

Saline County,  
Nebraska



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# Saline County Employee Newsletter

## NOT EXERCISING WORSE THAN SMOKING?

by *Wayne Drash, CNN*

We've all heard exercise helps you live longer. But a new study goes one step further, finding that a sedentary lifestyle is worse for your health than smoking, diabetes and heart disease.

Dr. Wael Jaber, a cardiologist at the Cleveland Clinic and senior author of the study, called the results "extremely surprising." "Being unfit on a treadmill or in an exercise stress test has a worse prognosis, as far as death, than being hypertensive, being diabetic or being a current smoker," Jaber told CNN. "We've never seen something as pronounced as this and as objective as this."

Jaber said researchers must now convey the risks to the general population that "being unfit should be considered as strong of a risk factor as hypertension, diabetes and smoking -- if not stronger than all of them." "It should be treated almost as a disease that has a prescription, which is called exercise," he said.

Researchers retrospectively studied 122,007 patients who underwent exercise treadmill testing at Cleveland Clinic between January 1, 1991 and December 31, 2014 to measure all-cause mortality relating to the benefits of exercise and fitness. Those with the lowest exercise rate accounted for 12% of the participants. The study was published Friday in the journal JAMA Network Open.

*(continued on page #2...)*



### INSIDE THIS ISSUE

Not Exercising vs Smoking...	1-2
Easy Oral Health Tips .....	3-4
Question of the Month .....	3
EAP Online Legal Resource ....	3
Productive Work Habits .....	5-6
Academic Scholarship Op .....	5
Healthy, Happy Liver .....	6-7
Holiday Bingo Sheet .....	7
Pumpkin Challenge Pics .....	8-9
NIRMA Online University .....	10
Bingo Challenge Rules .....	10
Stress Tip: Plan Ahead .....	10



"Cardiovascular disease and diabetes are the most expensive diseases in the United States. We spend more than \$200 billion per year treating these diseases and their complications. Rather than pay huge sums for disease treatment, we should be encouraging our patients and communities to be active and exercise daily," said Dr. Jordan Metzl, sports medicine physician at the Hospital for Special Surgery and author of the book "The Exercise Cure."

Jaber said the other big revelation from the research is that fitness leads to longer life, with no limit to the benefit of aerobic exercise. Researchers have always been concerned that "ultra" exercisers might be at a higher risk of death, but the study found that not to be the case. "There is no level of exercise or fitness that exposes you to risk," he said. "We can see from the study that the ultra-fit still have lower mortality." "In this study, the most fit individuals did the best," said Metzl, who was not involved in the study. "Once cleared by their physicians, patients shouldn't be afraid of exercise intensity."

The benefits of exercise were seen across all ages and in both men and women, "probably a little more pronounced in females," Jaber said. "Whether you're in your 40s or your 80s, you will benefit in the same way."

The risks, he said, became more shocking when comparing those who don't exercise much. "We all know that a sedentary lifestyle or being unfit has some risk. But I'm surprised they overwhelm even the risk factors as strong as smoking, diabetes or even end-stage disease."

"People who do not perform very well on a treadmill test," Jaber said, "have almost double the risk of people with kidney failure on dialysis."

What made the study so unique, beyond the sheer number of people studied, he said was that researchers weren't relying on patients self-reporting their exercise. "This is not the patients telling us what they do," Jaber said. "This is us testing them and figuring out objectively the real measure of what they do."

Comparing those with a sedentary lifestyle to the top exercise performers, he said, the risk associated with death is "500% higher." "If you compare the risk of sitting versus the highest performing on the exercise test, the risk is about three times higher than smoking," Jaber explained.

Comparing somebody who doesn't exercise much to somebody who exercises regularly, he said, still showed a risk 390% higher. "There actually is no ceiling for the benefit of exercise," he said. "There's no age limit that doesn't benefit from being physically fit."

Dr. Satjit Bhusri, a cardiologist at Lenox Hill Hospital, who was not involved in the study, said this reinforces what we know. "Sedentary, Western lifestyles have led to a higher incidence in heart disease and this shows that it's modifiable. It's reversible," he explained, adding that doctors are really good at treating patients who have had cardiovascular events but they can be prevented. "We're meant to walk, run, exercise. It's all about getting up and moving."

For patients, especially those who live a sedentary lifestyle, Jaber said, "You should demand a prescription from your doctor for exercise." So get moving. —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

*"What age limit begins to see no benefit in being physically fit?"*

- A. 74
- B. 88
- C. 91-94
- D. 102+
- E. None of the above

CORRECT ANSWER: 25 Wellness Points

*\*Answer to the October Question: "400" & "Bacteria"*

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

## EASY ORAL HEALTH TIPS

NATIONAL DENTAL HYGIENE MONTH—BY SERAINE PAGE

With Halloween approaching (and the temptation of office treats), you may be wondering how you can protect your oral health from all the sugary goodness.

Ironically enough, just this last month shared calendar space with National Dental Hygiene Month, making now as good as ever to review the basics of oral health.

It's actually as simple as four easy steps.

Excellent oral health means more than a pearly-white smile. It means regular dental check-ups and preventive care as well. It'll also keep your dental hygienist smiling. So, are you doing the "Daily 4" as you should?

### What Are the Daily 4?

The "Daily 4" is a simple list of four steps to keep a healthy smile — brushing, flossing, rinsing, and chewing every day. Oral health is deeply connected to overall health as well, which is why keeping up with the basics is important. Regularly skipping flossing, for example, can lead to oral infections like gum disease.

### The Daily 4 includes:

#### 1. BRUSHING

Brushing at least twice a day — ideally in the morning and in the evening — promotes optimum mouth health. Choose a soft-bristled brush for a comfortable cleaning experience.

#### How to properly brush:

- Put your toothbrush at a 45-degree angle to the gums
- Gently brush back and forth in short, tooth-wide strokes
- Brush all tooth surfaces
- To clean behind the front teeth, tilt the brush vertically and make several up-and-down strokes
- Don't forget to brush your tongue
- Brush for 2-3 minutes

**Toothy tip:** Toss your toothbrush every 3-4 months, or after an illness to stay healthy.

#### 2. FLOSSING

While it may be the yuckiest part of oral health routines, daily flossing is a must. Floss gets into the crevices a toothbrush can't, and it removes bacterial plaque buildup between the teeth and at the gumline.

#### How to floss:

- Pluck off about 18 inches of floss
  - Wind nearly all of it around each middle finger, leaving an inch to push between your teeth
- (continued on page #4...)*

# EASY ORAL HEALTH TIPS *CONT...*

BY SERAINE PAGE

- Tightly hold the floss between your index fingers and thumbs
- Curve the floss around the base of each tooth. Get below the gumline, but don't force floss. It could bruise or cut your gum tissue.
- Use clean sections of floss as you move along

**Toothy tip:** Hate sticking your hands all the way in your mouth to floss? Get a long-handled flosser or a Waterpik to make the job less awkward.



## 3. RINSING

Your teeth aren't the only part of your mouth that need cleaning. Reduce bacteria in your mouth by swishing with an antimicrobial mouthwash. It removes bacteria and biofilm while freshening your breath. Ahh, clean.

**Toothy tip:** Sensitive to the alcohol in mouthwash? Check out alcohol-free brands like Tom's of Maine or Biotene.

## 4. CHEWING

Is this morning's coffee still lingering on your breath? Turns out, chewing sugar-free gum can cure that stale breath AND clean your teeth. Plus, it's a nice post-meal treat, and it neutralizes acids on your teeth which can wear away your enamel.

**Toothy tip:** Chew gum for 20 minutes after eating to increase saliva flow and replace minerals your enamel has lost. Sugar-free gum can also help reduce dry mouth symptoms.

## IN ADDITION, SEE YOUR DENTIST TWICE A YEAR

Practicing good oral hygiene won't necessarily eliminate all of your oral health issues, but it can help reduce dental problems. Brushing twice a day with fluoride toothpaste, flossing, rinsing, and regularly replacing your toothbrush can minimize extra trips to the dentist.

**Looking for a good dentist? The American Dental Association (ADA) suggests:**

- Ask your primary doctor for a recommendation
- Check with family, friends, and coworkers
- Look at local review sites (Yelp, Google, Healthgrades)
- Reach out to your local or state dental societies

Visit your dentist every six months for a cleaning and oral checkup. Insurance often covers two cleanings as it is considered a preventative service. Additionally, if you often get cavities, your dental hygienist can apply fluoride directly to your teeth at your next visit. *-end*



# GOOD HABITS FOR A MORE PRODUCTIVE WORK DAY—

SERAINÉ PAGE

Do you ever look at famous successful business people and wonder: how do they do it?

If you've seen famous entrepreneurs like Mel Robbins, Tony Robbins, or Warren Buffett in action, it seems they all have endless energy to spend. Why? They make healthy habits a priority. They are as busy as the rest of us, if not busier.

1. Mel does hot yoga regularly (and she actually hates it).
2. Tony does consistent meditation.
3. Warren sits and thinks. A lot.

While their particular habits may not appeal to you, there are plenty of options to lead a healthier, more productive life at home and work.

## WHAT'S THE SECRET?

There's actually no secret. Sorry.

The key, however, to making great habits stick is to do it on a regular basis. Even when you don't feel like it or when it's overwhelmingly annoying, like waking up on time.

Best of all, if you start small, you'll notice how good routines and smarter habits creep into other areas of your life. Next time you think you're too busy, just consider how some of the most successful (and productive) people in the world are, too.

And they still do it.

Ready to pick up some great new habits? Read on.

## 1. DON'T HIT SNOOZE

If just looking at your alarm clock makes you groan, you're not alone. When that lovely blaring tone wakes you from your sweet slumber at 6 a.m., sometimes it takes all you have not to chuck your alarm clock across the room. But, if you hit snooze, you're actually doing more harm than good.

Our bodies go through several sleep cycles at night, including REM sleep, which is the restorative sleep your body needs. When your alarm goes off, you usually are at the end of your last REM cycle. If you wake up on your first alarm, your body snaps out of the REM sleep and is ready for the day. Hit snooze — even for five minutes — and your body thinks you are falling back into REM sleep. When you wake up for a second time, you'll feel groggy and even more unmotivated to get moving.

**Healthy tip:** Set up your alarm clock across the room. It will force you to get up out of bed and start your day upon the first ring.

## 2. STAY HYDRATED

You hear it all the time: Drink at least eight glasses of water a day. If you drink more like eight cups of coffee, it's time to fix that. Why is water so important for the body? It helps deliver oxygen, regulates body temperature, flushes body waste, and so much more. While some veggies and fruits (like watermelon) do contain quite a bit of water as well, doctors recommend drinking as much good old H<sub>2</sub>O as you can. Plus, you'll feel more energized when your body is properly hydrated.

**Healthy tip:** Need some flavor? Add fresh fruit to give your water a refreshing twist. Diced strawberries with fresh mint and lime make for a delicious, flavored water.

## 3. TAKE A MENTAL BREAK

If you've been working on the same task for hours on end, sometimes you run into a dead end. Your ideas may not flow, or you can't find the solution to the problem. When that happens, it may be time to take a mental break. That doesn't mean zoning out on Facebook. Physically step away from your area. A study by Draugiem Group found that the most productive employees worked for 45 minutes straight before taking a 10-minute break.

**Healthy tip:** Try a pomodoro timer or set an alarm on your phone to remind yourself to take breaks. (Cont. page #6...)



## MORE PRODUCTIVE WORK DAY HABITS *CONT...*



### 4. EAT NUTRITIOUS SNACKS

No matter how many times you wander over to the vending machine, it will not have the option of a healthy side salad. Unfortunately, as convenient as vending machine food is, those snacks are not going to fill you up, satiate you, or make you feel good. It will make you feel bloated, tired, and possibly more hungry. Boring as it may be, storing fresh fruit in the office fridge is a better option for you anytime hunger strikes.

Healthy tip: Keep roasted almonds, seaweed, trail mix (without the chocolate), and dried fruit in your desk drawer. When those afternoon junk food cravings hit, you'll be ready.

### 5. MOVE YOUR BODY

According to Dr. David Agus, sitting for five or more hours a day is equivalent to smoking 1.25 packs of cigarettes. Yikes. If your job has you sitting a lot, make a point to get up and stretch often. Take the stairs when you enter and leave the building. During your lunch hour, walk around your office building or see if a co-worker will join you for a yoga session at a local studio. Better yet, ask if your company has a budget for a standing

desk. Your body will thank you.

**Healthy tip:** Ask if your boss or coworkers would be open to a walk and talk meeting. Walking can actually boost creative thinking, according to four different experiments.

### 6. HAVE FUN

What's the point of going to work if you absolutely hate it? The work has to get done, too, but it doesn't mean you can't have some fun. If you're an HR manager, send out funny and inspiring emails filled with goofy gifs once a week. For employees, make your work area your own. Decorate your office or your cube. If you're obsessed with puppies, no one is going to frown if they come into your office full of puppy cuteness. Having fun at work improves teamwork, boosts company morale, and allows creativity to freely flow. Think of the successful companies that offer employees perks like pool table rooms, yoga classes, group lunches, and more — they're onto something.

Healthy tip: Life is too short to always be so serious. It's okay to be professional yet playful.

### 7. PACK YOUR LUNCH


It can be tempting to grab some fast food with coworkers when you're slammed at work. You know it's going to make you feel terrible after you eat it, so why eat it during the time when you need to be at peak mental performance? Consider packing a healthy lunch the night before, or, better yet, meal prep on a Sunday evening for the whole week. Burrito bowls, chicken with steamed veggies, and salads in mason jars can easily be prepped in bulk for the week.

Healthy tip: Find a group of like-minded coworkers who also want to eat healthy. Once a week or month, bring in a healthy meal for your lunch group. It will encourage healthier eating habits, and you'll get to try new foods!

## HEALTHY HABITS TAKE TIME

There are tons of different healthy habits to add into your daily life, but the best ones are habits that work well for you. It's easy to get overwhelmed by trying a bunch all at once. Try one or two at a time. Habits tend to stick best after repetition, and once you have a routine down, you're more likely to stay with it. From meditation to daily walking, drinking more water, and healthy lunch spreads with friends, you can always find small ways to include healthier ways of living. — end

# HAPPY THANKSGIVING

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Replied with the correct answer to the November "Question of the Month"	Relax and do something you enjoy for an hour 3 times each November week	Eat fresh fruit for a mid-day snack at least one day every week in November	Do strength training for at least 15-minutes 6 times in November	Count your total calorie intake on three consecutive days in November
Incorporate 20 squats or 20 push-ups into your routine for 5 days in November	Avoid tobacco every day in November	Stretch for 5 minutes after waking up 3 consecutive November days each week	Drink at least eight 8oz glasses of water 3 days each week in November	No carbonated beverages for seven consecutive days in November
Do cardio for at least 30 minutes 6 times this November	Perform a kind deed for someone in need this Thanksgiving Holiday		Avoid alcohol five consecutive days each week in November	Find a healthy recipe that you've yet to try and prepare it for dinner this month
Take three 30-minute walks outside during the month of November	Avoid sugary sweets for three consecutive days at least twice during the month of November	Volunteer your time with a church, civic organization or fundraiser in November	Maintain your weight (or lose weight) during the month of November	Walk, Run, or Bike 30 minutes on 3 days each week during the month of November
Avoid fast food for one full week in November	Avoid sitting between each quarter & during the entire half of at least one football game	Try a form of exercise you have never done before 3 times in November	Eat 4 cups of fruits and/or veggies for five consecutive days in November	Get at least 7 or more hours of sleep 5 days each week in November

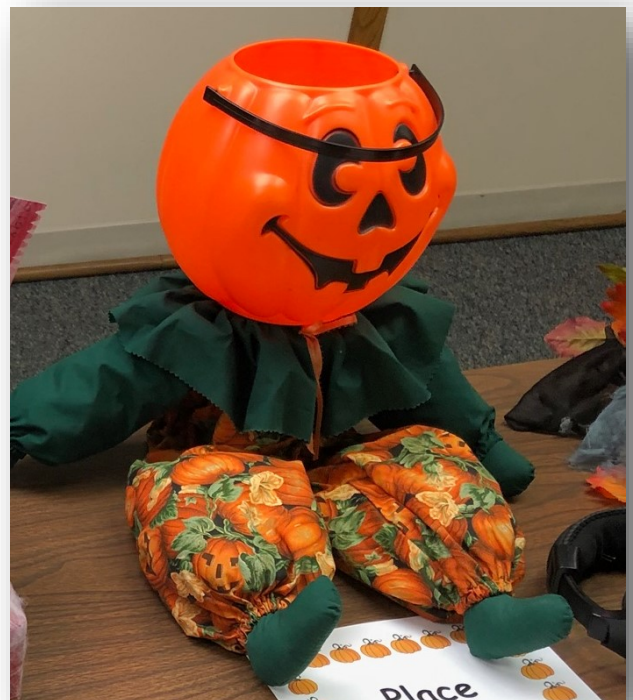
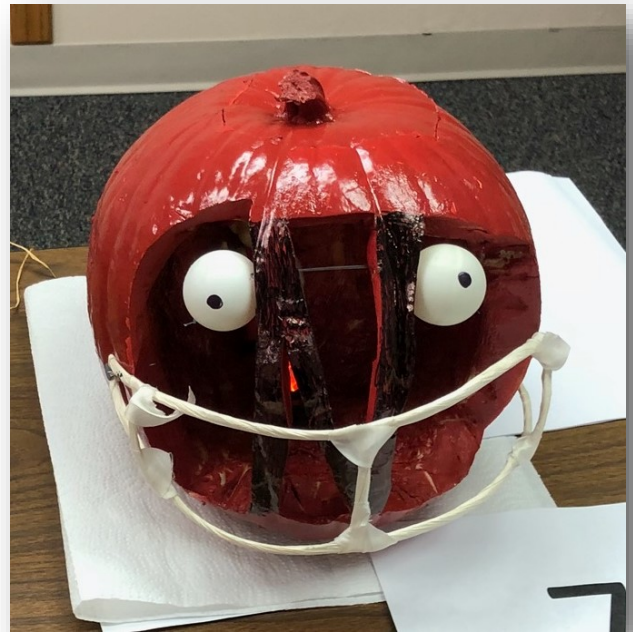
Return to Wellness Committee on or before **December 7, 2018**. Additional challenge information found on back page of this newsletter.

# THE GREAT PUMPKIN BATTLE

The following submissions were displayed by participating county offices in the recent “Great Pumpkin Battle” on Wednesday, October 24th during the employee luncheon. This was organized in hopes of providing offices an opportunity to do something fun and artistic together as a team. It was great to see all the various ideas brought forward for the enjoyment of all. A special thank you is extended to the Extension Office for having an area carved out with helping make this event spook-free.

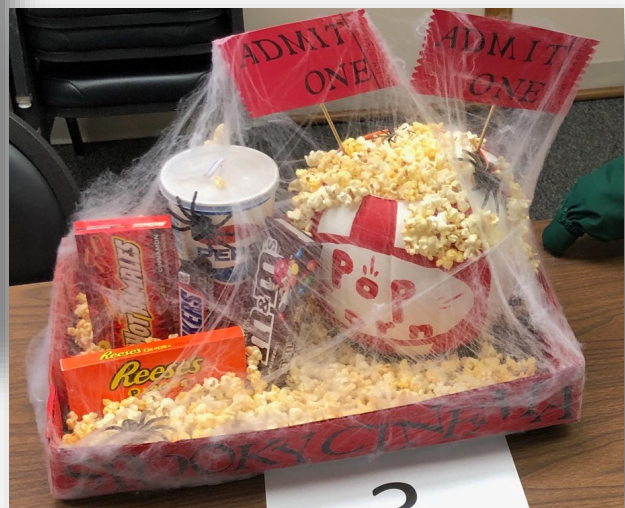
The winner of this battle was the Clerk’ Office with “The witch”. Second place went to the Clerk of District’s Office with a “Scarecrow”. Rounding out third place, the Sheriff’s office with the “Rotating Pumpkin—before work face/after work face”. Excellent work!

Included below are found some photo’s of those glowing entries:





# THE GREAT PUMPKIN BATTLE CONT...



GREAT WORK CARVERS!

NIRMA Online  
University  
"Understanding Depres-  
sion 101"

Depression is among the most prevalent psychiatric conditions, yet it remains challenging to understand and treat. "Understanding Depression 101" establishes an organizational framework for understanding the multiple pathways that can lead to depression.

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

\*Next Wellness Committee Meeting: Monday, November 5, 2018 in the Courthouse Conference Room, 8:30 a.m.

\*Next Safety Committee Meeting: Wednesday, November 28, 2018 in the Courthouse Conference Room, 8:30 a.m.

WELLNESS COMMITTEE

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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.



## Stress Tip...Plan for Tomorrow

WWW.BAYLOR.EDU—#192388

Jotting down your to-do list for tomorrow before going to sleep tonight may help you sleep better. Surprisingly, the ritual helps you off-load thoughts and reduce worry, not stress you more about what lies ahead.

Research seems to support another often recommended productivity tip — planning ahead for the next day. This includes jotting down your schedule, deciding what you will wear, planning breakfast, and choosing the personal items you'll take to work. Starting your day with less chaos, having time and a few mini-successes, and experiencing less stress in the a.m. can help you have a better day. *-end*



## November Challenge "Holiday BINGO"



Join your pie-eating cohorts for this year's Thanksgiving Bingo Challenge! The rules are stuffed with simplicity. Using the provided game card in this newsletter, note the tasks needing completion in order to earn your place-mark for that square. For each "Bingo" you gobble up, (across, down, diagonally) you will begin to defeather the turkey and be worth five (5) Wellness Points. There are no additional incentives for dumping the whole bird into an oil vat! "Blackouts" of this sort are dangerous and can set your garage on fire! Yet, there IS the potential to harvest up to 60 total Wellness Points, a pluck at a time.

Remember: the Challenge is on the honor system. No pilgrim wants to add tar to their feathers for such a foul! *-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.*