Jessica Matthews, senior adviser for health and fitness education for the American Council on Exercise. “Research shows that when you do this, you experience health improvements.”

For example, cross-training has been shown to be more efficient than only resistance or aerobic training at reducing body weight, waist circumference and fat mass in overweight and obese adults, according to a study in PLOS One.

And, in a 2015 study, researchers compared 620 women who followed one of four training programs: cross-training, only running, only weight training or no training. They discovered that those who did more than one modality of fitness had greater muscular endurance. The study authors concluded that, “cross-training may be the best option for improving physical fitness when compared to just one mode of fitness training.”

Mixing it up also keeps you mentally engaged and helps prevent injuries. “It keeps you excited about fitness and prevents boredom, plus a well-balanced program keeps you from experiencing overuse injuries and repetitive motion injuries,” says celebrity trainer Kira Stokes, creator of the Stoked Method and Stoked Series workout classes.

FINDING A BALANCE

Balance is obviously healthy. But just as you won’t stick to a diet if you don’t like the food, you also won’t stick to your workouts if you don’t like them. “Doing activities you enjoy is central to promote lasting behavior change so you do it consistently and long term,” Matthews says. Luckily, there is a way to be balanced and do what you love. “How a well-rounded routine can be applied can vary so vastly,” Matthews says. “Everything doesn’t have to fit into nice, neat boxes.” (*continued page #4*)

A PERFECT NIGHT'S SLEEP... *CONTINUED FROM PAGE #1*

Pre-Bedtime Habits

Unhealthy daytime habits will lead to tossing and turning throughout the night. It's important to consider the many factors that contribute to a quality night of sleep. Here's how to promote a good night of sleep during the day:

Eat for sleep. Sneak in some sleep-promoting foods – like kale, hummus, or honey – into your dinner, or eat them as a light bedtime snack. Be sure that you're neither too full nor too hungry before bed. Digestive troubles, as well as hunger pains, will keep you up.

Exercise. Regular physical activity is great for sleep. According to Sleep.org, as little as 10 minutes of aerobic exercise, such as walking or cycling, can dramatically improve the quality of your nighttime sleep. Keep in mind that when you exercise does matter. Exercising an hour or two before bedtime will give your body energy and make it difficult to fall asleep. Stick to morning, afternoon, and early evening workouts.

Watch what you drink. This means no caffeine or alcohol before bedtime. To be safe, try to limit caffeinated beverages to only your mornings. A good rule of thumb is to not ingest any caffeine for at least four to six hours before bedtime. As for alcohol, a nightcap might help put you to sleep faster, but it disrupts your quality of sleep throughout the night. Too much alcohol before bed shortens the amount of time your body spends in deep sleep.

Avoid bright screens. Stay away from late night TV, laptop use, and cell phone use for about 1-2 hours prior to your bedtime. Exposure to the blue light emitted from these digital screens is disruptive to sleep and messes with your circadian rhythm (your body's internal clock) – making it difficult to fall asleep.

Sleep Environment

If you wake up tired in the morning even after sleeping for 7-8 hours, you might be experiencing sleep disruption from your environment. Creating the perfect sleep environment will help you fall asleep faster and stay asleep. Here are some tips to help you design your room for better sleep:

Temperature. According to the National Sleep Foundation, research has shown that sleeping in a cool room – around 65 degrees (or between 60-67 degrees) – makes for the best sleep. This is because your body temperature will naturally peak and decline throughout the day, and this temperature pattern is tied to your sleep cycle. Your body's temperature will naturally drop during bedtime, so a warm room temperature will disrupt your sleep cycle.

As an added bonus, science says that sleeping in a cool room is better for your health. Research has shown that sleeping in a cool room allows your body to release melatonin, which helps keep you looking youthful. A 4-month study also found that sleeping in a cool room helps your body burn calories, which could help lower your risks for developing metabolic diseases.

Lighting. Our bodies are very sensitive to light. Any type of artificial or natural lighting in your room will disrupt quality sleep. If you have windows in your room that leak in light throughout the night, invest in darkening curtains or shades.

Noise control. This one is a bit obvious! Any outside noises or annoying, repetitive sounds will certainly disrupt your sleep. If your room is anything but quiet during the night, try keeping a small fan in your room to drown out some noise. If you deal with sleep disruptions from a snoring bed partner, sleep with soft earplugs.

Bedding. Comfort plays a big role in catching quality ZZZs. Invest in a comfortable and durable mattress that supports your back and neck. Swap out cheap pillows for quality pillows. Spend a few extra dollars on quality sheets and bedding that will keep you cool and comfortable throughout the night. Do some research and find quality bedding that will support sleep and reduce morning aches and pains.

Quality of sleep is just as important as quantity. Aim for your 7-8 hours of sleep each night and use some of these tips to ensure a peaceful night of quality ZZZs. You'll wake up feeling alert, energized, and ready to tackle the day. *-end*

WORKOUT YOU HATE ...CONTINUED FROM PG. #2

She gives yoga as an example. Yes, it improves flexibility. But it's also been shown to increase muscular strength and endurance, and depending on the class you take, you may even get cardiorespiratory benefits. Or consider Stoke's Stoked360 class, which includes strength, plyometrics, cardio and core work. These are just two of many modes of fitness with multiple benefits.

Remember fitness isn't black and white. Cardio isn't only running — it's also walking and swimming and hiking and so much more. Strength isn't only using barbells — you can use your bodyweight, kettlebells, a TRX ... you get it.

Lastly, don't forget to challenge yourself.

"The thing you love is like a cozy blanket," Stokes says. "You shouldn't stop what truly makes you happy, but you need to step outside your comfort zone and work your body in all planes of motion. Find new activities and new ways to see changes in your physique."

So look at your program and see if it needs a little more balance and diversity. You may discover your favorite fitness classes are giving you more benefits than you thought. If not, figure out what would round things out, but also challenge and excite you. It's natural to feel less motivated to work out some days than others, but you should never force yourself to do something you hate.

BLUEHEALTH ADVANTAGE PREMIUM WELLNESS PROGRAM



BlueHealth Advantage

This is a second reminder on the 2017 NACO and Blue Cross Blue-Health Advantage Premium Wellness Program. The program began September 1st and runs until October

31st. This program is designed to help your employees achieve their health goals, live life to the fullest, and earn a special reward for participating.

Better health and well-being can start at www.nebraskablue.com/fitness. The website offers an easy, intuitive experience that launches you on a personal, fun wellness journey. This online tool offers an easy way for your employees to improve their health through nutrition, exercise, and weight management.

The health assessment evaluates various aspects of your current lifestyle and the impact it can have on your health and well-being. Best of all, by participating and completing the health assessment each employee will receive a **\$25.00 Visa gift card!**

Information with specific details of the program and instructions on how to participate were sent electronically along with this September newsletter. If you don't receive the monthly newsletter via email, please ask your department supervisor to supply you with this program information.

Please contact Judd Allen at NACO know if you have any questions or log on issues. Office: 402-434-5660 X231 or Cell: 402-650-7700, or Judd.Allen@nacone.org.

This voluntary NACO/BCBS program is strictly confidential and there's no cost to participate. *-end*

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 avoid using residential, curb-side parking. Instead, use the new, north parking lot for their vehicles. This will allow better parking access for community members, as well being a good neighbors to adjoining property owners.

OCTOBER WELLNESS QUESTION OF THE MONTH

“At what time during your night of sleep does your body reach its lowest temperature?”

- A) 2:00 a.m.
- B) 3:00 a.m.
- C) 4:00 a.m.
- D) 5:00 a.m.

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the September Question: “B: 35”*

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

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

MINDFUL COMMUNICATION: SHOULD YOU TEXT OR CALL?

Fast communication is not always meaningful and effective. So, should you pick up the phone or meet in person to discuss that important issue with your co-worker, colleague, boss or customer? It could make a difference in your getting the job, smoothing over a conflict, explaining a mistake, or getting the sale. This is called “mindful communication” — choosing the

right communication method. That might be a text, but be mindful about it. Communication “tools” include voice, tone, appearance and nonverbal behaviors. These resources — and those of your counterpart — may be what deliver your goal. The meaning of your communication is found in the response you get back. If it is not what you want, switch methods. —end

BLUE LIGHT—NOT A DELIGHT



Blue light from technology screens like smart phones is known to interfere with sleep. Suppression of melatonin, a naturally occurring hormone is the reason. It helps us fall asleep and makes sleep restorative. Researchers recently

demonstrated that blue light also interferes with your body’s ability to naturally reduce its temperature at night, which also enhances restorative sleep. During the night, this temperature drop hits its low at about four o’clock in the morning. As body temperature returns to normal, you begin to awaken. Blue light in-

hibits this temperature drop. This in turn, causes your deep sleep period to suffer. Hence, you are tired the next day.

Source: <http://www.haifa.ac.il> [search “blue light”]

—end

OCTOBER—DECEMBER
NIRMA ONLINE
UNIVERSITY CLASSES

The upcoming quarter will see three (3) varying opportunities in which to earn 75 Wellness incentive points by successfully completing any one of the following classes during this time period:

1. “Defensive Driving Basics”
2. “Workplace Ergonomics”
3. “Risk Management for Law Enforcement”

Next Wellness Committee Meeting: Monday, October 16, 2017 in the Assembly Room at the Courthouse, 8:30 a.m.

WELLNESS COMMITTEE

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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.



UPCOMING WELLNESS CLASSES



The Wellness Committee has arranged for two separate Wellness & Nutrition based presentations to be held at the Extension office in Wilber in October & November. We believe that both classes will be presented by Megan Ksionzek of Madonna Fit-for-Work.

The following is the currently known schedule for these classes:

- 1) “**Anywhere Exercise**” - Monday, October 23rd at 5:30 p.m. in the Extension Room.
- 2) “**Sneaky Sodium**” - Wednesday, November 8th at 5:30 p.m. in the Extension Room.

Every effort will be made to record these classes if allowed to do so by the presenter.

2017 FLU SHOT CLINIC

Plan ahead now for the Saline County employee flu-shot clinic currently scheduled for October 23rd. The clinic will be held from 7 a.m. – 9:30 a.m. at the courthouse, and 3 p.m. – 6:30 p.m. at the law enforcement center. Public Health Solutions will be on-site at both locations to offer this important preventative health service. Protect yourself and each other! -end

FITNESS CENTER NOTICE

As of the 1st of July, the entry code to the Fitness Center had undergone its annual change. Please stop by the HR office in order to re-sign your updated waiver form and receive the updated passcode. Family members residing with you in your home wishing to use the Fitness Center must also supply a separate waiver. If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.2374 or 821.2588. -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 or legal professional.