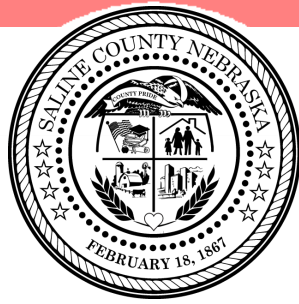


Saline County, Nebraska



March, 2018
Volume 5, Issue 3

Saline County Employee Newsletter

WANT A HEALTHIER HEART? EAT THESE HEART-HEALTHY FOODS!

by Robyn Whalen—edited for Saline County

We all know the importance of exercise when it comes to promoting heart health, and while exercise is one of the best things you can do for your heart, you shouldn't forget about your diet! What you eat has a huge impact on the health of your heart. There are many healthy foods that provide your heart with the vitamins, minerals, and antioxidants your heart needs to perform its best.

In general, a heart-healthy diet should be filled with whole-grains, healthy fats, lean protein, and lots of fruits and veggies. Highly processed foods that are loaded with unhealthy fats, sugars, and sodium can cause high blood pressure and high cholesterol – which can both increase your risk of heart disease. February was actually American Heart Month, so we think it's never too late to start focusing your diet on heart-healthy foods. Luckily for you, a lot of heart-healthy foods are delicious and can be used in a variety of meals! The following are 11 heart-healthy foods that you should start including in your diet.

(See "Heart Healthy foods" continued on the next page...)



INSIDE THIS ISSUE

- Heart-Healthy Foods.....1-2, 5
- March Fruit/Veg Challenge 3
- 8 Tips—Ease Back Into It.....4,6
- Question of the Month 4
- Meeting Dates..... 4
- Leftover Turkey 5
- Perfectionism 5
- Elevator Safety 5
- Health Fair Information..... 6
- American Heart Month 7
- NIRMA Online University..... 8
- March Challenge Info..... 8
- Spring Safety Training Event .. 8



Happy Easter

“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

HEART HEALTHY FOODS—*CONT. FROM PG #1*

Salmon. Salmon, with its omega-3 fatty acids, is one of the best foods for your heart health! The tasty fish has been shown to reduce blood pressure and reduce your risk of blood clots. The American Heart Association recommends eating fatty fish at least twice a week for optimum heart health benefits. For even more health benefits, opt for wild-caught salmon instead of farm-raised salmon when grocery shopping.

Oatmeal. This quick, easy breakfast has a lot of heart benefits! Oatmeal is rich in soluble fiber, which can help lower cholesterol, lower blood sugar, and boost your immune system. Just be sure to avoid instant oatmeal – which can be loaded with added sugars. Overnight oats are extremely easy and quick to make, plus they even taste better than the instant version.

Avocado. Adding a bit of avocado to your diet can help lower LDL cholesterol (the bad type of cholesterol) and help raise HDL cholesterol (the good type of cholesterol). A healthy cholesterol level will help reduce your risk of developing heart disease.

Potatoes. As long as you don't deep fry them or load them with unhealthy toppings, a couple of servings of potatoes a week is great for your heart health. Potatoes are high in potassium, which helps lower blood pressure. They are also loaded with fiber, which has been shown to help lower the risk of heart disease.

Blueberries. This delicious fruit is linked to a lower risk of heart attack. Blueberries contain resveratrol and anthocyanin – powerful antioxidants that have been shown to help reduce the risk of coronary heart disease. Ac-

cording to Health.com, blueberries also contain high levels of compounds that help widen arteries, which help blood flow smoothly. Try topping off your plain Greek yogurt with blueberries for breakfast or eat a handful for a heart-healthy afternoon snack.

Whole-grains. Consuming enough whole-grains is an essential part of a heart-healthy diet. Whole-grain foods contain a lot of fiber that can help improve cholesterol levels. Examples of whole-grain foods include brown rice, 100% whole-grain pasta, 100% whole-wheat bread, and air-popped popcorn. Just be sure to check the ingredient label when buying packaged foods to ensure it's truly made with whole grains.

Nuts. Nuts are a great snack choice for many reasons. Almonds, walnuts, and other nuts help lower cholesterol while giving you a powerful dose of fatty acids. Just be sure to stick with low sodium versions when buying pre-packaged nuts at the store.

Legumes. Legumes – like beans, chickpeas, or lentils – contain loads of minerals and fibers, while remaining low in saturated fat. Eating these can help keep your blood pressure in check.

Extra-virgin olive oil. Cooking your food in extra-virgin olive oil gives your body a dose of healthy fats. According to Prevention.com, extra-virgin olive oil also contains antioxidants that help unclog your arteries. This is why it's important to use extra-virgin olive oil instead of regular vegetable oil – which is loaded with unhealthy fats that could increase your risk for heart disease. (*cont. page #5*)

LOG

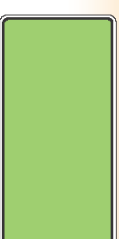
Use this log to keep track of your fruits & veggies each day. When you are able to eat a fruit or vegetable serving, document the type of serving in the box for that day. Earn one (1) point per day in which three (3) servings are consumed. You will receive an additional point on any day in which more than three servings are eaten. Add the total number of points at the end of each week and submit your log total to either Jamie Houser or Tim McDermott. A total of fifty-six (56) points are possible.

PARTICIPANT NAME _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
TOTAL CHALLENGE POINTS								

FRUITS AND VEGETABLES CHALLENGE

- begins Sunday, March 4th



COURTHOUSE PARKING LOT



As the Court-
house
Addition

nears completion, all employees should make reasonable attempts to use the new northside parking lot. This will help provide the best access to visitors entering/exiting the building throughout the day. *“Restore your human legs as a means of travel. All of us rely on food for fuel while the majority need no special parking spaces.”* -Lewis Mumford

MARCH WELLNESS QUESTION OF THE MONTH

“Which one of these just doesn’t belong here; which one of these just doesn’t belong?”

- A. Rewarding
- B. Measurable
- C. Relevant
- D. Timely
- E. Specific

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the February Question: “A. Memory”*

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.*

8 TIPS TO HELP EASE BACK INTO WORKING OUT—WWW.TOTALWELLNESSHEALTH.COM

Between work hours, family commitments, and trying to maintain a social life, it’s easy to get a little off track when it comes to your fitness routine. Even missing a few weeks of working out can really set you back on your health goals. Taking a break from exercise can reduce your sense of motivation and make the gym seem more intimidating than it once was.

When you take an extended break from working out, your body notices. Your blood pressure rises, your endurance starts to decrease, your muscles start to shrink, and you might start feeling a bit grumpier or stressed than you usually are. But the good news is that these changes are completely reversible once you get back into your fitness routine.

Since regular exercise is one of the best things you can do for your health and wellbeing, it’s important to get back into your exercise habit after hitting a rut. If you need a bit of a motivation boost to get back on track with your fitness goals, here are eight tips to help you ease back into workout out:

Find a mantra. A mantra is like a personal motto or catchphrase associated with a particular task, situation, habit, or

goal. Using a mantra can help center and inspire you to tackle any challenges you might be facing when it comes to getting back into your exercise habits. Find a mantra that helps inspire you to start exercising again. Remember that this mantra doesn’t need to make sense to anyone except you. Scroll through Instagram or Pinterest to find a mantra that speaks to you. A couple of our favorites include: “your mind gives before your body does” and “find a way, not an excuse.” Repeat your mantra whenever you need an instant boost of motivation.

Make a goal. If it’s really been some time since you quit the gym, it might be beneficial to develop a goal to keep yourself motivated. Try setting a SMART

goal (specific, measurable, attainable, relevant, and timely) for best results. A SMART goal can help keep you motivated and on track with your fitness goals. Ask yourself what you hope to accomplish from working out. Do you want to run a 5K in the summer? Do you want to gain muscle? Do you want your jeans to fit more comfortably? Figure out what is it that you wish to accomplish, and turn it into a SMART goal. (cont. page #6)

HEART HEALTHY FOOD

—CONTINUED FROM PAGE #2

Green tea. Sipping on some green tea can help lower cholesterol and triglyceride levels, which helps promote heart health. Green tea is also loaded with amazing antioxidants that help prevent blood clots and provide other cardiovascular benefits.

Spinach. This dark, leafy green is loaded with heart-healthy nutrients. It contains high levels of fiber, lutein, potassium, and folate. Spinach is also a very versatile veggie that can be steamed, sautéed, frozen, or eaten raw.

With regular exercise and a heart-healthy diet, you can significantly reduce your risk of developing heart disease – America’s #1 killer. Remember that a healthy diet is all about balance. By replacing a few unhealthy choices with some heart-healthy foods each day, you will greatly improve your heart health in the long run. —end

Perfectionism: A Chronic Health Issue

New research from a sampling of over 40,000 college students in the UK, Canada and the U.S. shows young people are agitated and struggling with perfectionism. Each participated in a survey called a Multidimensional Perfectionism Scale. Perfectionism is having excessively high personal standards and being overly critical of oneself.

Health consequences from perfectionism can include anxiety, depression, eating disorders, suicidal thinking and physical illnesses. Young people perceive that others are more demanding of them, but they are also more demanding of others and themselves. See the research, and if you are a concerned parent or facing these feelings yourself, consider reaching out to Continuum EAP for assistance. —end

ELEVATOR SAFETY

For millions of workers, riding in an elevator is an everyday occurrence. If you use the elevators at the Courthouse, follow these “do’s” and “don’ts” from the Elevator Escalator Safety Foundation to help stay safe.



Do:

- Watch your step when getting in or out of an elevator to avoid tripping.
- Hold the handrail if one is available, and stand next to the walls, away from the door.
- Stay calm if you find yourself stuck in an elevator. Use the elevator’s alarm button or emergency contact button to get help.
- Reassure and calm anyone who is panicked about being stuck in the elevator.
- Stay in a stuck elevator – don’t attempt to pry open the doors. “The inside of an elevator is the safest place to be while the elevator is stopped,” EESF states. Stay quiet and wait for safety instructions.

Don’t:

- Use an elevator in the event of a fire. Take the stairs instead.
- Get on an overly crowded elevator. It may be reaching its weight capacity, so it’s better to wait for the next one.
- Engage in horseplay.
- Rest on or push someone against a door.

—end

EIGHT TIPS—CONT. FROM PG #4

Start small. Unfortunately, if you've taken some time off from exercise, your first few workouts might feel a bit more difficult than they used to. This is why it's important to start small. Taking on more than you can handle can lead to excessive soreness, fatigue, or even injury. If a weight-lifting session at the gym sounds like too much for you at the moment, try going for a light jog or walk outside just to get yourself moving and feeling good. Once you get used to being more physically active again, you'll be ready to get back to your usual fitness routine.

Schedule it in. It's way too easy to skip your workout when it's not a part of your schedule. Determine a regular time that works best for you to go to the gym or get some exercise in. Depending on your work schedule and family commitments, the best time for you to exercise could be first thing in the morning, over lunch break, or right after work. Find what time fits best for your lifestyle and be sure to write it down in your schedule.

Take rest days. Rest days are incredibly important for any fitness routine! Taking a rest day will help your muscles heal and rebuild. Taking rest days will also help your body build up endurance and help prevent injuries. But just because it's a "rest day" doesn't mean you can't be active at all. You can still go for a walk or do light cardio on your rest day – just be careful not to do full-body strength training every day without a break.

Focus on your form. Taking a break from working out might mean you lost a bit of your technique. Quality is always better than quantity when it comes to exercise. Start slow and concentrate on your movements and breathing to work on your technique and help prevent any injuries. If you're not sure you're using proper form, don't be afraid to ask a personal trainer at your gym for some assistance.

Find a buddy. Workout buddies are one of the best ways to get and stay motivated. Finding a friend, family member, or colleague to workout with makes exercise more fun, gives you someone to talk to, and keeps you accountable. If you're not sure where to find a workout partner, try joining a fitness class, use an app, or ask a trainer at your gym.

Remind yourself of why you're exercising. Regular exercise is amazing for both your physical and mental health. It helps reduce your risk of many diseases and can help you feel more productive at work. Write down a list of your favorite benefits of physical activity and look at it whenever you need a boost of motivation to get up and get active.

Getting back into the swing of things after a long break from the gym might seem a bit overwhelming at first, but you can easily get back into your fitness routine with a bit of effort and some daily habits. We hope some of the above tips motivate you and help you ease back into working out. Your body will definitely thank you for it!
—end

**Slow and steady
wins the race; agreed.
Fast and steady
has more chances.**

- Bhavesh Chhatbar

STAFFERS REFLECT UPON “AMERICAN HEART MONTH”



February was American Heart Month, a federally designated event, which was an ideal time for some Saline County Courthouse staffers to remind each of us to focus on their hearts and encourage us to get their families, friends and communities involved.

The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation #3566 on December 30, 1963.

The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month. At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

While American Heart Month is a federally designated month in the United States, it's important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year. That number is expected to rise to more than 23.6 million by 2030. *-end*

JANUARY—MARCH,
2018 - NIRMA
ONLINE
UNIVERSITY CLASS

This quarter offers the following NIRMA Online University course in which to earn 75 Wellness incentive points by successfully completing the following offering:

- ◆ “Sexual Harassment in the Workplace”

*Next Wellness Committee Meeting: Monday, March 12, 2018 in the Assembly Room, 8:30 a.m.

*Next Safety Committee Meeting: Wednesday, May 30, 2018 in the Courthouse Assembly Room, 8:30 a.m.

WELLNESS COMMITTEE

204 S High, Wilber, NE 68465
Phone: 402-821-2588

Fax: 402-821-3319 E-mail:
salinewellness@gmail.com

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.



MARCH HEALTH CHALLENGE



The March 2018 Health Challenge will support our bodies need for fruits and vegetables. You'll be able to use the challenge log found on page #3 of this newsletter to keep track of your consumption of fruits & veggies each day.

To qualify, the Challenge works as such:

When you eat a fruit or vegetable serving throughout the days of this challenge, you must...

- List the type of fruit/veggie in the box for each serving that day. *(For you vegetarians, write small— because the boxes are too!)*
- Earn one (1) point per day in which three (3) servings are consumed of either fruits or vegetables.
- You will earn an additional (1) point on any day in which more than three servings are consumed. Add the total number of points at the end of each week and submit your log total to either Jamie Houser or Tim McDermott on or before the April 6th deadline.
- A total of fifty-six (56) points are possible. *-end*

SPRING SAFETY TRAINING EVENT



2018 seems to be moving along rather swiftly. The Safety Committee will soon be sending out sign-up sheets for ALL County employees—including supervisors and Elected Officials, to make every effort (if work schedules allow...) to register for one of the two class offerings scheduled for March 21, 2018. It is thought the morning sessions will be from 9:00a to 11:30a. The afternoon

sessions will be from 1:00p to 3:30p.

The topic(s) being covered this spring is “Harassment” in the workplace, in all its various forms. Each session, morning and afternoon, will be presented by two (2) individuals, each covering this topic from different perspectives. We have invited both Gail Sutter of Continuum EAP and Terry Baxter of NIRMA to lead this training. *-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.