



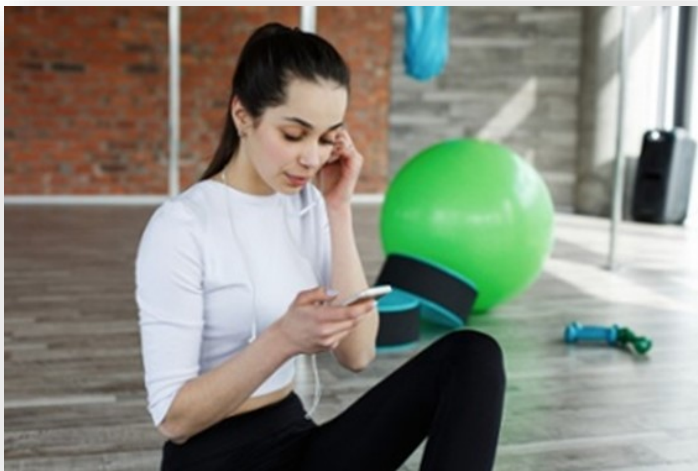
# Saline County Employee Newsletter

## SIX THINGS THAT HAPPEN TO YOUR BODY WHEN YOU STOP EXERCISING

by Robyn Whalen

Everyone should have a rest day every now and then. But when that rest day turns into a rest week or rest month, you might start to notice some changes with your body. If you've taken a workout hiatus recently or are just curious of how your body might change once you decide to take a break from your workout routine, keep reading to learn about six things that will happen to your body when you stop exercising.

① **Blood pressure rises.** Exercise naturally lowers your blood pressure and reduces your risk of developing hypertension (high blood pressure). If you abruptly quit your regular fitness routine, your blood pressure might start to rise over time. If left unmanaged, high blood pressure can lead to some negative health consequences and increase your risk of heart disease. *(Continue on next page...)*



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## WHAT HAPPENS WHEN YOU STOP EXERCISING?—CONT. FROM PG #1

② **Brain changes.** Believe it or not, regular exercise improves brain function in a variety of ways. It boosts memory, learning capabilities, and helps prevent dementia and Alzheimer's. Without regular exercise, your brain might start to change. One study found that when participants (a group of long-term endurance runners) took a 10-day exercise cessation, MRIs showed a reduction in blood flow to the hippocampus (the part of the brain that is responsible for emotions and memory).

③ **Blood sugar spike.** Regular exercise is an excellent way to keep your blood sugar levels in check. In fact, according to the American Diabetes Association (ADA), physical activity can lower your blood glucose up to 24 hours or more after your workout by making your body more sensitive to insulin. Once you ditch your morning workouts, your blood sugar levels are likely to spike back up.

④ **Mood changes.** Exercise makes you happy. It produces feel-good chemicals that help banish stress, keep you energized, and help you maintain a positive mood. Without regular exercise, you might start to notice some changes in your mood. Many people report feeling more stressed and agitated after taking a hiatus from their fitness routine.

⑤ **Endurance plummets.** The more you exercise, the more endurance you build. Taking an extended break from your fitness routine will cause your endurance to take a hit. You might start to notice that you get winded more easily than before. Normal trips up the stairs or a morning jog might become a bit more taxing on your body.

⑥ **Weight changes.** It's no surprise that you might start noticing some changes in the way your clothes fit or notice a different number on the scale after you take a detour from the gym. Exercising helps boost your metabolism and burn excess calories that can turn into body fat. Without regular physical activity, your risk of obesity increases significantly.

While the negative effects of abandoning your fitness regimen might sound scary, the good news is that many of these things are completely reversible as soon as you get back into your fitness routine. If you've taken a break from the gym and have noticed some of these changes, don't fret! Here are a few tips to help you get back into your fitness routine ASAP:

- *Start slow.* If it's been a while since you got a good workout in, don't come back into things full swing. This will only increase your risk of sore muscles and injury – and you definitely won't want to work-out the following day!
- *Pack a gym bag.* If you're having trouble simply getting to the gym, pack a gym bag before you go to work and keep it at your desk as motivation. If you have everything you need already with you, there's no excuse for skipping an afternoon workout!
- *Write it down.* Schedule in your workouts a week ahead of time. Write them in your daily calendar and set reminders on your phone. This will help keep yourself accountable. Be sure to also track your exercise for the day in a journal. Write down how long you worked out and what goals you have for next week.
- *Find a buddy.* Workout buddies help keep you motivated. Not to mention, they make exercise way more enjoyable. Find a partner who shares a similar schedule and similar goals as you.

Living an active lifestyle is one of the best things you can do for your physical and mental health. Regular exercise helps lower your risk of chronic illness and increases your quality (and quantity!) of life. While it's normal to get off track of an active lifestyle every now and then, it's important to understand how your body and brain will be affected. So, if you've recently taken a break from the gym, take a deep breath and get back out there! Your body and mind will start feeling better ASAP. –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](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## QUESTION OF THE MONTH

*"By way of recent dietary & exercise decisions, Francis realized she had converted 4 pounds of excess fat into water as a direct result of losing how many pounds of total fat?"*

- A. 15
- B. 20
- C. 25
- D. 30

CORRECT ANSWER: 25  
Wellness Points

*\*Answer to the July Question: "B. 2,000"*

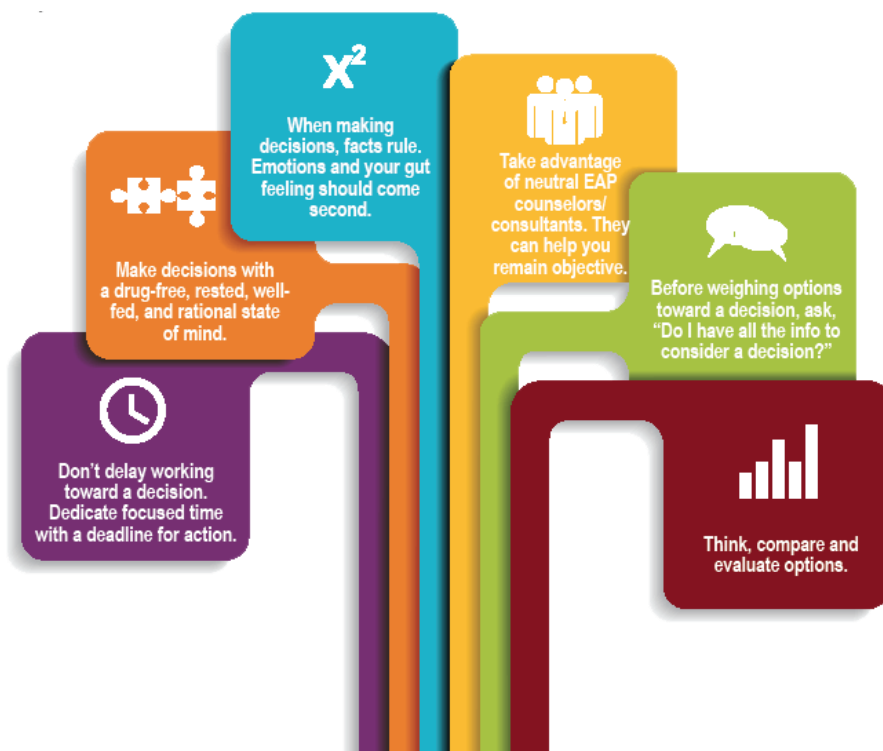
Email your answer to:  
[salinewellness@gmail.com](mailto:salinewellness@gmail.com)

# MAKING DECISIONS

---- IS A LIFE SKILL ----

We all make decisions, but making decisions well is a skill with identifiable steps. Try not to muddle through on decisions, especially big ones. Small decisions, like what color socks to wear, are easy. But big decisions with big consequences can provoke anxiety or dread.

There is a way to make big decisions easier and be happier with their result. With your next big decision, rather than ask others what to do, procrastinate, or make a decision in haste to overcome the angst, try the following:



Remember, all decisions are associated with some risk. Know these risks before choosing an option in the decision path. Then, make the decision. Be sure to evaluate the outcome, effects and consequences after implementing your decision. Respond or adjust if possible or needed. *-end*

## WATER SAFETY FOR CHILDREN

Ten people drown in the U.S. each day, and 20 percent are children under the age of 14. In fact, drowning kills more children ages 1-4 than anything else except birth defects. Therefore, don't leave children near water (including bathtubs) unsupervised. Because drowning happens quickly and quietly, those supervising should not engage in distracting activities like reading books, being on the phone or using alcohol or drugs. And all kids should wear life jackets in and around natural bodies of water, even if they know how to swim. *-end*

# DO YOU KNOW HOW WORKPLACE RELATIONSHIPS ARE AFFECTING YOU?—TOTAL WELLNESS HEALTH



You spend a majority of your waking hours at work – which means you spend a majority of your waking hours with your co-workers. It should come as no surprise, then, that all those hours together could have an impact on your health.

The relationships you have at work can either improve or harm your health. Having positive relationships with your colleagues can put you in a good mood and make the workday more enjoyable. However, feeling lonely at work or having negative relationships with your co-workers can lead to an unpleasant work experience.

If you're unsure of how your work relationships could be affecting your physical and emotional health, here are a few things to consider:

## STRESS

It's no secret that your co-workers can cause you stress. Whether they're easy or difficult to work with, the things they do in the office can increase your stress levels. Most of the time it's not intentional. They're simply doing their jobs. But you reap what they sow in the form of increased stress.

Too much stress in the workplace can have some negative health consequences. The stress that you endure from negative work relationships can lead to high blood pressure, trouble sleeping, chronic aches and pains, and destructive coping habits. This stress can eventually lead to workplace burnout as well.

On the other hand, if you focus on developing positive relationships in the workplace, your coworkers can also serve as stress relievers. Perhaps they act as a listening ear when work gets frustrating. Or maybe they are the perfectly timed afternoon coffee chat to give you the little break you need.

When it comes to your coworkers, you're all on the same boat. You're working in the same atmosphere for a common goal. Yes, there will be stress. But you can also work on those relationships to help relieve that stress.

## PEER PRESSURE

In a traditional sense, peer pressure has a negative connotation – which can definitely be true in the workplace. Your co-workers could pressure you to hit up happy hour instead of the gym after work, go out to lunch instead of eating the lunch you packed, or vent and complain rather than solving problems. Those are all unhealthy habits to form, and they can be magnified by people you spend time with.

In some situations, peer pressure can be a positive thing. If you surround yourself with healthy colleagues, you'll start to feel the motivation to adopt healthier habits yourself. For example, if your office neighbor is headed out for a walk at lunch, you might feel tempted to join them.

Surrounding yourself with people who make choices you want to make is an excellent first step towards developing healthy habits. Use your work relationships as positive peer pressure – and try to focus less on the work relationships that are dragging you down. *(Continue on page #5...)*

## WORKPLACE RELATIONSHIPS—CONT. FROM PAGE #4

### PRODUCTIVITY

We've all been there. There's always that one co-worker who can be a lot of fun, but also super distracting. You can spend hours laughing with them, all while getting no work done. This can cause your productivity and overall work performance to take a huge hit.

Seek out work relationships that help motivate you to be more productive. Find a team you can work with or trusted coworkers to delegate to. On individual projects, bounce your ideas off your work friends.

Create relationships at work that empower you to not only get work done, but to do your work well.

### HAPPINESS

Happiness is an overlooked aspect of your health, and relationships play an obvious role in your day-to-day happiness. The people you spend time with have the power to make you miserable in a lot of different capacities. In unhealthy work relationships, you can get caught in a battle of comparison or in an unhealthy level of competition – leading to a negative work environment.

However, when you focus on building good relationships with your colleagues, the exact opposite will happen. Your co-workers have the power to cheer you up and boost your happiness in the office. If you surround yourself with co-workers who you genuinely enjoy – people who make you laugh and support you – you're on the road to happiness.

It might sound cheesy, but those people definitely exist in your workplace. Seek them out, get to know them, and watch those happy relationships improve your health and wellbeing.

### IMPROVING YOUR WORK RELATIONSHIPS

Forming positive work relationships can be easier said than done. If you're struggling to build better relationships in your workplace, try out some of these tips:

- *Be a positive presence.* No one wants to spend time with a Negative Nancy. Maintaining a positive attitude will make you seem more approachable and attract the right type of work relationships.
- *Avoid gossip.* Sometimes we feel the need to gossip in the office to fit in or get people to like us. However, using gossip as a way to bond with colleagues is creating a negative image of yourself and can lead to unhealthy work relationships.
- *Be a part of the team.* We know, office parties and after-hours activities can sound cheesy and awkward – especially if you don't have an office buddy to go with. But attending and participating in team outings is one of the best ways to get to know your colleagues on a more personal level.
- *Show respect.* Simply showing your colleagues respect will go a long way in the workplace. Listen to a co-worker who has a new idea, clean up after yourself when you use shared office spaces, and hold off on any behaviors that your office neighbor may find annoying or offensive.
- *Be kind.* We know it's not groundbreaking – be something as simple as being kind to your colleagues can make a huge difference and help you form quality relationships. Share a smile, express gratitude, and help out a co-worker in need.

Work relationships can be tough. Obviously, it's not as simple as just recognizing the relationships you want to develop with your coworkers. The first step? Be that healthy influence for others. Empower your coworkers to live positive, healthy lifestyles so they can take on that same role for you. –end

# WHERE FAT GOES WHEN YOU LOSE WEIGHT

## —THE CONVERSATION

The world is obsessed with fad diets and weight loss, yet few of us know how a kilogram of fat actually vanishes off the scales.

Even the 150 doctors, dietitians and personal trainers we surveyed shared this surprising gap in their health literacy. The most common misconception by far, was that fat is converted to energy. The problem with this theory is that it violates the law of conservation of matter, which all chemical reactions obey.

Some respondents thought fat turns into muscle, which is impossible, and others assumed it escapes via the colon. Only three of our respondents gave the right answer, which means 98% of the health professionals in our survey could not explain how weight loss works.

So if not energy, muscles or the loo, where does fat go?

## THE ENLIGHTENING FACTS ABOUT FAT METABOLISM

The correct answer is that fat is converted to carbon dioxide and water. You exhale the carbon dioxide and the water mixes into your circulation until it's lost as urine or sweat.

If you lose 10 pounds of fat, precisely 8.4 pounds comes out through your lungs and the remaining 1.6 pounds turns into water. In other words, nearly all the weight we lose is exhaled.

## HOW YOUR BODY FIGHTS BACK WHEN YOU DIET

This surprises just about everyone, but actually, almost everything we eat comes back out via the lungs. Every carbohydrate you digest and nearly all the fats are converted to carbon dioxide and water. The same goes for alcohol.

Protein shares the same fate, except for the small part that turns into urea and other solids, which you excrete as urine.

## WHY IS OBESITY GETTING WORSE IN AMERICA?

The only thing in food that makes it to your colon undigested and intact is dietary fibre (think corn). Everything else you swallow is absorbed into your bloodstream and organs and, after that, it's not going anywhere until you've vaporized it.

## KILOGRAMS IN VERSUS KILOGRAMS OUT

We all learn that "energy in equals energy out" in high school. But energy is a notoriously confusing concept, even among health professionals and scientists who study obesity.

The reason we gain or lose weight is much less mysterious if we keep track of all the kilograms, too, not just those enigmatic kilojoules or calories.

## EAT HEALTHIER WITHOUT QUITTING SUGAR

According to the latest government figures, Americans consume 3.55 kg (125 ounces) of food and beverages every day. Of that, 430 grams (about 15 ounces) is solid macronutrients, 17 grams (0.6 ounces) is fiber and the remaining 3.11 kg (110 ounces) is water. *(Continued on page #7...)*

## WHERE FAT GOES—CONTINUED FROM PAGE #6

What's not reported is that we inhale more than 660 grams (23 ounces) worth of oxygen, too, and this figure is equally important for your waistline.

If you put 3.55 kg (125 ounces) of food and water into your body, plus 660 grams of oxygen (23 ounces), then 4.2 kg (148 ounces) of stuff needs to come back out, or you'll gain weight. If you're hoping to shed some weight, more than 4.1kg will have to go.

### WANT TO FIX AMERICA'S HEALTH? FIRST FOCUS ON FOOD

The 430 grams (15.2 ounces) of carbohydrates, fats, protein and alcohol most Americans eat every day will produce exactly 770 grams (27.1 ounces) of carbon dioxide plus 290 grams (10.2 ounces) of water (about one cup) and about 31 grams (1.1 ounces) of urea and other solids excreted as urine.

### THE HISTORY OF THE 'IDEAL' WOMAN AND WHERE THAT HAS LEFT US

An average 75kg (165 pound) person's resting metabolic rate (the rate at which the body uses energy when the person isn't moving) produces about 590 grams (21 ounces) of carbon dioxide per day. No pill or potion you can buy will increase that figure, despite the bold claims you might have heard.

The good news is that you exhale 200 grams (7 ounces) of carbon dioxide while you're fast asleep every night, so you've already breathed out a quarter of your daily target before you even step out of bed.

### EAT LESS, EXHALE MORE

So if fat turns into carbon dioxide, could simply breathing more make you lose weight? Unfortunately not. Huffing and puffing more than you need to is called hyperventilation and will only make you dizzy, or possibly faint. The only way you can consciously increase the amount of carbon dioxide your body is producing is by moving your muscles.

But here's some more good news. Simply standing up and getting dressed more than doubles your metabolic rate. In other words, if you simply tried on all your outfits for 24 hours, you'd exhale more than 1,200 grams (42 ounces) of carbon dioxide.

More realistically, going for a walk triples your metabolic rate, and so will cooking, vacuuming and sweeping.

Metabolizing 100 ounces of fat consumes 290 ounces of oxygen and produces 280 ounces of carbon dioxide plus 110 ounces of water. The food you eat can't change these figures.

Therefore, to lose 100 ounces of fat, you have to exhale 280 ounces of carbon dioxide on top of what you'll produce by vaporizing all your food, no matter what you eat.

Any diet that supplies less "fuel" than you burn will do the trick, but with so many misconceptions about how weight loss works, few of us know why. -end

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**Retirement Planning and Financial Management seminars** for State and County plan members are held annually starting in late summer. Enrollment forms will be mailed to plan members approximately four weeks prior to the start of the first session or members may use the online enrollment/registration forms. Members must enroll in advance in order to attend a seminar. NPERS Retirement Planning Seminars offer information on your retirement plan and tips on preparing for your retirement. Visit <https://npers.ne.gov/SelfService/public/otherInformation/retirementSeminars/StateCountyschedules.jsp> to learn more.

## NIRMA Online University

“Cyber-security Threats to Public Entities”

Cyber-security is important for public entities and the individuals who make up the organization. Not only is cyber-security an important measure for protecting personal information, but utilizing it also considers confidential information of clients.

Successful completion of this course, through the end of December, provides 75 Wellness Points.

\*Next Wellness Committee Meeting: Wednesday, August 29, 2018 in the Courthouse Conference 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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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.



## 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](mailto: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

## In-Person Wellness Presentation “The Math of Weight Management”



Join Megan Koop of **Madonna “Fit-for-Work”** to learn more about the differences between fat and muscle, weight management and how to calculate your resting metabolic rate (and what it means!), on **Wednesday, August 8,**

**2018 from 5:30 p.m. to 6:30 p.m.** at the **Extension Office** meeting room.

There is a bit of math involved in managing the desire to trim some fat in our bodies. In this session, learn the ins and outs of Resting Metabolic Rates (RMR), the amount of calories the body burns in a resting state to keep your organs functioning. Do you know what your RMR is? A basic equation is to figure 10 calories for every pound of body weight if you are a woman, and 11 calories for every pound of body weight if you're a man. Yet, there are additional factors that influence your RMR.

Come join Megan for a bit of knowledge in this area that may help shape healthy lifestyle habits when raising your rate. -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.*