



Saline County Employee Newsletter

THIS BAD HABIT COULD BE UNDERMINING YOUR WEIGHT LOSS

by Julia Malacoff

Feeling like you're eating well but not seeing any weight loss is a common, and frustrating, experience. One main culprit: estimating your portion sizes. Here, a look at the main problems with this approach and how you can take guessing out of the equation:

IT'S DIFFICULT TO CORRECTLY GUESS HOW MUCH YOU'RE EATING

"Most people are not accurate with estimating how much they are eating unless they have long-term practice weighing and measuring a variety of foods," says Emily Field, RD. In fact, even experts are pretty bad at it. "Research shows that nearly everyone from nutrition professionals to healthcare practitioners to the average person is inaccurate at estimating calories for their typical portion sizes," adds Field.

(continued on page #2...)



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***NOTE THE ADDITIONAL DOCUMENTS FOR REVIEW & COMMENT**

A BAD HABIT UNDERMINING WEIGHT LOSS—*CONTINUED FROM PAGE #1...*

MEMORY RECALL ISN'T ALWAYS ACCURATE

“Many people completely forget what they’ve eaten,” explains Stacey Mattinson, RD. Think about it: Can you remember what you ate last Thursday? Probably not. So if you’re basing what and how much you eat off of previous meals without any measuring or tracking involved, you’re unlikely to be accurate in your estimations, which can lead to overeating.

YOU MIGHT IGNORE YOUR HUNGER SIGNALS IF YOU ESTIMATE

“Satiety, or how satisfied you are after a meal, is rooted in both physical and psychological mechanisms,” Field explains. “For example, a meal that is rich in protein and fat will digest slower, and a meal that is heaping in non-starchy vegetables will take up a lot of room in your stomach. Both meals will likely make you feel full and physically satisfied after eating. However, if you perceive a meal to be ‘light,’ you might find yourself hungry between meals or experience cravings — which points to the role of psychology in meal satisfaction.”

A recent study looked at this phenomenon. Participants were given the same-sized omelet to eat for breakfast, and told it contained either two or four eggs (it actually contained three.) Researchers discovered the people who believed they ate a smaller omelet reported feeling hungrier two hours later, and even ate more at lunch and throughout the rest of the day compared to the people who believed they’d eaten four-egg omelets. This underscores how your perception of how much you’re eating is extremely powerful. Understanding your portions on a more precise level (rather than just estimating) can help you keep your hunger in check.

HOW TO COMBAT THE GUESSING GAME

“One of the best ways to get more accurate is to track your daily food intake, including what

you eat at home, what you eat out when you’re with friends and what you eat in times of stress or celebration,” Field says. Here’s how to get the most out of tracking:

Start small. Tracking your food may seem intimidating at first, but experts say the best approach is to start small. “Decide that you’re going to start food logging and commit yourself to three days, and then one full week, and then maybe a sample of days you eat outside the home and a few days you eat at home,” recommends Field. Ideally, you want to use a measuring implement, such as a food scale, to get accurate amounts for each food you eat, although this may not be possible when eating out.

“Let this be a neutral, information-gathering experience and don’t pass judgment on your eats,” Field says. “Should you choose to alter your meal choices based on the data you’ve collected on yourself, do so in small steps, such as cutting back on how much dressing you use or portioning yourself a few chips instead of eating straight from the bag.”

Opt for foods that help you tune into your hunger and satiety signals. In addition to understanding how much you’re truly eating, focusing on whole foods can make a big difference in keeping overeating in check. “You could be eating enough calories and not feeling satiated for a number of reasons, such as the fact that beverages generally don’t trigger satiety the same way as chewing (if you’re drinking tons of smoothies, for example) or poor macronutrient composition,” says Mattinson.

What’s more, “foods high in salt, sugar and fat can override satiety signals so you don’t feel full even though you’ve had adequate calories.” Instead, focus on “getting enough protein and lots of colors (fruits, veggies and nutrient-rich whole grains) for high fiber.” —*end*

“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

UP FOR A CHANGE? SALINE COUNTY WELLNESS PROGRAM OPTIONS



The Saline County Wellness Committee requests your input:

We would like to transition our program using a new, online Portal designed to assist all county staff members in their Wellness Program connection & reporting. This will allow your efforts to be imported on a continued, fluid basis throughout the calendar year. This also helps the Committee in utilizing this ‘self-reporting’ system.

Transition year 2020 will likely encompass two voluntary options:

Option #1—Remain using the current program scenario for reporting exercise/activity, yet through the “MyVia Portal” on a monthly basis. [\[I prefer option #1...\]](#)

Option #2 – Use wearable devices, such as a Fitbit, Apple Watch, etc., to document daily steps in replacement of documenting exercise, importing that data (in ways yet to be determined) into the “MyVia Portal”, on a monthly basis. [\[I prefer option #2...\]](#)

Option #3—Do nothing in utilization of an online Portal. I’m happy with the way we’re currently doing it. [\[I prefer option #3...\]](#)

It is hoped that successful use of this portal will allow time for everyone to obtain and experiment with using wearable tracking devices, or other acceptable documentation on a defined, period basis.

Please let us know your thoughts using the email links provided above. This will help the Committee organize group responses. You may also reply with other comments to a Wellness Committee member or via email in reference to this effort to salinelwellness@gmail.com. –end

(More about the [MyVia portal here...](#))

***NOTE:** See the accompanying documents provided alongside this newsletter.



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.

*Next **Wellness Committee** Meeting: Monday, August 19, 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.



13 TIPS FOR EATING HEALTHIER - SERAINE PAGE

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.
2. Fill your plate with vegetables - In order to meet your daily vegetable intake, fill half your plate with veggies.
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.
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.
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.
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.
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.
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.
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.
10. Bake or roast foods—Even though fried foods are delicious, fried fare is far from healthy.
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.
12. Slow down when you eat—Eating too quickly can lead to poor digestion.
13. Keep junk food out of the house—If you bring your favorite junk food into the house, you're going to eat it. Leave it at the store. -end

The Dos (and Don'ts) of Fasting and Workouts

by Meghan Rabbitt

Intermittent fasting is a trendy diet these days, and with research showing it can do everything from speed weight loss and boost immunity to regulate hormones and prevent disease, it may just be here to stay.

One reason proponents love it is because it's straightforward: Simply reduce the window in which you eat during the day and watch the pounds melt off. Most people start with a 12-hour eating window and 12 hours of fasting. Stricter plans involve eating during an 8-hour window and fasting for 16 hours. Then, eat pretty much whatever you want during your eating window within reason (no carb counting or calorie restriction!) and you'll see results.

Even better, say fans of intermittent fasting and medical experts: Exercising before you break your fast can help you burn more fat and boost your endurance. There are a few important points to keep in mind if you want to see the best results. Here are the dos and don'ts of intermittent fasting workouts:

DO

**CHOOSE STEADY-STATE
CARDIO WORKOUTS AT THE
END OF YOUR FAST**

of fasting, your body has used up its glycogen stores — the carbohydrates we usually burn for energy and which get stored as fat if we don't. "If you exercise when your glycogen is gone, the body tries to find energy from the next best source — which ideally is fat," says Chen.

Here's how it works, says Shanshan Chen, PhD, assistant professor in the department of nutrition and basic sciences at Bastyr University in California: After about 8 hours

DON'T

HIT IT TOO HARD

body may require more energy than it'll be able to draw from your fat cells alone. Which means it will burn muscle for energy. "Low-intensity exercise gives your body the best shot at burning fat," she says.

Here's the catch, says Chen: If you work out too hard in a fasted state — say, you do high-intensity interval training or go for a hard run instead of a moderate one — your

DO

LISTEN TO YOUR BODY

ately, says Chen. "Keep in mind that while fasted workouts might work for some people, it may not be the same for you," she says. "Test the water, keep track of how you feel and see what works best for you."

If you're doing a fasted workout and start to feel lightheaded, dizzy or like you don't have enough energy to power you through even a low-intensity workout, stop immediately,

DON'T

**EXERCISE IF YOU'RE FASTING
FOR MORE THAN 16 HOURS**

motely strenuous exercise, says Chen.

Some intermittent fasting plans call for up to 48 hours of fasting. If that's what you're doing, you'll almost certainly not have enough energy to make it through even re-

(...continue on page #6...)

DO

TRY FASTED WORKOUTS IF YOU WANT TO IMPROVE YOUR ENDURANCE

To boost how long you can work out, you might assume a steady stream of calories is best. Yet Chen says if you're used to eating three meals and two snacks a day during a 14-hour window, your body

comes to expect those calories — and when that doesn't happen, you have an energy crash. "After 1–2 months of intermittent fasting, your body will gradually adjust to a new pattern of eating," says Chen, "and you won't feel as hungry or have the same crashes. The more stable energy level translates to better endurance when you're working out."

DON'T

TRY THIS IF YOU'RE PREGNANT, LACTATING OR UNDER AGE 18

"These people need more energy and nutrients than others," says Chen. It's also a good idea to check with your doctor before trying fasted workouts if you have a chronic condition, such as diabetes. "For

those with diabetes, we want to make sure your sugar levels are well managed — not fluctuating," says Chen.

DO

CHOOSE A HEALTHY MEAL TO BREAK YOUR FAST

After you've depleted your stores of glycogen (and maybe burned some excess fat), you'll be craving nutrition. "Ideally, you should break your fast with protein, vegetables and a complex source of carbohydrate," says Thanu Jeyapalan, a certified strength and conditioning specialist and clinic director at Yorkville Sports Medicine clinic. "For me, that generally means a chicken breast, quinoa or brown rice and high-fiber veggies," he says.

Jeyapalan adds that it's important to let your body get used to the shorter time window in which you're eating before adding exercise to the equation. "Give yourself at least a week of intermittent

DON'T

TRY FASTED WORKOUTS BEFORE GETTING USED TO INTERMITTENT FASTING

fasting before adding exercise to the mix to give yourself the best shot at success," he says. —end

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THE JOURNEY OF LIFE
NOW WITH ROADSIDE ASSISTANCE

On the road of life, we all experience ups and downs. Continuum EAP is on hand to help smooth out the bumps by providing assistance on a variety topics:

- Career development or transition
- Moving and relocation
- Unexpected life events
- Workplace restructuring
- Adjusting to an empty nest
- Returning to school
- Retirement

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TACKLE YOUR TRIGLYCERIDES

If you've been taking steps to improve your heart health, don't stop at blood pressure and cholesterol - tackle triglycerides, too!

Triglycerides are a type of fat found in the blood. Our body uses calories from the food we eat for energy; any calories eaten in excess of what the body needs are converted into triglycerides by the liver and stored in fat cells throughout the body. When there is a need for more energy (between meals), hormones trigger the release of triglycerides from the cells, and they are broken down and used for energy.

What Is the Target Range for Triglycerides?

National Cholesterol Education Program Guidelines

- <150 mg/dl Normal
- 150 - 199 mg/dl Borderline High
- 200 - 499 mg/dl High
- >500 mg/dl Very High

Why Should I Be Concerned About High Triglycerides?

While some triglycerides are needed for good health, high levels can put you at risk for heart disease and stroke. This threat is even greater when coupled with other risk factors, such as low HDL or high LDL cholesterol.

High triglyceride levels can also be a sign of poorly controlled blood sugars in type 2 diabetes, hypothyroidism, liver or kidney disease or a side effect of certain medications, such as beta blockers, birth control pills, diuretics, steroids or tamoxifen.

What Can I Do to Lower My Triglycerides?

- Aim for a Healthy Weight. If you are overweight, losing just 5-10% of your weight can help reduce triglycerides. To shed pounds, cut back on high calorie food and drinks, scale back on portion sizes and boost your fruit and veggie intake.
- Limit Low-Quality Carbohydrates. Cut back on sugary beverages, sweeteners, candy, desserts and white, refined grains. Replace them with

nutrient-rich carbs like whole grains, beans, legumes and fruit.

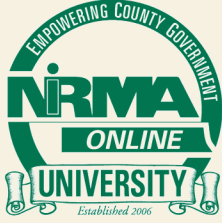
- Reduce Unhealthy Fats. Trade in harmful saturated fat (found in high-fat meats, full-fat dairy, butter) and trans-fat (found in packaged snack foods, baked goods, fried food, margarine) for heart-healthy mono and polyunsaturated fats, like olive, canola, nut and vegetable-based oils, avocados, nuts and seeds.
- Consume Omega-3 Fatty Acids. The best sources are fatty fish like salmon, herring, albacore tuna, rainbow trout and mackerel; aim for two servings per week. Omega-3s can be found in lesser amounts in flaxseed, chia seeds, walnuts, canola oil and omega-3 fortified eggs. You can also talk with your physician about using a fish oil supplement.
- Cut Back on Alcohol. The standard recommendation is for women to limit alcohol intake to one drink per day, while men should not exceed two drinks. However, if you have high triglycerides, you may need to cut back even more.
- Exercise Regularly. If you aren't currently active, work up to 150 minutes of moderately intense activity, such as brisk walking or cycling, each week.

Helpful Websites:

www.mayoclinic.com | www.heart.org –end

Triglyceride levels

Classification	Triglyceride level*
Normal	Less than 150
Borderline high	150–199
High	200–499
Very high	500 or higher
*Values in milligrams per deciliter (mg/dL)	



**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”**

**AUGUST WELLNESS
QUESTION OF THE MONTH**

In one day, Mary & Todd, together and equally, consumed a total of 2700mg of salt while eating pizza and pretzels. According to the AHA, is their salt intake within ideal range for these two adults that day?

Answer: A: Yes or B: No

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

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

WELLNESS COMMITTEE

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“WALK ACROSS NEBRASKA”

This may be a good time to remind all those participating in the 2019 **“100 Miles—100 Days Challenge”** of the upcoming conclusion and deadline to return Challenge tally sheets by 8/8 in accordance with the challenge instructions.

If you missed that challenge opportunity, please know that beginning September 1st, a similar challenge, **“Walk Across Nebraska Challenge”** will commence. Information associated with this new challenge is provided alongside this newsletter in separate attachments. Please look through them thoroughly as there are pre-participation requirements. *-end*

FITNESS CENTER CODE CHANGE

On July 15th the code needed to enter the Saline County Fitness Facility was changed.

Employees and their household family members wishing to use the fitness center facility must submit an 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 for a copy *-end*

THE SECRET TO A PRODUCTIVE DAY

Start the morning by completing an important task that you would normally procrastinate about doing (while it weighs on your mind all day).

This approach to work management takes practice because it does not conform to the way your mind likes to work, which is to postpone the pain. It is a success secret used by many productivity pros to reduce burnout and accomplish more.

The technique allows you to escape the gnawing sensation of what you know you eventually must do. You will enjoy your job more, and it could make the rest of the day feel like a breeze. *-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.