



Saline County Employee Newsletter

6 HEALTHY EATING TIPS FOR YOUR 4TH OF JULY BBQ

by Summer Tomato

① Use small plates

Research clearly shows that people who choose smaller plates and utensils eat less without even noticing it. The difference can be as substantial as 50% fewer calories consumed, yet everyone reports the same level of fullness and satisfaction. Try borrowing a plate from the kids table or the dessert tray.

② Eat slowly and mindfully

People who eat more slowly eat fewer calories over the course of a meal. BBQs are a perfect opportunity to pace yourself as you mix and mingle with friends and family. The more you're chatting, the less you're eating.

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6 HEALTHY EATING TIPS FOR YOUR BBQ—CONT. FROM PG #1

③ Eat healthiest foods first

If you are eating slowly and off small plates, you may as well fill up on the healthiest stuff first. Salads are a great place to start because watery vegetables slow digestion and have very few calories. Try to choose something with oil and protein as well, because these will help you feel full sooner.

④ Skip the chips, crackers and bread

Refined carbohydrates are the worst things you can eat because they offer little satisfaction, loads of calories and dangerous insulin spikes. BBQs are filled with wonderful food, so do yourself a favor and save your calories for the really good stuff.

You don't have to eat your burger without a bun – but pass on the pointless chips and other snacks that lure you when you're not thinking. If you're feeling bored, grab a Frisbee instead.

⑤ Keep dessert small

The difference between a large slice of cake and a smaller slice of cake can literally be hundreds of calories. And to reiterate, sugar and refined carbohydrates are the most dangerous foods. You don't have to pass on dessert completely – but keep your portion sizes in check for this course.

⑥ Think before you drink

There is a place for alcohol in a healthy lifestyle – but making smart choices can be the difference between losing or gaining weight (not to mention your self-control). One sugary margarita can have 600-800 calories. That means 3 margaritas is more food than you should be consuming in an entire day. Is that really worth it? Stick with wine or beer, drink plenty of water and remember to pace yourself.

Small tricks can save you hundreds and potentially thousands of wasted calories that you will never notice or miss. Why sacrifice a good time when you can just upgrade your healthstyle? -end

SUPER FRUITS & SEEDS—DEER OAKS, HEALTHY HEADLINES

Imagine superstar foods that contain a nutritional bonus and health benefits all in one package. These seeds and fruits fill the bill, according to the Institute of Food Technologists:

- Chia seeds:** Often used in yogurt, homemade trail mixes, baked goods, commercial nutrition bars, beverages and snacks, high in omega-3 fatty acids, calcium, phytonutrients, vitamins, minerals, and antioxidants.

- Flaxseeds:** Good source of protein, fiber, antioxidants, and phytoestrogens in the form of lignans and omega-3 fatty acids, may lower cholesterol.

- Sunflower seeds:** Often considered a traditional ballpark snack, sunflower seeds provide monounsaturated and polyunsaturated fats, protein, fiber, vitamin E, and phytochemicals.

- Pumpkin seeds:** Packed with protein, fiber, manganese, magnesium, and phosphorus.

- Blueberries:** Daily consumption may reduce blood pressure and arterial stiffness, packed with fiber, vitamins, minerals, fructose, and antioxidants. Antioxidants in blueberries are linked to the prevention/ delaying of diseases such as cancer, heart disease, and the aging process.

- Acai berries:** Rich source of anthocyanin and have a fatty acid ratio similar to olive oil. They have been shown to have anti-inflammatory properties.

- Tart cherries:** High in anthocyanin and have high antioxidant activity. Reported benefits include enhanced sleep, anti-inflammation in arthritis and gout, and sports recovery.

- Avocados:** More than just the main ingredient in guacamole, avocados have beneficial effects on cardio-metabolic risk factors that extend beyond their heart-healthy fatty acid.

- Cranberries:** Long associated with benefiting urinary tract health but have also shown to benefit heart health, cancer prevention, oral health, and glycemic response. -end

ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- **Wills/Living Trusts**
- **Bill of Sale**
- **Rental Agreements**
- **Promissory Note**

To get started, visit 4continuum.com and click "**MEMBER LOGIN**" at the top of the page. Use "Saline" as your username and "7636" as the password? Contact HR or give Continuum a call if experiencing difficulty.

QUESTION OF THE MONTH

"Skip is 49 years old. One day, along with his recommended daily allowance of Vitamin D in a pill, Skip's only other bodily consumption was in the form of two sugary margaritas. If measurements for calories and vitamin units could be used interchangeably, forming a theoretical "dargarita" unit, which of the following represent the closest total "dargarita" count in which Skip generally received that day without going outside?"

- A. 1,300
- B. 2,000
- C. 2,600
- D. 3,000

CORRECT ANSWER: 25 Wellness Points

**Answer to the June Question: "D. 9,600,000"*

Email your answer to: salinewellness@gmail.com

FAMILY CARING PROJECT

SOURCE: U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES



Help children find ways to give to others throughout the year. As a family, participate in a project that shows how you care for and share with those who are less fortunate. Here are some ideas from which to choose:

- Have the family drop their pennies or small change in a large jar every day. Then, deliver the savings to a community group.
- Have the family gather gently used clothing, toys, or books to share at a homeless shelter or home for abused families.
- During the holiday season, have the family pick out small gifts to wrap and donate to a local charity.
- Check your local food bank to see what types of items they need. Then, help the children go through the pantry or shop at the grocery to find food to share.
- Buy art supplies, then set aside a time for the family to write cards or create seasonal decorations for a local hospital.
- Volunteer family time at a nursing home; bring in a pet to share, play cards, or put on a family performance in the common room or dining hall.
- "Adopt" a grandparent at a nursing home to visit or a neighbor for whom you can do needed chores.
- Make greeting cards for a veterans' hospital or other facility.
- Helping your children understand the value of sharing with others while they're young can build a lifetime habit of caring and giving. *-end*

ARE YOU GETTING ENOUGH VITAMIN D?—BY ROBYN WAYLEN

According to WebMD, an estimated 40%-75% of people are vitamin D deficient. This is concerning because vitamin D provides numerous health benefits and is an important aspect of your overall health – as it helps your bones, muscles, heart, lungs, and brain function optimally

Despite its name, vitamin D isn't just your average vitamin. It actually functions as a hormone once your body absorbs it. Although it might sound like healthy vitamin D levels should be easy to maintain, there are many factors that can make it difficult to get enough of it.

Keep on reading to learn more about vitamin D and why it's so important to get enough of it.

How Much Vitamin D Do You Need?

For adults up to age 70, the recommended daily allowance of vitamin D is 600 IU per day. Of course, this is just a general rule. There are many factors that can affect your recommended intake. It's important to chat with your doctor to see if your vitamin D levels are sufficient.

It's also important to know that there is such thing as too much vitamin D. Exceeding the recommended daily allowance of vitamin D on a regular basis can cause abnormally high blood calcium level, which can lead to a variety of health consequences – like nausea, constipation, confusion, abnormal heart rhythm, and kidney stones. The good news is that it's nearly impossible to overdose on vitamin D from your diet or sun exposure. Just be sure you aren't taking too much vitamin D in the form of supplements.

Health Benefits of Vitamin D

Vitamin D is more important than you might think. While it's always been known that vitamin D helps grow strong bones, research has found that vitamin D is extremely important for your health for a number of reasons. According to Medical News Today, some of the health benefits of vitamin D include:

- ◆ Maintaining healthy bones and teeth
- ◆ Supporting a healthy immune system, brain, and nervous system
- ◆ Regulating insulin levels and aiding diabetes management
- ◆ Supporting lung function and cardiovascular health
- ◆ Influencing the expression of genes involved in cancer development
- ◆ Reduced risk of flu
- ◆ Healthy pregnancy

Studies have found that vitamin D might also help protect you from serious health conditions such as cancer, diabetes, and multiples sclerosis.

Signs of Vitamin D Deficiency

Many adults aren't getting the vitamin D they need on a daily basis. This can be for a number of reasons. According to the Vitamin D Council, you might not be getting enough vitamin D if:

- ◆ You don't get enough sunlight. Your body is usually able to get all the vitamin D it needs if you regularly expose enough bare skin to the sun.
- ◆ You don't take supplements. It's very challenging to get enough vitamin D from the foods you eat alone.
- ◆ Your body needs more vitamin D than usual, for example, if you're obese, pregnant, or have darker skin.

(Continue on Page #5...)

VITAMIN D—CONT. FROM PAGE #4

Some common signs of vitamin D deficiency include:

- ◆ Chronic pain and muscle weakness
- ◆ Hair loss
- ◆ Reduced bone density, broken bones, or stress fractures
- ◆ Excessive sweating
- ◆ Fatigue
- ◆ Hypertension (high blood pressure)
- ◆ Feeling depressed or irritable
- ◆ Getting sick more often

Not everyone with vitamin D deficiency will experience symptoms, so it's still important to have your doctor check your levels during your regular check-ups even if you haven't noticed any of these warning signs.

Health Risks of Vitamin D Deficiency

Besides not receiving any of the health benefits of vitamin D, adults with vitamin D deficiency might face some serious health risks if the problem goes untreated. Vitamin D deficiency can lead to a higher risk of:

- ◆ Certain types of cancer
- ◆ Heart disease
- ◆ Depression
- ◆ Multiple sclerosis
- ◆ Dementia
- ◆ Obesity
- ◆ Hypertension
- ◆ Fibromyalgia
- ◆ Osteoporosis

Healthy Ways to Get More Vitamin D

If you aren't getting enough vitamin D, there are easy habits you can develop to maintain a healthy level of vitamin D intake. While sunlight is an excellent way to produce more vitamin D, too much sun exposure without proper sunscreen use can damage your skin and increase your risk of skin cancer. Plus, it can sometimes be difficult to spend time in the sun depending on where you live or what season it is.

- ◆ Some healthier ways to get more vitamin D include:
- ◆ Vitamin D supplements
- ◆ Eating foods rich in vitamin D – like fatty fish, soy milk, cheese, egg yolks, and mushrooms
- ◆ Staying smart in the sun – just five minutes of exposure to sunlight on bare skin is all you need a day! Just be sure to apply sunscreen if you plan to be outside longer than five minutes.

With vitamin D deficiency being a common problem in American adults, it's best to stay mindful of your vitamin D intake. If you notice you have some of the symptoms of vitamin D deficiency, talk to your doctor about taking supplements or including more foods in your diet that are rich in vitamin D. *–end*

SUMMER SUN ESSENTIALS—BY ROBYN WAYLEN—TOTAL WELLNESS HEALTH

Summer is finally here! That means tropical vacations, outdoor BBQs, and plenty of time under the sun. While this beautiful season offers employees the chance to get more active outdoors, it also comes with a few potential dangers if they're not careful.

Too much time in the sun can lead to wrinkles, premature aging, and even skin cancer. It's important that your employees understand the importance of sun safety, as skin cancer is the most common type of cancer in the United States. In fact, according to the Skin Cancer Foundation, one in five Americans will develop skin cancer by the age of 70.

While skin cancer is the most common form of cancer, it's also the most preventable form of cancer. By practicing safe sun habits, we can significantly reduce their risk of developing sun cancer.

Sun Safety Habits

Everyone knows that they should be lathering up on sunscreen before leaving the house. But unfortunately, sometimes wearing sunscreen just isn't enough to fully protect against the sun's harmful rays. In addition to wearing sunscreen, you should also:

- ◆ Wear protective clothing
- ◆ Check the UV index for the day
- ◆ Limit time spent outside during peak sun times (typically 10 a.m. to 4 p.m.)
- ◆ Add some antioxidants to your diet
- ◆ Stay aware of your medications and how they could react with the sun
- ◆ Protect your eyes
- ◆ Properly treat your sunburn

Tips for Choosing the Best Sunscreen

Applying (and reapplying!) sunscreen is one of the most effective ways to protect your skin from sun damage. However, not all sunscreens are created equally. With so many different lotions and sprays on the market, it can be tricky to decide which sunscreen is the best choice. The U.S. Food and Drug Administration (FDA) recommends following these guidelines when it comes to choosing your sunscreen:

- ◆ Choose a sunscreen with "broad-spectrum" protection
- ◆ Choose a sunscreen with a sun protection factor (SPF) of 15 or higher (SPF 30 or higher for those with fair skin tones)
- ◆ Stay mindful of ingredients

Even effective sunscreens won't fully protect you if they aren't being used properly. Be sure to follow these sunscreen tips:

- ◆ Always rub in spray-on sunscreen (if not, you'll be left with streaky protection!)
- ◆ Apply sunscreen at least 30 minutes before sun exposure (*continued on page #7...*)

SUMMER SUN ESSENTIALS—CONTINUED FROM PAGE #6

- ◆ Reapply sunscreen every 2 hours, or every 40-80 minutes when swimming
- ◆ Pay attention to expiration dates – sunscreen loses a lot of potency when it's expired
- ◆ Apply SPF under your makeup every day
- ◆ Use sunscreen even when it's cloudy out
- ◆ Use a lip balm that contains sunscreen with an SPF of at least 30 to protect your lips

Skin Cancer Risk Factors

Although skin cancer can be a difficult topic to discuss, it's vital that your employees understand the risk factors, warning signs, and prevention practices of skin cancer. Staying informed will help your employees better protect themselves from the most common type of cancer in the U.S.

Along with sun exposure, there are other common risks of skin cancer. According to Cancer Treatment Centers of America, some risk factors of skin cancer include:

- ◆ Older age
- ◆ Gender (men are twice as likely to develop basal cell carcinomas and three times more likely to develop squamous cell carcinomas than women)
- ◆ Skin tone
- ◆ Amount of moles
- ◆ Family and personal history
- ◆ Smoking
- ◆ Chemical exposure
- ◆ Previous medical treatment

Skin Cancer Prevention

While skin cancer is the most common type of cancer, the good news is that it's also the most preventable type of cancer. In most cases of skin cancer, the cancer is caused by sun exposure and skin damage from UV rays. To help reduce your risk of developing skin cancer, you should:

- ◆ Always practice safe sun habits
- ◆ Stay away from tanning beds
- ◆ Perform self-exams
- ◆ Schedule regular checkups with a dermatologist

We know that many of us look forward to the summer season all year long. After all, it's the perfect time to explore the outdoors, go on new adventures, and enjoy a well-deserved vacation. By educating ourselves on the importance of sun safety, all of us can enjoy the summer without worrying about damaging our skin. *-end*

NOTICE

NIRMA Online University

NIRMA remains in the midst of negotiations with LocalGovU for access to the Online University. We will need to forgo the quarterly announcement of any available course until August 1st. There may be chosen an alternative procedure.

*Next Wellness Committee Meeting: Tuesday, July 3, 2018 in the Assembly Room, 8:30 a.m.

*Next Safety Committee Meeting: Wednesday, August 22, 2018 in the Courthouse Assembly Room, 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.



FITNESS CENTER NOTICE

On or around the 1st of August, 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 your updated waiver form and receive the new passcode. Family members wishing to use the Fitness Center must also supply a separate waiver. An [electronic waiver](#) can be found on the county website in the Wellness Committee subsection. If do not possess an electronic signature file, simple print and manually complete the form, scan/email it back to salinewellness@gmail.com, or drop it off to receive the new passcode.

If you have any questions or concerns relative to the Fitness Center and/or this procedure, please call 821.3900. -end

Overhaul your MORNING ROUTINE

Don't slug through a morning routine that barely gets you out the door. Maximize your routine for improved work/life productivity. The payoff will be a happier you. More excitement about goals, a better mood, improved health, and finding more meaning in your job can all flow from an optimized morning routine.

Experiment with a few tweaks, and keep notes about any positive impacts on yourself. Everyone is different, so don't simply copy an online "do this" formula. Whether it is drinking a glass of water first thing after awakening, avoiding the snooze button, doing 20 pushups, making your bed without fail, or meditation — hundreds of ideas exist. Some will be perfect for you.

Start at: www.inc.com
(search, "morning routine ideas"). -end



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