



Saline County Employee Newsletter

SMART WAYS TO CUT SUGAR FROM DIET

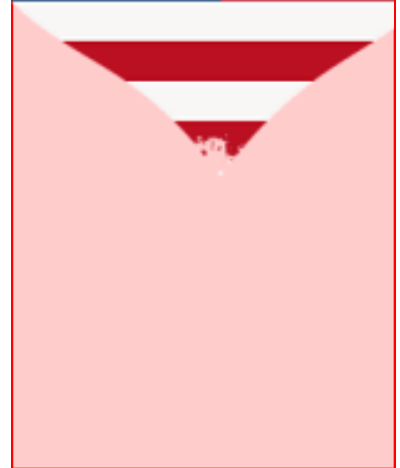
by Christine Byrne

While there's nothing wrong with indulging in a craving for a scoop of ice cream or margarita every so often, too much sugar has negative health effects and can be detrimental to weight loss. The FDA recommends getting no more than 10% of your daily calories from added sugars, and defines them as sugars added during processing or packaging. This includes syrups, honey and concentrated fruit or vegetable juices with more sugar than would be expected from the same volume of 100% fruit or vegetable juice of the same type.

Naturally occurring sugars in things like fruits, vegetables and dairy are much more nutritious than added sugars, because they come with important vitamins and nutrients, as well as fiber and protein that slow their digestion and make them a steadier source of energy.

Finding ways to swap added sugar for naturally occurring sugar (*or to cut down on sugar altogether*) is a good idea for both your energy levels, and your overall health.

(continued on 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

CUTTING SUGAR FROM YOUR DIET—*CONTINUED FROM FRONT PAGE...*

Here are seven simple ways to get started:

USE FRUIT AND CINNAMON TO SWEETEN BREAKFAST

Packaged cereal, granola and yogurt often contains sneaky amounts of added sugar — and using honey, maple syrup or another sweetener yourself can add up if you're not careful. Instead, opt for plain yogurt topped with fresh fruit and some nuts. Or make overnight oats with a hefty pinch of cinnamon (which can make things taste sweeter, even though it's sugar-free) and later stir in chopped fruit and some unsweetened nut butter.

READ NUTRITION LABELS CAREFULLY

Search for a store-bought granola with no more than 5 grams of added sugar per serving. KIND Peanut Butter Granola Clusters fit the bill, as does Bear Naked Granola V'nilla Almond. Both are lightly sweet, packed with whole grains and contain healthy fats from nuts.



People who consume
25% OR MORE
calories from sugar are
TWICE AS LIKELY
to die from heart disease than
those who consume <10%.

OPT FOR COLD OR NITRO BREWS

Drinking a daily coffee with a spoonful of sugar is a habit that could sabotage your weight loss goals. Instead, try a high-quality cold brew, or

the increasingly popular nitro brews, which have a deeper but less-biting flavor than traditional drip or steeped coffees, making them easier to drink plain or with a splash of milk.

MAKE YOUR OWN COCKTAILS

Pre-mixed drinks like margaritas, daiquiris and fruity sangrias are loaded with added sugar since bartenders often rely on pre-made sour mixes or flavored syrups. If you want to indulge in an alcoholic beverage, try making these lower-sugar versions at home.

CUT BACK ON SUGAR WHEN BAKING

A little added sugar in pies is helpful for bringing out the sweetness of the fruit filling and creating an ideal texture. However, in most cases, you can cut the amount of sugar called for in your favorite recipes by 1/3, or even by 1/2 — smaller amounts still work well for turning already-sweet fruit into a more indulgent, but healthier, dessert.

CHOOSE IN-SEASON FRUIT

If you've ever eaten a blueberry in January, you know offseason produce isn't nearly as flavorful as in-season picks — it's less sweet, more tart and often less colorful. What fruits are in season and for how long depends on where you live, so your best bet is to ask vendors at your local farmers market.

SWAP SODA FOR FLAVORED SELTZER

Flavored bubbly water is a great option in lieu of sugar-laden soda, provided you look for ones that don't have added syrups or sugar. Try a can of La Croix or make your own fancier version by combining plain seltzer with some mashed and sliced fruit. —end

TIPS FOR EATING HEALTHIER EVERY DAY—BY SERAINE PAGE

So, you want to eat healthier, eh?

Luckily, you don't need to follow a trend or diet to focus on healthy eating for your daily life. It all boils down to listening to your body's needs by fueling it with food that makes you feel energized and well. Studies show diets rich in nuts, fish, fruits, and veggies are best.

Sound expensive? It's actually not.

Eating healthy on a budget isn't impossible. In fact, a Harvard School of Public Health research found a healthy vs. unhealthy diet costs just \$1.50 more per day.

The cost of diet-related chronic diseases — such as diabetes — is much higher.

If eating healthy seems overwhelming, it doesn't have to be. While there's a lot of information (and misinformation) out there, sometimes keeping it simple is best. Start small, and then figure out what works best for your lifestyle.

To make it easy, here are 13 ways to eat healthier in your daily life:

- 1) Eat whole foods—If it's been grown in the ground, it's a whole food. The closer to nature your food is, the better it is for your health. Avoiding pre-packaged, convenience foods is one way to ensure you're eating foods in the most natural state. Fresh fruits and veggies are best, but frozen food is a close second when it comes to nutritional value.
- 2) Fill your plate with vegetables—In order to meet your daily vegetable intake, fill half your plate with veggies. Whether it's a salad or grilled veggies, eating fiber-rich options like broccoli and Brussels sprouts will make you feel fuller sooner.
- 3) Eat smaller amounts—If you tend to overeat, it can lead to health issues like obesity. Try eating smaller meals throughout the day to avoid overstuffing yourself when you're starving. You can also try using a smaller plate as it gives you the perception that you have more food than you really do.
- 4) Check ingredients—Unfortunately, red #40 isn't an ingredient found in nature. If you can't pronounce it or don't recognize a food ingredient, it's probably not healthy. As the saying goes, if your grandmother wouldn't recognize it as food, it's likely not supposed to be edible.
- 5) Cut out sodium—The human body needs sodium to regulate kidneys and control the body's fluid balance. But, too much of a mineral like sodium can cause issues like high blood pressure. According to the American Heart Association, the ideal limit for most adults is no more than 1,500 mg per day. Pre-packed foods and sauces (like soy sauce) have a ton of sodium and should be avoided.
- 6) Drink more water—If you're looking to lose weight, drink more water. Water can make you feel full, which often leads to eating less. It also is a necessity to keep the body hydrated, especially in the hotter months. You can also “eat” more water — high water content foods include melons, tomatoes, and celery.
- 7) Find healthy foods you love—Eating healthy shouldn't be painful. You want to associate healthy eating with positive results. If you've always hated broccoli, and you still gag when you eat it, just don't eat it. Instead, find healthy fruits and veggies that you love to eat that taste good to you and make you feel energized.
- 8) Snack healthy—If you need a bite to hold you over until your next meal, grab a snack full of protein and good-for-you fats. Healthy picks like smashed avocado on rice cakes, homemade trail mix, boiled eggs, and fresh fruit are all great options.
- 9) Meal plan—Eating healthy on a budget doesn't have to be challenging. If you meal plan, you can catch sales and coupons before you head into the grocery store. Plan meals around sales to get the best deals. And, you won't be tempted to run out to dinner if you've already meal planned and prepared for the week! (*continued on page #4...*)

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.

JULY WELLNESS QUESTION OF THE MONTH

July 21st is set aside in recognition of what special day (and hopefully avoidable) in 2019?

Answer:

BONUS: 25 WELLNESS POINTS for correct answer

**Answer to the June Question: "C"*

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

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

HEALTHIER EATING - CONTINUED FROM PAGE #3

- 10) **Bake or roast foods**—Even though fried foods are delicious, fried fare is far from healthy. Instead, bake or roast your favorites — like fries — for a lighter and healthier spin on your temptation foods.
- 11) **Add some fun to your salads**—Keep your salad interesting by adding lots of toppings. The key is to have quality toppings that provide nutritional value. Add crunchy texture with ingredients like chopped carrots, pickles, almond slices, and baked chickpeas. Stay away from creamy dressings as those tend to be packed with higher calories.
- 12) **Slow down when you eat**—Eating too quickly can lead to poor digestion. Also, if you scarf your food down, it makes it hard to enjoy your meal. It takes the brain about 20 minutes to register that you're full. If you eat too fast, you will get the hunger satiety signal too late — usually when you're uncomfortably full.
- 13) **Keep junk food out of the house**—If you bring your favorite junk food into the house, you're going to eat it. This may be tough given the annual celebration of National Junk Food Day taking place on the third Sunday this month. So, leave it at the store. Instead, keep healthy snacks on hand like trail mix, hummus and crackers, and fresh fruits. Then you'll be forced to nosh on healthy food instead of empty-calorie foods like chips.

EATING HEALTHY FOR OVERALL BETTER HEALTH

A balanced diet and good nutrition are just a few of the keys to overall good health and wellness. Diets filled with fruits, vegetables, and whole grains reduce the risk of heart disease, obesity, and other chronic health issues.

You don't have to implement these tips all at once, either.

Ease into healthy eating, and be patient with yourself as it's a process to break poor eating habits. Eating healthy on a budget is possible as well if it's important enough to you to take the time to be healthier. The cost of poor health is much higher than a slightly increased grocery bill.

A FEW OTHER HEALTHY DIET TIPS:

- Avoid processed meats (too much sodium)
- Eat breakfast to boost energy
- Swap out sugary drinks for herbal tea and fruit water
- Eat whole fruits instead of drinking juice

Discover more healthy eating tips by talking with a registered dietitian or your doctor. If you enjoy cooking, you can also Google clean eating recipes and check out Pinterest for more interesting healthy recipes.

Here's to happy and healthy eating! -end

How you Weigh Yourself Matters

by Paul L. Underwood

The children's television host Mister Rogers famously weighed himself every day after going for a swim. Such was his consistency in diet and exercise that, every day, he weighed exactly 143 pounds. (A total that tickled him, because the numbers 1-4-3 correspond to how many letters are in the phrase, "I love you." Classic Mister Rogers right there.)

We can't all be Mister Rogers for many reasons, but the anecdote might make you wonder: How often should you weigh yourself, anyway? Should you, like Fred Rogers, do so right after vigorous exercise, or is there another time of day that's best? What should you do if your results are something other than the exact same thing every day? Oh, and what kind of scale should you use? And hey, Mister Rogers was a pretty slight fellow, huh?

We've answered these questions below. (OK, maybe not that last one.)

WHAT KIND OF SCALE SHOULD I USE?

First and foremost, if your aim is to lose (or gain) weight, the most important thing is consistency. That includes using the same scale every day — even if the number may be a little off, it should still be accurate in terms of weight loss or gain.

That said, you should still aim for accuracy. The simplest way to calibrate a scale is to remove everything from it, and then make sure the read out is exactly 0.0 pounds.

Because this is 2019, you can buy a scale with Wi-Fi that syncs to your favorite health-tracking app and devices. These scales might also permit you to register multiple users, so you and anyone else in your home can track your progress seamlessly. Some also measure additional things like body fat. Whether you need all that is up to you.

WHAT TIME OF THE DAY SHOULD I WEIGH MYSELF?

What matters most is consistency. You don't want to compare how much you weigh in the afternoon right after lunch to how much you weigh first thing in the morning when you've gone several hours without food. Your weight can fluctuate nearly 10 pounds over the course of a day (though a 2- to 5-pound variance is more typical), and you don't want to mistake that for weight gain or loss.

That said, consider weighing yourself first thing in the morning after using the restroom. This is typically your longest gap between meals, so your weight won't be affected by how much (or how little) you just ate. It's also likely to be one of the easiest times of day for you to strip down and hop on the scale.

WHAT ABOUT AFTER A WORKOUT?

It can be tempting to weigh yourself right after a workout. You might be stripping down to shower, after all, and the scale is right there. But unless you work out exactly the same way every day, you won't be getting a consistent read out. (In other words, you won't be comparing like to like.) In addition, the scale won't reflect your true weight. If you sweat a lot, for example, you'll have lost water weight. (And if you overhydrate, you might actually gain water weight.) As we mentioned above, Mister Rogers would weigh himself after a swim, so this is one case where we can actually say not to imitate "The Cardiganed One."

Now, if you're tracking hydration, you'll want to weigh yourself before a workout and again after the workout. For every pound lost, you'll want to drink 16 ounces of water. (*continued on page #6...*)

How you Weigh Yourself—*continued*

WHAT SHOULD I WEAR WHEN WEIGHING MYSELF?

Simply put, you're weighing yourself. Which means you should only weigh your self — with as little else as possible. Clothes add two or three pounds. Your shoes add another one or two. If possible, remove that uncertainty by removing your clothes and weigh yourself dry (no wet hair) for the most accurate reading. Because you wear different clothes and shoes every day, wearing them during weigh-ins also produces inconsistent results from day to day.

HOW OFTEN SHOULD I WEIGH MYSELF?

To a certain extent, how often you weigh yourself depends on why you're weighing yourself. If, like Mister Rogers in the opening anecdote, you're simply checking in, by all means, hit the scale every day. If, however, you're aiming to shed pounds (or, perhaps, go the other way by adding muscle), you might be disappointed with the lack of day-to-day progress. Day-to-day measurements can also be noisy, affected by how much you did or didn't eat the previous day or how much you did or didn't exercise. If you're committed to your goal, you don't want to get discouraged (or encouraged) by a faulty number.

It really depends on what kind of goal-setter you are. But again, if you're hoping to achieve a loss or gain, it might be better to monitor your progress week to week, month to month. If you want to weigh yourself every day for your own personal reasons, though, go ahead.

HOW IMPORTANT IS MY WEIGHT, REALLY?

As you probably already know, there is good weight and there is bad weight. Two people can stand the same height and weigh the same amount, and be completely different in terms of their overall health. You should certainly consider talking with a doctor, a trainer or both before pursuing a high volume of weight loss or gain. But if you've done so and have a goal, keep all of the above in mind as you pursue it.
—end

TEAM WITH YOUR DOC to help fight depression

Some individuals with depression participate in psychotherapy, some use medication, and some do both. No matter what treatment path you take, discuss with your counselor or medical doctor practical steps you can take on your own to supplement your therapy goals.

Supplemental activities depressed patients claim bring significant improvement include finding a passionate pursuit (hobby, goal, dream, or pastime) that makes one feel important and significant.

- Journaling progress can have a positive, self-fulfilling effect.
- Exercise is a naturally smart move for fighting depression.
- Find personal projects you have been excited about in the past but delayed, and complete one every week or two.
- Engage with others through meet ups, volunteerism, 12-step self-help groups, etc.

Your mind is your most precious tool. Nurture it with positives — from television shows to people, seek out affirming experiences. —end

SIX “MUST DO’S” AFTER EVERY WORKOUT—BY MARC LINDSAY

While walking is an excellent low to moderately intense workout that’s easy on the joints, you’ll still need to recover properly to improve fitness and avoid injuries. Here, six steps to include in your post-walk recovery routine:



① COOL DOWN

Whether you’ve gone for a long endurance walk or thrown in some intervals, it’s important to take time to let your body cool down before you head back inside. This allows you to slowly lower your heart rate and get rid of any lactic acid that could potentially cause soreness and a heavy feeling in your legs. A 10-minute walking cool down or completing a few yoga poses are great options post-workout.

② REHYDRATE

One of the most important but often overlooked aspects of recovery is hydration. Even during low-to-moderate intensity workouts, the body loses fluid through sweat that needs to be replaced. If you don’t, recovery takes longer and your performance for your next workout will be negatively affected. In the hour that follows your walking workout, drink plenty of water. If you’re doing long distance training for a walking marathon or have completed a particularly intense workout in hot weather, an electrolyte replacement drink might also be needed. If you’re unsure exactly how much fluid you’ve lost during exercise, weighing yourself before and after workouts is one way you can gauge how much fluid you need to drink to rehydrate properly. You can also track your hydration with an app like MyFitnessPal.

③ REPLENISH YOUR ENERGY STORES

Consuming healthy, nutrient-rich food after a walk is a must to allow your muscle tissue to repair and get stronger. Skip processed, sugary foods and load up on leafy greens, lean protein like chicken, fish or even a post-workout protein shake.

④ STRETCH

Stretching as soon as your workout is finished and while your muscles are still warm can help reduce muscle soreness and improve your flexibility — both of which can help you improve your overall fitness and decrease your chances of injury. If you don’t have a ton of time to go through a series of stretches, concentrate on your weak spots. For example, if hamstring tightness is normally an issue, put most of your attention there. When you have the time, try this seated routine that targets many of the common sore spots for walkers.

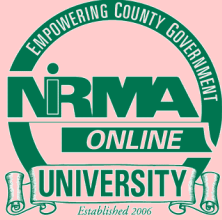
⑤ REDUCE MUSCLE SORENESS

While nutrition and stretching are big pieces to this puzzle, there are other things you can do to help prevent soreness so you can feel better and work out more frequently:

- **Massage:** This helps improve circulation and relax aching muscles.
- **Recovery tools:** If you don’t have money or time for a professional massage, try recovery tools like foam rollers, lacrosse balls or a Theragun to loosen up sore spots.
- **Ice:** Try taking an ice bath or simply icing any sore spots like your knees, lower back or shoulders post-walk.

⑥ TRACK YOUR PROGRESS

Setting goals and tracking your progress is an important part of the big picture. Instead of waiting and possibly forgetting about it all together, upload your workout info to your favorite fitness app shortly after you’ve finished your walk. This allows you to see the work you’ve put in and can provide a mental boost when you realize how much you’re progressing. —end



**JULY—SEPTEMBER,
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:

- ◆ **“Defensive Driving Basics”**

*Next **Wellness Committee** Meeting: TBD

*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.



“WALK ACROSS NEBRASKA”

This may be a good time to remind all those participating in the 2019 “100 Miles—100 Days Challenge” to PICK UP THE PACE”. We are half way through this challenge and there is ample time to double your efforts if you’ve found yourself slacking.

If you missed this opportunity, please know that beginning September 1st, a similar challenge “Walk Across Nebraska” will commence. Look for more information in a future newsletter. *-end*

FITNESS CENTER CODE CHANGE

On or around July 15th this year, the code needed to enter the Saline County Fitness Facility will be changed.

Please use the remaining couple of weeks to submit your updated “Waiver/Release from Liability” form. The new code will be provided in exchange for the newly submitted form.

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*

WORLD CHOCOLATE DAY

Summer is a brave time of year in which to hold “World Chocolate Day”, celebrated this year on Sunday, July 7th.

While this may tend to give us a sigh of relief as we attempt to gorge ourselves stupid, perhaps this might be a better time simply try something different. Don’t just buy yourself an 85% dark chocolate & sea-salt bar solely as a common tool to look down on those who prefer white chocolate, because you think “dark chocolate is real chocolate, unlike that sweet filth other people eat”. Don’t be that person. No-one likes that person. Try something new! Enjoy this day. It’s the only ‘get out of diabetic-jail-free card’ you’ll get this year. *-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.