



Saline County Employee Newsletter

WHY YOUR WEIGHT ISN'T BUDGING EVEN THOUGH YOU'RE EXERCISING

by Lori Nedescu

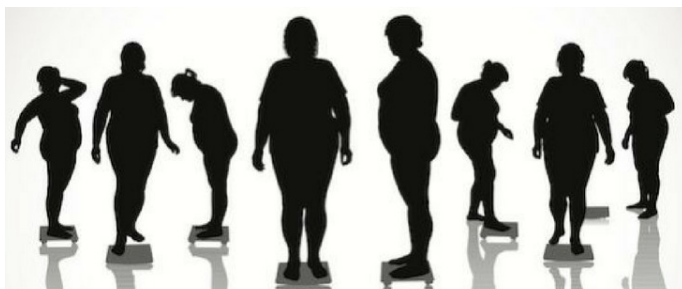
Are you working out endlessly only to have the number on the scale never budge — or even worse, go up? This frustrating effect is actually quite common. Before you give up on working out, see if any of these reasons might be to blame.

DOING THE WRONG TYPE OF TRAINING

Make sure your workouts fit your body goals. Take a look at bodybuilders, swimmers, distance runners and cycling sprinters, and you'll notice their body shapes are very different. The style of your fitness training can dictate whether you're breaking down tissue or building muscles and which muscle areas are targeted.

UNDER FUELING

Fit bodies need fuel to burn. Having too strict of a diet while engaged in a heavy fitness routine can leave your body in conservation mode. To keep your engine burning, make sure your diet is loaded with high-quality, nutritious foods and balanced meals throughout the day. Try tracking your intake to make sure your daily calorie deficit is not too large. *(Continued page #2...)*



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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

WHY YOUR WEIGHT ISN'T BUDGING—*CONTINUED FROM FRONT PAGE...*

IGNORING REST

Even top athletes struggle with this one, but taking time off is crucial. Chronic training can increase levels of the stress hormone cortisol in the body, which is known to prevent weight loss, especially around the midsection. Taking a day or several off can keep hormone levels in check.

POOR SLEEP

Sleep is essential for keeping pounds off. However, struggling to fit workouts in might be detrimental to your sleep schedule. Waking up earlier than your natural wake time to fit in that morning jog or having your system revved up late from an evening basketball game can mess with your sleep rhythm. Craving sugar, constant fatigue, a cranky disposition and weight gain can all be signs that you're not sleeping enough.

A HIGH-CARB DIET

Most general fitness routines do not require a high carbohydrate intake. Filling up on high-sugar sport foods can leave you craving more. While many carbohydrate-rich foods are healthy (Think: Complex carbs), your body needs extra water to process this macronutrient, which can lead to a puffy, swollen feeling and higher number on the scale. Time your carb intake to promote high energy with your training and stick to non-processed carbs (vegetables, brown rice), protein and healthy fats outside of workouts.

OVERESTIMATING CALORIE BURN

Cardio machines and online calculators can overestimate how much energy you're really burning during your workout. Eating to match these numbers can have you taking in higher

than necessary calories throughout the day. Also, the more trained your body, the more efficiently your body can complete workouts so less energy is burned. Invest in a fitness tracker that uses heart rate to help accurately track your burn, switch the type of workouts you do and make sure you are challenging yourself often.

OVERCOMPENSATING

The “but I earned it” mindset can get even the most fit athlete in trouble. Sure, sweating it out at the gym gives you a little diet leniency, but it isn't a free for all. If, after each workout, you give yourself permission to have an extra latte, cocktail and dinner roll, you might be consuming more than is needed by your body and negating all your fitness gains. Tracking your intake on MyFitnessPal can provide insight into how often you're treating yourself with food and if it is contributing to your stalled results.

BOTTOM LINE

Bottom line, there are many factors that can contribute to not seeing the weight loss you desire when starting a new fitness training routine. The best approach is to assess your eating, training and goals with a professional to make sure everything is working together for a successful outcome.

Another approach is to step away from the scale. Focusing only on total body weight doesn't tell the full story of what is happening to your body composition. Periodically test your body fat composition, which is more important than total weight, and focus on how your clothes fit and how healthy and energized you feel. —end

Skin Cancer Awareness — *by Seraine Page*

With the warmer weather comes sunny skies and more outdoor activities. It also means an increased chance of sunburn.

May is Skin Cancer Awareness Month, a perfect time to remind ourselves that this most widely-diagnosed cancer is also the most preventable. Most skin cancers are caused by ultraviolet (UV) exposure, which comes from the sun, tanning booths, and sunlamps.

One in 5 Americans will be diagnosed in their lifetime with skin cancer, and between 7,000-8,000 people die from melanoma every year.

Luckily, most skin cancers are curable when caught early.

There is seen the importance of annual dermatology skin scans along with wearing daily sunscreen. You can also learn how to spot early skin cancer warning signs.

Here's some valuable information on this subject during these early summer months:

SKIN CANCER FAST FACTS

- A person's risk for melanoma doubles with 5+ sunburns
- 1 in 5 Americans will develop some type of skin cancer during their lifetime
- Men are diagnosed more often than women
- The Skin Cancer Foundation estimates 7,200 people will die from melanoma in 2019
- Approximately 90% of melanoma skin cancers are caused by exposure to the sun's UV rays
- Getting sunburned as a child can increase your risk for skin cancer as an adult

WHAT TO LOOK FOR: SKIN CANCER SYMPTOMS

It's helpful to use the ABCD method when checking for abnormal skin conditions. "A" stands for asymmetry (one half of the mole doesn't

match the other); "B" is for border (should be round, not uneven); "C" is for color (not consistent across the mole); "D" is for diameter (larger than a pencil eraser can be worrisome).

Now that you know the facts, here's what to look for:

- Skin cancer can form even on the palms of your hands and the bottom of feet
- Look for changes in your skin like sores that don't heal or new bumps with waxy textures
- Can present as flat, brownish patches or raised reddish bumps
- Moles that change color, size, or texture should be checked out

Annual exams by a dermatologist are highly recommended. A dermatologist can spot issues long before you might recognize a worrisome bump or mole. They'll do a full body scan, and they'll check your scalp all the way down to in-between your toes.

EASY SKIN CANCER PREVENTION MEASURES

Skin cancer is easily preventable, especially with today's advanced sunscreen and clothing options. For women who wear makeup, use a moisturizer with sunscreen and SPF-infused makeup for extra sun protection.

(Continue on page #4...)

1 in 5 Americans
will be diagnosed with skin cancer.
DON'T BE THE 1.

PREVENT. DETECT. LIVE. **SPOT**

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.

JUNE WELLNESS
QUESTION OF THE MONTH

Which of the following is least true:

- A. 20% of Americans will develop some type of skin cancer in their lifetime.
- B. A yearning for sugar can be a sign of not enough sleep.
- C. People who engage in vigorous physical activities have slightly lower risk of death than those who enjoy gardening.
- D. One-third of youngsters who die between the ages of 16 & 19 are killed in vehicle accidents.

BONUS: 25 WELLNESS POINTS
for correct answer

*Answer to the May Question:
"Serotonin"

Email your name and correct answer to: salinewellness@gmail.com

*Accepted answers must be received prior to the subsequent month's newsletter distribution.

SKIN CANCER AWARENESS

- CONTINUED FROM PAGE #3

Skincare tips to remember:

- Use an SPF 15 or higher sunscreen
- Reapply sunscreen every 2 hours and after swimming
- Avoid the sun between 10 a.m. and 4 p.m.
- Long sleeves, hats, and sunglasses all provide protection
- Infants should be protected from the sun (6 months and up can wear sunscreen)
- Protect children from burning to reduce their risk of cancer as adults
- Check your skin regularly for changes
- Get an annual check-up

SPREAD THE WORD DURING SKIN CANCER AWARENESS MONTH

It's easy to get involved and promote Skin Cancer Awareness in educating ourselves and each other on the dangers of skin cancer — a deadly but highly preventable health concern.

While many cancers may not be preventable, skin cancer is an exception. It can be easy to protect ourselves from sunny skies and skin damage this summer. And, when detected early enough, a skin cancer diagnosis can almost always be cured. *—end*

DEFENSIVE DRIVING TIPS—FOR PARENTS AND TEENS

33% of teenagers who die between the ages of 16 and 19 are killed in vehicle crashes, and 16-to-17-year-olds are three times more likely to be in a crash than 18-to-19-year-olds.

Here's how parents can make a big difference to reduce risk.

Start with a parent-teen driving agreement. You can find one at www.cdc.gov (search: "parent-teen driving agreement"). In addition to having conversations about your family's rules of the road, putting those rules in writing helps to clearly set expectations, limits and consequences.

You can also learn dozens of effective, tried and true ways of teaching your teen to drive safely with the information found at www.libertymutual.com (search: "coach your teen driver"). Discover how to prevent bad driving habits before they start, the mistakes parents often make when coaching teens to drive, and much more. *—end*

Gardening Could Reduce Your Risk of a Heart Attack

by Lindsay Lowe

Is gardening just as good for you as hitting the gym?

A new study suggests that even low-to-moderate level physical activities like gardening can have a major impact on your health.

The study, published in the *British Journal of Sports Medicine*, followed a group of more than 88,000 Americans, age 40 to 85, over the course of 11 years.

The people who participated in just 10 to 59 minutes of moderate physical activity per week — such as gardening, walking or dancing — had an 18% lower risk of death from any cause. More specifically, their risk of death from a cardiovascular event like a heart attack or stroke dropped 12%.

Meanwhile, people who did anywhere from 2.5 to 5 hours per week of moderate physical activity reduced their overall risk of death by 31%.

Why is gardening so good for the body? There are plenty of reasons, says Michelle Adams, an instructor of kinesiology and nutrition at the University of Illinois at Chicago.

For one, the movements you make while gardening can give you a light cardiovascular workout.

“The actual motions involved with digging and raking all involve a lot of coordinated upper and lower body movement that actually increases metabolic rate and can get your heart rate a little bit elevated,” Adams told TODAY Home. “Not at an intense level, but at a nice low to moderate intensity level.”

Also, gardening basically forces you to do squats.

“In gardening, you need to get down on the earth, you need to plant, you need to pick,” she said. “You have to be able to do a squat to be able to garden.”

Gardening can strengthen large muscle groups like your quads, hamstrings and glutes, and it can also strengthen smaller muscles and ligaments in the hands and feet.

“You’re using the intricate muscles of your feet to balance on uneven ground when you’re working in grass or on mulch or on dirt,” Adams said. And, you strengthen the tiny “ligaments that are in your hands from digging or shoveling or holding a rake with a grip, or pushing a lawnmower.”

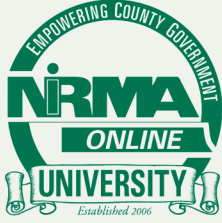
That said, while gardening can definitely have physical benefits, it doesn’t mean you should ditch more high-intensity workouts altogether.

Researchers noted in the same study that more vigorous exercise still has more health benefits than moderate activities. And more rigorous workouts can be a better option for people who only have limited time to exercise.

“Individuals who participated in vigorous physical activities had significantly lower risk of death than those who only did light/moderate physical activity,” the journal said in a release about the study. “So the authors recommend that people short of time should consider more vigorous activities.”

So, maybe don’t cancel that gym membership just yet. That said, with spring & summer upon us, it certainly can’t hurt to get out the watering can and gardening gloves. And chances are, it’ll be way more fun than the elliptical! -end





**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:** Thursday, June 13, 2019 in the Courthouse Conference Room, 8:30 a.m.

***Next Safety Committee Meeting:** Wednesday, August 21, 2019 in the Courthouse Conference 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.



100 MILES—100 DAYS CHALLENGE

It’s not too late to begin and pick up the pace in participating in the 2019 “100 Miles—100 Days Challenge”. Take note of the May newsletter for rules and charting sheet. It’s still possible to get those 100 miles in! Start TODAY! *-end*

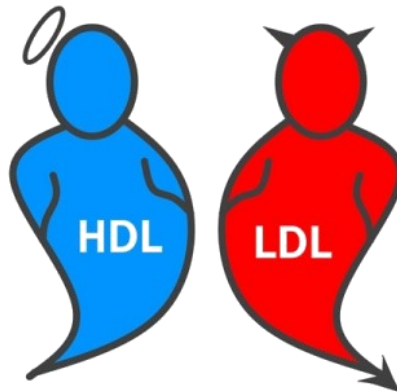
FITNESS CENTER CODE CHANGE

As is the expected practice on or around July 1st of each year, the code on the lock to enter the Saline County Fitness Facility will be changed next month. The Wellness Committee will confirm this change at the June 13th meeting and establish a new code.

Please use the remaining couple of weeks in June, and anytime thereafter, to submit your updated “Waiver/Release from Liability” form. The new code will then be provided in preparation of the code change.

For easy access, the waiver form is available on the Saline County website: http://www.co.saline.ne.us/webpages/committees/wellness/fitness_center.html or by visiting with Jamie or Tim at the Courthouse. *-end*

JUNE WELLNESS CLASS



Madonna Fit-4-Work will be onsite at the Courthouse Wednesday, June 26, 2019 beginning at 5:30 p.m. to present a topical presentation and discussion on “Cholesterol”; the Good, the Bad and the Ugly!

The Wellness Committee hopes to gain permission to video record this class in the event willing participants find they cannot attend.

Remember, there are 50 Wellness Points available for live attendance. *-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.