



Saline County Employee Newsletter

SIX WALKING PAINS YOU SHOULD NEVER IGNORE

by Cassie Shortsleeve

Pain can be a confusing part of the fitness equation. Sometimes aches associated with exercise are normal, as in the case of delayed onset muscle soreness. Then there are the twinges that make you question whether or not something's up. "Pain is your body's way of telling you something is not right, and you could have previous damage or a developing injury," explains Grayson Wickham, certified strength and conditioning specialist, physical therapist and founder of Movement Vault, a company that helps clients increase flexibility and mobility.

It can be difficult to distinguish when you should push through and when to dial it back. Here are six examples of pain you shouldn't ignore during a walk – plus what your symptoms could signal and how to get back to safely pounding the pavement.

Remember: If you ever have chest, shoulder or mid-back or arm pain plus shortness of breath, lightheadedness, cold sweats or nausea (potential signs of a serious cardiovascular problem such as a heart attack), seek medical attention ASAP.

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“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

SIX WALKING PAINS NOT TO IGNORE -CONTINUED FROM FRONT PAGE...

SWOLLEN & TENDER FRONT KNEE

Possible diagnosis: Tendonitis

It could be tendonitis or damage to the tendon that connects into your knee cap or a hurt meniscus, aka the connective tissue between your upper and lower leg bones, says Wickham.

What to Do

If the pain is more than a 6 out of 10 on a pain scale and doesn't go away with rest, head to a doctor for a diagnosis, suggests Thanu Jey, a chiropractor and clinical director of Yorkville Sports Medicine Clinic in Toronto. A recovery plan could involve limiting movements but also adding in a daily stretching routine like pre-walk foam rolling and dynamic stretches, says Wickham.

Often, both tendonitis and meniscus issues stem from tight muscles and joints or a lack of mobility, says Wickham. When your ankles or hips are tight, your knees have to make up for them — and, in the process, are often over-stressed, resulting in knee pain. Check your sneakers, too. Ill-fitting walking shoes could improperly load the body worsening knee pain, says Jey.

SHIN PAIN

Possible diagnosis: Shin Splints

It could be shin splints, which result from tiny stress fractures forming along your shin bones, says Allen Conrad, certified strength and conditioning specialist, chiropractor and owner of Montgomery County Chiropractic Center in North Wales, Pennsylvania.

What to Do

Rest — especially if you've been overdoing it. Usually, shin splints show up when you push yourself too hard, too fast (e.g., you're accustomed to walking around your neighborhood then suddenly go for a 10K hike one weekend), says Yera Patel, certified strength and conditioning specialist, an orthopedic physical therapist in New York City. If it persists, a physical therapist can help analyze your walking patterns and form a strengthening plan, so you can stop your shin pain from coming back, she says.

CRAMPING OR SWOLLEN CALF

Possible diagnosis: DVT

If your calf feels like it's cramping or looks red, swollen and even tender and warm to the touch it could be deep vein thrombosis (DVT). This is when a blood clot forms in the deep veins of your legs, and in rare but life-threatening situations, can dislodge and travel to your lungs, says Patel.

What to Do

Head to the doctor to play it safe. “A quick doppler ultrasound at your doctor's office can indicate whether your pain is related to a clot or if it is more musculoskeletal in nature,” says Patel. If you've got a DVT, your doc will give you blood-thinning meds to help dissolve the clot and stop future ones from forming.

Your doctor will likely prescribe leg exercises to increase blood flow, plus light movement such as walking. In fact, walking is key for avoiding DVTs, whereas sitting still for a long time,

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SIX WALKING PAINS NOT TO IGNORE –CONTINUED FROM PAGE #2...

having a recent lower-body injury or hip or leg surgery can up your chances of developing one, per the American Academy of Orthopaedic Surgeons.

HEEL PAIN

Possible diagnosis: Plantar Fasciitis

If you have a dull, achy pain in your heel that spreads along the bottom of your foot and gets worse when you take your first steps in the morning, head up the stairs or start walking after sitting for long periods of time it's likely plantar fasciitis, says Patel. This is the irritation of the connective tissue that spans from your heel to your toes.

What to Do

If you've upped your step count recently, consider reducing the intensity. Plantar fasciitis is an overuse injury, so it usually begins with excessive walking or weight-bearing activities without proper stability and support from muscles in your feet, says Patel. Push through it, and you could worsen the pain or start walking in an odd pattern — which could result in even more injuries, adds Jey.

If you're still feeling it after you've backed off for a bit, a podiatrist can help with a stretching routine and determine whether you need custom inserts.

LOWER-BACK PAIN

Possible diagnosis: Lumbar Strain

It could be a muscle tear in your low back, or a lumbar strain, which can occur if you don't have proper form when walking, says Patel.

What to Do

Ignoring low back pain can actually make your back tighten up even more, resulting in a vicious cycle of muscle loss and increased

weakness, says Patel. Head for a physical therapist — they'll prescribe a stretching and exercise routine to strengthen your back, says Patel. These five simple moves can help, too.

PINS AND NEEDLES FROM BACK OF LEG TO FOOT

Possible diagnosis: Sciatica

Sharp, knife-like or electrical pain along with tingling, numbness and muscle spasms running down the back of your leg to your foot could be sciatica, or irritation of your sciatic nerve. It might feel like a weird muscle cramp or pins and needles and often gets worse when you start walking.

What to Do

Repetitive activities like walking can cause misalignments in your low back and, in turn, a tightened piriformis muscle which compresses your sciatic nerve, cueing shock waves of leg-to-foot pain, says Conrad. You'll need a full exam from your doc to pinpoint the source of your pain, but generally, sciatica heals itself over several weeks.

Rest and light movement, plus over-the-counter pain meds and soothing hot and cold compresses, can help lessen your pain in the meantime. A chiropractor can also help with any alignment issues. –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 County username and password. Contact HR or give Continuum a call if experiencing difficulty.

APRIL WELLNESS QUESTION OF THE MONTH

Within this newsletter are found six (6) "hidden eggs"; digital URL's. Find those links and unscramble the first letter in each domain name. The unscrambled letters will roll out the following:

Answer: _ _ _ _ _

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the March Question: "B: Vitamin B, K & Calcium"*

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.*

WHY LOSING BELLY FAT SHOULD BE A PRIORITY

BY JODI HELMER

Belly fat, scientifically known as visceral fat, has been linked to increased inflammation and problems like Type 2 diabetes. Recent research, published in the Journal of the American Heart Association, shows having excess belly fat is correlated with an elevated risk of heart disease. What's more, it may be especially dangerous for women.

Here's what you need to know about the importance of the waist-to-hip ratio:

WHY WAIST-TO-HIP RATIO MATTERS

Researchers followed more than 500,000 participants between the ages of 40–69 and found the incidence of heart attack was associated with body mass index (BMI), waist circumference, waist-to-hip ratio and waist-to-height ratios.

The greater the waist-to-hip ratio (calculated as waist circumference divided by hip circumference), the higher the heart attack risk in women. In women, each 0.09 increase in the calculation was associated with a 50% increase in heart attack risk; the risk rose 36% in men with the same increase in waist-to-hip ratio. For men, a waist circumference over 40 inches poses the greatest risk, compared to 35 inches for women.

"Our findings show looking at how fat tissue is distributed in the body — especially in women — can give us more insight into the risk of heart attack than measures of general obesity," says Sanne Peters, PhD, research fellow at University of Oxford.

WHY BELLY FAT IS THE MOST DANGEROUS

Obesity is a risk factor for heart disease but even those who maintain a BMI in the normal range are at risk if they have excess visceral fat, according to Dr. Erin Michos, associate director of preventive cardiology at Johns Hopkins University School of Medicine.

Michos explains that fat in the abdominal cavity is associated with increased risk of high blood sugar, inflammation, elevated triglycerides and lower levels of HDL "good" cholesterol, making it more dangerous than fat stored elsewhere in the body. Thus, "in two people with the same BMI, the person who has more of an apple shape and stores fat in their abdomen is at higher risk of heart disease than the one who stores their fat elsewhere," says Michos.

What's more, research published in the Journal of the American College of Cardiology looked at CT scans of abdominal fat and found each additional pound of fat gained during the 6-year study was linked to new diagnoses of high blood pressure, high cholesterol and heart disease risk.

THE BOTTOM LINE

Losing weight can help reduce the likelihood of developing heart disease and improve blood glucose, blood pressure and cholesterol. Michos advocates a combination of healthy eating and exercise to help banish belly fat and improve overall health. Luckily, visceral fat is the easiest to lose and a simple walking routine can help blast belly fat. "If you can lose some inches around your waist, even if the number on the scale doesn't change much, you are still benefiting your heart," says Michos. —end

IMPACTsurvey

Survey Instructions:

1. Go to www.impactsurvey.net
2. Click on right grey arrow to forward to next screen
3. Enter the company password: "**saline**", then click enter or right arrow
 - **If first time user** (if you were not employed with Saline County during the screening and survey last year or new to wellness program)
 1. Unique I.D. – enter your County employee ID number.
 2. Complete section and continue. You will be asked to answer 3 security questions to retrieve your password in future years.
 3. Take survey
 4. Once survey is finished, your personal report will pop up. If you wish to print your report, click "printer friendly version" on left top corner. Hold control button down while clicking P and send to print, OR email to your email account.
 - **If returning user** (if you were in wellness program last year)
 1. Click on "Sign in Here" in green letters
 2. Unique I.D. – enter your employee ID number.
 3. If you remember your password enter it now
 - You should be in the survey
 4. If you forgot your password:
 - Click on "forgot password" on bottom left
 - Answer a security question
 - Create a new password, Re-type password, click enter
 - Enter password on log in page. Your user name should already be populated
 - Press enter
 - Click right arrow once you get to the employee profile page. You do not need to reset your password on that page.
4. Take survey
5. Once survey is finished, your personal report will pop up. If you wish to print your report, click printer friend version on left top corner. Hold control button down while clicking P and send to print, OR email to your email account.

Current Saline County employees have until the end of April as the deadline to participate in the 2019 Impact Survey.

Crazy 8 Challenge

Day	Date	Water	Exercise	Sleep	Fruits OR Vegetables	Carbonated Beverages	Tobacco	Healthy Breakfast	Read a Book	TOTAL POINTS
Mon	April 1									
Tues	April 2									
Wed	April 3									
Thurs	April 4									
Fri	April 5									
Sat	April 6									
Sun	April 7									
	TOTAL WEEK 1									
Mon	April 8									
Tues	April 9									
Wed	April 10									
Thurs	April 11									
Fri	April 12									
Sat	April 13									
Sun	April 14									
	TOTAL WEEK 2									
Mon	April 15									
Tues	April 16									
Wed	April 17									
Thurs	April 18									
Fri	April 19									
Sat	April 20									
Sun	April 21									
	TOTAL WEEK 3									
Mon	April 22									
Tues	April 23									
Wed	April 24									
Thurs	April 25									
Fri	April 26									
Sat	April 27									
Sun	April 28									
	TOTAL WEEK 4									
	TOTAL POINTS									

Name: _____ Total Points: _____

(*See Instructions on page #7...)

CRAZY EIGHT CHALLENGE—INSTRUCTIONS

The “Crazy Eight” Challenge has 8 categories in which to earn points:

1. Water: 1 Point for every 8 oz of water drank during that particular day
2. Exercise: 5 Points for every 15 Minutes of continual exercise per day (30 min = 10 pts,
♦ 45 min = 15pts, 60 min = 20 pts (MAX 20 Points/Day)
3. Sleep: 1 Point for every night you sleep 7 or more hours (Max 1 Point/Day)
4. Fruit/Vegetable: 1 Point for every serving of Fruits or Vegetables you eat each day
5. Carbonated Beverage: 1 Point for every day you do not consume soda-pop, beer or other such carbonated beverage, 0 Points if you have one or SUBTRACT 1 point for every carbonated beverage you have over 1 a Day (MAX 1 Point/Day)
6. Tobacco: 1 Point for every day you abstain from tobacco
7. Healthy Breakfast: 1 Point for each day you eat a healthy breakfast
8. Read a Book: 1 Point for each day you read a book for at least 1/2 hour a day

Note the following for this Challenge:

- ♦ One (1) serving of vegetables is equivalent to 1 cup of raw leafy vegetables, or 1/2 cup for other vegetables
- ♦ One (1) serving of fruit is equivalent to 1 medium piece of fruit, 1/2 cup chopped or canned fruit;
 - 1 cup = the size of a small fist; a medium piece of fruit = the size of a baseball
- ♦ 25 Wellness points provided for those earning at least 500 Challenge Points
- ♦ 50 Wellness points provided for those earning at least 750 Challenge Points
- ♦ All entries must be returned by a **5:00 p.m., Monday, May 6th deadline** to qualify!

STRESSED OUT?

MUSCLE TENSION OR HEADACHES

FATIGUE

FEELINGS OF ANXIOUSNESS, IRRITABILITY OR DEPRESSION

SOCIAL WITHDRAWAL

PROBLEMS CONCENTRATING

APATHY OR LOSS OF INTEREST AT WORK

TROUBLE SLEEPING

STOMACH ISSUES

USE OF DRUGS OR ALCOHOL TO COPE

Are you one of the 75% of people in the U.S. who regularly experience at least one of these symptoms? Before your stress starts gnawing away at your physical and emotional health, reach out to Continuum EAP for help.

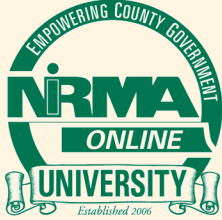
CONTACT US:

CALL:
402.476.0186 / 1.800.755.7636

EMAIL:
easpecialist@4continuum.com

ONLINE:
www.4continuum.com

Continuum



APRIL—JUNE, 2019 — NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ “High Blood Pressure—Reducing Your Risk”

***Next Wellness Committee Meeting:** April 1, 2019 in the Courthouse Conference Room, 10:00 a.m.

***Next Safety Committee Meeting:** Wednesday, May 8, 2019 in the Courthouse Conference 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.



2019 IMPACT SURVEY

REMINDER:

The Wellness Committee has dedicated the entire month of April as the participation period for the 2019 Impact Survey Health Risk Assessment. Instructions for accessing this valuable tool is found on page #5 of this newsletter. —end

2018 WELLNESS INCENTIVES

NOTE:

Upon completion of the April 1 Protest Date and subsequent Wellness Committee meeting, the process of insuring chosen incentives are accurate for those qualifying & expecting either gift cards or time off from work. Incentives will be processed and distributed around the middle of April; if not soon after. —end

2019 SPRING TRAINING

“DEFENSIVE DRIVING”

The Saline County Spring Safety Training event will be held twice at the Extension Building, both from 8:30 a.m. to 12:30 p.m. on Wednesday, May 29th and Thursday, May 30th. There will soon be a sign-up sheet enabling all staff members to designate the best date to attend. Again, as with all Safety Training events, it remains highly recommended that everyone participate. The driving topic for the upcoming Spring session is “Defensive Driving”. —end

STAYING FIT:

Find moments for movement

Research has shown that sitting at a desk most of the day can take a toll on your health. For this reason, some health experts call long-term sitting “the new smoking.”

Stand-up desks and even expensive treadmill-desks have been introduced to mitigate this health crisis. There may be an easier way to mitigate all the risk: **Move when you get the chance!**

Walk in the morning, **walk** at lunch, **climb** the stairs, **get up** and talk to your co-worker instead of sending an email, **pace** while on the phone, do some **stretches** every 30 minutes, try a few **sit-ups**, and/or do some **lunges**. Put a reminder sticker near your desk that says “**Move!**” and **fight** the impact of sedentary work. —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.