



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES (4 Fitness Points)

Starting in January 2013, the Saline County Wellness Committee will be offering monthly nutritional classes provided by Victoria Rethmeier. The classes will be offered during the evening. The first class will be

Baking Healthier/Lower Calorie Cooking

5:30 pm, Wednesday, January 9th at the Extension Office

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

INDIVIDUAL FITNESS PROGRAM (2 Fitness Points)



On Tuesday, January 8th, starting at 5:30, Tom Sweeney with Body Basics will be at the Saline County Fitness Center setting up interested individuals on a personalized fitness program.

Please contact Kerry at 402-821-2374 to sign up for your own personal 20 min appointment. You may bring 1 family member with you.

HEALTHY SNACKS

Looking for a healthier alternative to the vending machine snacks?? Healthy snacks available on the 2nd floor of the Courthouse--less calories and costs less than the vending machine snacks.

Ways to Get Healthy in 2013

Here are some ways to get you started:

- ~SALINE COUNTY FITNESS CENTER (FREE)
- ~BODY PUMP AND/OR WILBER WELLNESS
- ~WEIGHT WATCHERS IN CRETE ON TUESDAYS

~YOGA TAUGHT BY STACY GROSS AT WILBER HS THURSDAY NIGHTS @ 5:30 (SEE ATTACHMENT)

~BASIC FITNESS IN CRETE OFFERES ZUMBA, BODY PUMP, GROUP CYCLING, YOGA & BOOT CAMP

~SCC BEATRICE CAMPUS--YOGA & PILATES, FULL BODY WORKOUT, ABSOLUTELY ABS, GENTLE YOGA

KICKBOXING, LATIN DANCE MOVES (SEE ATTACHED FLYER) ~ANYTIME FITNESS IN CRETE

TARGET HEART RATE

For Maximum Results, you should exercise for 20-60 minutes at your Target Heart Rate.

To find your Target Rate, use the following equation:

Maximum Heart Rate: $220 - \text{age} = \text{MAX heart rate}$
(ex. $220 - 20 = 200 \text{ MHR}$)

Target Heart Rate: 60%-80% of the MAX
(ex. $200 \times .6 = 120 \text{ beats per min}$, $200 \times .8 = 160 \text{ beats per min}$.)

Therefore the TARGET HEART RATE range for a 20-year old, working at 60-80% (up to 85% for very fit people) of his/her max heart rate is 120-160 beats/min.



SALINE COUNTY EMPLOYEE 2012 AGGREGATE REPORT

Measure	National Guiding Standard	% of Participants	# of Participants
Systolic BP (SBP)			TOTAL 108
normal SBP	≤ 120 mmHg	17.6%	19
Borderline high SBP	121-139 mmHg	38.9%	42
high SBP	≥ 140 mmHg	43.5%	47
Diastolic BP (DBP)			TOTAL 108
normal DBP	≤ 80 mmHg	36.1%	39
borderline high DBP	81-89 mmHg	25.9%	28
high DBP	≥ 90 mmHg	38.0%	41
Uncontrolled BP	≥ 140/90 mmHg	33.0%	35
Fasting Glucose (FBG)			TOTAL 113
normal	≤ 100 mg/dL	72.6%	82
borderline high	101-125 mg/dL	21.2%	24
high	≥ 126 mg/dL	6.2%	7
Total Cholesterol			TOTAL 113
desirable	≤ 200 mg/dL	77.0%	87
borderline high	201-239 mg/dL	20.4%	23
high	≥ 240 mg/dL	2.7%	3
LDL Cholesterol			TOTAL 110
ideal (individuals with CVD)*	< 70 mg/dL		7
optimal	< 100 mg/dL	40.0%	44
near above optimal	100-129 mg/dL	41.8%	46
borderline high	130-159 mg/dL	15.5%	17
high	160-189 mg/dL	0.9%	1
very high	≥ 190 mg/dL	1.8%	2
Triglycerides			TOTAL 113
normal	< 150 mg/dL	67.3%	76
borderline high	150-199 mg/dL	14.2%	16
high	200-499 mg/dL	18.6%	21
very high	≥ 500 mg/dL	0.0%	0
HDL Cholesterol (Men)			TOTAL 55
ideal	≥ 50 mg/dL	34.5%	19
normal	40-49 mg/dL	29.1%	16
low (high risk)	< 40 mg/dL	36.4%	20
HDL Cholesterol (Women)			TOTAL 58
ideal	≥ 60 mg/dL	36.2%	21
normal	50-59 mg/dL	22.4%	13
low (high risk)	< 50 mg/dL	41.4%	24
BMI (Body Mass Index)			TOTAL 110
under healthy weight	< 19%	0.0%	0
healthy weight	19-25%	20.0%	22
overweight	26-30%	40.9%	45
obese	> 30%	39.1%	43

*This value is recommended for individuals with diagnosed cardiovascular disease

Prepared by Warren Memorial Hospital 3/26/2012

GET UP AND GOING FITNESS CHALLENGE JANUARY 2013



****Earn 30 fitness points by
the end of January**

**The Challenge only cost
\$10.00 to enter!!!**

- You are given a $\frac{1}{2}$ point for every $\frac{1}{2}$ hour you continually work out (If you exercise for less than $\frac{1}{2}$ hour at a time, you will not receive any fitness points.)
You can earn 4 fitness points for attending the nutrition class in January and 2 fitness points for meeting with Tom Sweeney to set up a personal fitness program.
- Fitness points will count for the following physical activity:

*Walking/Hiking	*Running	*Cardio
*Biking/Cycling	*Swimming	*Strength Training
*Yoga	*Boot Camp	*Work Out Tapes
*Body Pump	*Zumba	*Lifting Weights
*Pilates	*Aerobics	*Elliptical/Treadmill

(If you have any questions about what counts as physical activity, please send an email to kerryh@diodecom.net)

- Each Monday by 5:00 pm, you will email your fitness points for the previous week to kerryh@diodecom.net You will need to include the following:
 ∞Day ∞Time ∞Description of Exercise ∞Length of Time Exercised

There will be no weigh-ins or weigh-outs, so contact any wellness committee member to sign up!!!! If you so desire, we will help you calculate BMI and take measurements at the beginning and end of the challenge so you can see your individual results.

**IF YOU HAVE ANY QUESTIONS, PLEASE ASK SOMEONE ON THE
WELLNESS COMMITTEE or email kerryh@diodecom.net**

***Sharon Jelinek *Marvin Kohout *Bruce Filipi *Stacy Gross *Jennifer Chavez
*Rich Bartels *Cheri Slama *Kory Mullen *Linda Kastanek *Kerry Hagemeyer**

Yoga @ Wilber High School starts Thursday January 10, 2013 @ 5:30

Instructor: Stacy Gross

6-week class for \$25.00

This class includes gentle stretching exercises for flexibility, strength, and longevity. You will practice simple Yoga poses and breathing exercises that will strengthen and stretch your body while relaxing and energizing your spirit. Benefits of Yoga: Reduce Stress, Lose Weight, Better Flexibility, Variety of benefits for diabetes, heart disease and fibromyalgia.

Wear loose clothing—class is appropriate for ALL fitness levels (modified poses)

REGISTRATION FORM - NON-CREDIT COURSE

Southeast community college

Complete this form with payment information and send via FAX or mail to:

SCC-Continuing Education Center
301 S. 68th St. Place, Lincoln, NE 68510
FAX: 402-437-2703

The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to redisclose that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

PLEASE

2012 QUARTER

SUMMER

☒ WINTER

FALL

SPRING

Social Security Number OR SCC Student ID Number		Name: Last		First	Middle Initial	Email Address	
Residence Mailing Address				Home Phone		Cell Phone	Business Phone
City	State	Zip	Birth Date	Ethnicity (select one): <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino		Race (Select one or more): <input type="checkbox"/> White <input type="checkbox"/> Asian <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> American Indian/Alaska Native <input type="checkbox"/> Black/African-American	
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female	County #	<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska		Would you like to be added to our email mailing list? Please provide your email address above: <input type="checkbox"/> Basic Skills, GED, ESL & Citizenship <input type="checkbox"/> Business & Technology <input type="checkbox"/> Real Estate <input type="checkbox"/> Families, Finances & Home <input type="checkbox"/> Traffic Safety & Licensing <input type="checkbox"/> Health/EHS <input type="checkbox"/> Training Solutions <input type="checkbox"/> Industry & Trades			

Course Number	Title	Start Date	Cost
A C S X - 4 3 0 6 - C S W A	Yoga @ Wilber HS	1/10/13	\$25.00
			\$
			\$
			\$
			\$
			\$

How did you hear about the classes for which you are registering:

- | | |
|--|---|
| <input type="checkbox"/> Continuing Education Schedule | <input type="checkbox"/> SCC Web Site |
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> Email |
| <input type="checkbox"/> Friend/Associate | <input type="checkbox"/> Brochure/Flyer |
| <input type="checkbox"/> Radio/TV | <input type="checkbox"/> Employer |
| <input type="checkbox"/> Digital Billboard | <input type="checkbox"/> Previous Class |
| <input type="checkbox"/> Other | |

SIGNATURE

☐ Check (must be included) ☐ Cash (must be included)

☐  ☐  ☐  ☐  V Code _____

Name as it appears on card: _____

Exp. Date _____ Credit card # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not email this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
☐ Yes ☐ No

SCC Staff Tuition Waiver	()
TOTAL DUE	

FOR OFFICE USE ONLY

DE _____ ID# _____

Submission of this form indicates that I understand: 1) that my registration is complete and that I am accountable for the tuition and fees and subject to a grade in the courses listed; 2) that should I officially drop, cancel, or withdraw, any refund in tuition will be determined by the date I submit my request to Continuing Education; 3) that failure to attend a course does not constitute an official drop/withdrawal; 4) the personal information contained herein is correct as shown; and 5) any changes in SSN, legal name, address, residency, etc. must follow the College procedures in the Student Handbook and College Catalog. It is the policy of SCC to provide equal opportunity and nondiscrimination in all admission, attendance, and employment matters to all persons without regard to race, color, religion, sex, age, marital status, national origin, ethnicity, veteran status, sexual orientation, disability, or other factors prohibited by law or College policy. Inquiries concerning the application of SCC's policies on equal opportunity and nondiscrimination should be directed to the Vice President for Access/Equity/Diversity, SCC Area Office, 301 S. 68th Street Place, Lincoln, NE 68510, 402-323-3412, FAX 402-323-3420, or iso@southeast.edu.



SALINE COUNTY 2ND ANNUAL HEALTH FAIR

In March, Saline County will once again be offering FREE Health Screenings to all employees and their spouses. The individual health screenings are PRIVATE AND COMPLETELY CONFIDENTIAL and the results are NOT reported to the insurance.

Included in the Wellness Health Screening:

*Body Mass Index (BMI)

*Height & Weight

*Blood Pressure

*Comprehensive Metabolic Panel (Albumin, Alkaline Phosphatase, ALT, AST, Total Bilirubin, BUN, Calcium, Carbon Dioxide Chloride, Creatinine, Glucose, Potassium, Total Protein, Sodium)

*Lipid Panel (Cholesterol, Triglycerides, HDL, Calculated LDL)

*TSH (Thyroid Stimulating Hormone)

*PSA (Prostate Specific Antigen) - Available upon request for Men

Saline County's overall goal is to have happy, healthy, productive employees. Our intentions are to be proactive as opposed to reactive, and help facilitate early detection of any serious health issues or illnesses; aid in prevention of additional complications; and also reduce medical costs.

Myth: Saline County is offering these tests, but then our insurance will go up.

FALSE--Our insurance with Blue Cross/Blue Shield did not increase from the 2011-2012 year.

Neither individual nor aggregate results are reported to Blue Cross/Blue Shield.

Myth: Saline County is looking for a way to get rid of their unhealthy employees.

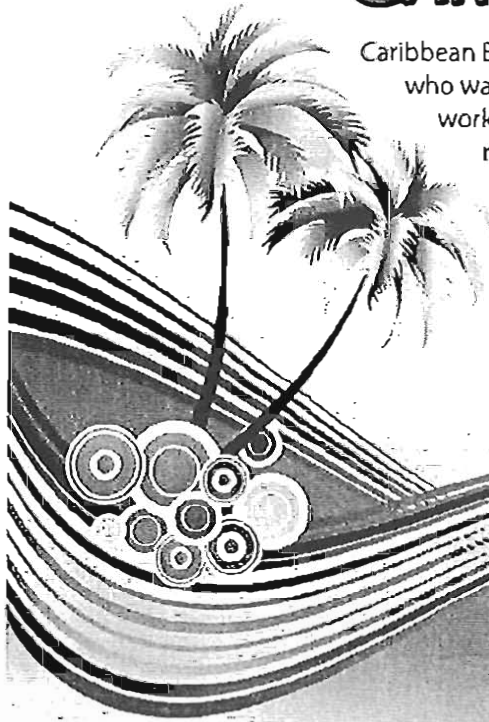
FALSE--Individual results are NOT reported to the county. That information is confidential and is sent to the individual and their doctor if they request it. The county receives aggregate reports ONLY.

The hospital performing the tests compiles the aggregate report. We receive aggregate results so that the wellness committee can assess the wellness needs of their employees.



Continuing Education

CARIBBEAN BOOT CAMP



Caribbean Boot Camp is a fast-paced workout program for individuals who want a more healthy and energetic lifestyle. Participants will work with personal trainer Hoss Coats to combine nutrition, motivation and a variety of exercises, including calisthenics, agility drills, running, and whole-body workouts in a high-energy environment. Get ready for summer with this intense workout program. Space is limited, and pre-registration is required.

Bring to class: a towel and water bottle and wear clothing and shoes appropriate for exercising indoors and outdoors.

Jan. 7-Feb. 4, 2013
Mon., Wed. & Fri.
6-7 p.m. • \$95

SCC Beatrice Campus, 4771 W. Scott Road

Don't forget these other great classes offered.
See the reverse side for more information.

- Yoga & Pilates •
- Full Body Workout •
- Absolutely Abs •
- Gentle Yoga •
- Kickboxing •
- Latin Dance Moves •

Find us on Facebook at
www.facebook.com/sccbeatricece



For more information, contact Kelly Morgan at
402-228-8244; 800-233-5027, ext. 1244; or kmorgan@southeast.edu.

REGISTRATION FORM - NON-CREDIT COURSE

Complete this form with payment information and send via
FAX or mail to: SCC Continuing Education Division
4771 W. Scott Road, Beatrice, NE 68310
FAX: 402-228-2218

Include credit card information or Letter of Authorization for third-party billing. The College requires a student's Social Security number as a condition for enrollment. A student's Social Security number information constitutes an "educational record" under the Family Educational Rights and Privacy Act (FERPA). The College will be privileged to redact that information only with the consent of the student or in those very limited circumstances when consent is not required by FERPA.

PLEASE PRINT

Southeast community college

2013 QUARTER

SUMMER ☒ WINTER
FALL ☐ SPRING

Social Security Number	Name Last	First	Middle Initial	Email Address
Residence Mailing Address	City	State	Zip	Country #
Birth Date	Gender <input type="checkbox"/> Male <input type="checkbox"/> Female	Ethnicity (select one) <input type="checkbox"/> Hispanic or Latino <input type="checkbox"/> Not Hispanic or Latino	Race (select one or more) <input type="checkbox"/> White <input type="checkbox"/> Native Hawaiian or Other Pacific Islander <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black or African American	Home Phone
<input type="checkbox"/> Resident of Nebraska <input type="checkbox"/> Non-Resident of Nebraska				<input type="checkbox"/> Cell <input type="checkbox"/> Business Phone

Please Check: ☐ Caribbean Boot Camp • Jan. 7 • \$95 • BBBX-1544-BEWA ☐ Full Body Workout • March 11 • \$35 • BBBX-1561-BEVB ☐ Absolutely Abs • Jan. 8 • \$29 • BBBX-1543-BEVA
☐ Yoga & Pilates • Jan. 7 • \$49 • BBBX-1566-BEWA ☐ Kickboxing • Jan. 8 • \$35 • BBBX-1546-BEWA ☐ Absolutely Abs • Feb. 5 • \$29 • BBBX-1543-BEVB
☐ Gentle Yoga • Jan. 7 • \$29 • BBBX-1569-OCWA ☐ Kickboxing • Feb. 5 • \$35 • BBBX-1546-BEVB ☐ Absolutely Abs • March 5 • \$29 • BBBX-1543-BEVC
☐ Full Body Workout • Feb. 11 • \$35 • BBBX-1561-BEWA ☐ Kickboxing • March 5 • \$35 • BBBX-1546-BEVC ☐ Latin Dance Moves • Jan. 18 • \$35 • BBBX-1594-BEWA
☐ Latin Dance Moves • Feb. 22 • \$35 • BBBX-1594-BEVB

SIGNATURE

☐ Check ☐ Cash ☐ Mastercard ☐ AMEX ☐ Discover ☐ VISA V Code _____

Name as it appears on card: _____

Exp. Date _____ Credit card # _____

Billing agency (INCLUDE LETTER OF AUTHORIZATION ON COMPANY LETTERHEAD)

For the protection of your personal credit card information, do not e-mail this form to SCC. If faxing, only use the fax number listed or verify with SCC before using another SCC fax number.

Would you like a receipt mailed to you?
☐ Yes ☐ No

SCC Staff Tuition Waiver	_____	FOR OFFICE USE ONLY
TOTAL DUE	_____	ID# _____
		DE _____

REGISTER TODAY!

Yoga & Pilates

This introductory-level mat work class provides instruction on the fundamentals and concepts of yoga and pilates. Enjoy a challenging, yet relaxing, workout composed of various poses to strengthen and tone your muscles while improving flexibility and balance. Restore balance to your body and mind while improving your health and reducing stress!

Wear loose clothing and bring a mat or thick towel to class. This class is appropriate for all fitness levels.

Dates: Jan. 7-March 18, 2013 (No class Jan. 21.)

Day: Mon. **Time:** 5:30-6:30 p.m.

Tuition: \$49 **Instructor:** Schroller

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Gentle Yoga

Enjoy a relaxing workout to restore balance to your body and mind while improving your health, decreasing common symptoms of your condition and reducing stress all at the same time! This class can benefit those with a variety of health conditions such as diabetes, heart disease, fibromyalgia, as well as cancer survivors. The poses are modified for your comfort level and can be performed in a chair, standing or in mat position.

Wear loose clothing. This class is appropriate for all fitness levels.

Dates: Jan. 7-March 18, 2013 (No class Jan. 21.)

Day: Mon. **Time:** 4:30-5 p.m.

Tuition: \$29 **Instructor:** Schroller

Location: Flowing Springs, 2211 Sunset Drive

Full Body Workout with Hoss

Get a great workout and have fun at the same time. Join this lively class where you will certainly never get bored. Each session will be a new and exciting adventure as you canvas the SCC campus. This is a full-body workout with some aerobic activity.

Class will be held both indoors and outdoors. Come dressed in comfortable workout attire and good running shoes.

Dates: Feb. 11-March 6, 2013

Day: Mon. & Wed. **Time:** 6:45-7:45 p.m.

Tuition: \$35 **Instructor:** Coats

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Dates: March 11-April 3, 2013

Day: Mon., Wed. **Time:** 6:45-7:45 p.m.

Tuition: \$35 **Instructor:** Coats

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Find us on Facebook at

www.facebook.com/sccheatricece



Kickboxing

Are you looking for a total body workout that is rewarding and fun? Kickboxing is a high-impact class using boxing bags and body power to work to maximize your fitness potential.

Wear comfortable shoes and workout clothes.

Dates: Jan. 8-31, 2013

Day: Tues. & Thurs.

Tuition: \$35

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 6:30-7:30 p.m.

Instructor: Coats

Dates: Feb. 5-28, 2013

Day: Tues. & Thurs.

Tuition: \$35

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 6:30-7:30 p.m.

Instructor: Coats

Dates: March 5-28, 2013

Day: Tues. & Thurs.

Tuition: \$35

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 6:30-7:30 p.m.

Instructor: Coats

Absolutely Abs

It's crunch time! This is a fast-paced focused workout that concentrates on absolutely one thing and that is abs. Join personal trainer, Hoss Coats, and learn how to crunch, tone and firm your abdomen for a healthy and happier you.

Bring to class: exercise mat, drinking water and a towel. Wear comfortable clothing for working out.

Dates: Jan. 8-31, 2013

Day: Tues. & Thurs.

Tuition: \$29

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 5:30-6:15 p.m.

Instructor: Coats

Dates: Feb. 5-28, 2013

Day: Tues. & Thurs.

Tuition: \$29

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 5:30-6:15 p.m.

Instructor: Coats

Dates: March 5-28, 2013

Day: Tues. & Thurs.

Tuition: \$29

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 5:30-6:15 p.m.

Instructor: Coats

Latin Dance Moves

Learn to dance Salsa, Meringa, Cha Cha Cha, and Bachata. It is easy to learn and fun to do. Plus it is great exercise. Bring your two left feet and let Hoss teach you the moves you need to dance like a star.

Dates: Jan. 18-Feb. 8, 2013

Day: Fri.

Tuition: \$35

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 6-7 p.m.

Instructor: Coats

Dates: Feb. 22-March 15, 2013

Day: Fri.

Tuition: \$35

Location: SCC Beatrice Campus, Jackson Hall Conference Room, 4771 W. Scott Road

Time: 6-7 p.m.

Instructor: Coats

For questions, need additional information or to register, contact Kelly Morgan at 402-228-8244; 800-233-5027, ext. 1244; or kmprgan@southeast.edu.

REGISTER TODAY!

Blood Pressure Basics

Blood pressure is the force that a wave of blood propelled from the heart exerts on the arteries. It is measured at two points; each measurement is recorded in millimeters of mercury (mm Hg).

Systolic pressure gauges the pressure in the arteries at systole (SIS-tuh-lee), the instant when the heart contracts and pushes a wave of blood along the arterial tree (think "s" for squeeze). It is the top number of a blood pressure reading.

Diastolic pressure reflects the pressure during diastole (die-AS-tuh-lee), the brief period of relaxation between beats. It is the bottom number of a blood pressure reading.

Hypertension is the formal name for high blood pressure.

Blood pressure categories			
	Systolic		Diastolic
Normal (optimal)	less than 120	and	less than 80
Prehypertension	120 - 139	or	80 - 89
Hypertension	140 or higher	or	90 or higher

Relax your way to lower blood pressure

The easiest way to lower blood pressure is by popping a pill. It takes just a few seconds and you are finished. But pills cost money and often have side effects. Fully relaxing your body and your mind for a few minutes a day could lower your systolic blood pressure (the top number of a blood pressure reading) by 10 points or more—at no cost, and with no side effects.

Researchers with the Benson-Henry Institute for Mind-Body Medicine at Harvard-affiliated Massachusetts General Hospital compared a stress management technique called the relaxation response with education about lifestyle changes such as sodium reduction, weight loss, and exercise. They found:

- Blood pressure decreased more in the relaxation response group
- 32% of the volunteers in that group were able to eliminate one blood pressure medication and still keep their blood pressure under control, compared with 14% of the lifestyle group.

The relaxation response, developed by Harvard's Dr. Herbert Benson, has been shown to reduce heart rate, blood pressure, breathing rate, and muscle tension. Here's how to do it:

- Select a word (such as "one" or "peace"), a short phrase, or a prayer to focus on.
- Sit quietly in a comfortable position and close your eyes.
- Relax your muscles, progressing from your feet to your calves, thighs, abdomen, and so on, up to your neck and face.
- Breathe slowly through your nose, silently saying your focus word, phrase, or prayer to yourself as you exhale.
- When other thoughts come to mind, don't worry. Simply return your attention to your focus word, phrase, or prayer.
- Do this for 10–20 minutes; Sit quietly for a minute or so, then open your eyes. Do this daily

Cholesterol

10 foods that lower cholesterol—and some that raise it

It's easy to eat your way to an alarmingly high cholesterol level. At the same time, changing what you eat can lower your cholesterol and improve the kinds of fats floating through your bloodstream.

Improving your cholesterol through diet requires a two-pronged strategy:

1. Add foods that lower LDL, the "bad" cholesterol.
2. Cut back on foods that boost LDL.

In with the good

Different foods lower cholesterol in various ways. Some deliver soluble fiber, which drags cholesterol out of the body before it gets into circulation. Some give you polyunsaturated fats, which directly lower LDL. And some contain plant sterols and stanols, which block the body from absorbing cholesterol.

Here are 10 types of foods that work in one or more of these ways to lower cholesterol:

1. Oats such as oatmeal or cold, oat-based cereal like Cheerios
2. Barley and other whole grains
3. Beans
4. Eggplant and okra
5. Nuts
6. Vegetable oils such as canola, sunflower, and safflower
7. Apples, grapes, strawberries, citrus fruits
8. Foods fortified with sterols and stanols, which include foods ranging from margarine and granola bars to orange juice and chocolate
9. Soy, such as tofu or soy milk
10. Fatty fish

Out with the bad

To improve your cholesterol, the main things to cut from your diet are saturated and trans fats.

Saturated fats. The saturated fats found in red meat, milk and other dairy foods, and coconut and palm oils directly boost LDL.

Trans fats. Trans fats boost LDL as much as saturated fats do. They also lower protective HDL cholesterol, rev up inflammation, and increase the tendency for blood clots to form inside blood vessels. The Institute of Medicine recommends getting no more than two grams of trans fats a day; less is even better. Look on the label of packaged foods such as cookies and crackers to make sure they don't have trans fats. Fried foods in restaurants can also contain them.

Also make sure that you keep your weight under control, and get regular exercise. Excess weight boosts LDL, while inactivity depresses HDL. Losing weight if needed and exercising more reverse these trends. Harvard Health Publications



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Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Heart Healthy Cooking

5:30 pm, Monday, February 4th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER—BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

INDIVIDUAL FITNESS PROGRAM (2 Fitness Points)



Did you miss meeting Tom Sweeney with Body Basics in January?

Are you still interested in making a change and setting up a personalized fitness program but don't know where or how to get started??

Maybe you just need some pointers on how to use the equipment at the Fitness Center?

Don't be too embarrassed to ask!!!

Make Healthy Eating and Exercise be part of your goals in 2013!!!

Send an email to kerryh@diodecom.net and we will help get you set up!!

HEALTHY SNACKS

Looking for a healthier alternative to the vending machine snacks?? Healthy snacks available on the 2nd floor of the Courthouse--less calories and costs less than the vending machine snacks.

SALINE COUNTY FITNESS CENTER

~IF YOU HAVEN'T ALREADY, COME TO THE CLERK'S OFFICE AND SIGN A LIABILITY WAIVER AND GET STARTED USING THE FITNESS CENTER FOR FREE TODAY!!!! SIGN UP A BUDDY TO WORK OUT WITH YOU.



SALINE COUNTY 2ND ANNUAL HEALTH FAIR

(2 Fitness Points)

March 5th & 6th, Saline County will once again be offering **FREE** Health Screenings to all employees and their spouses. The individual health screenings are **PRIVATE AND COMPLETELY CONFIDENTIAL** and the results are **NOT** reported to insurance, nor will they affect your insurance.

Included in the Wellness Health Screening:

*Body Mass Index (BMI)

*Height & Weight

*Blood Pressure

***Comprehensive Metabolic Panel** (Albumin, Alkaline Phosphatase, ALT, AST, Total Bilirubin, BUN, Calcium, Carbon Dioxide, Chloride, Creatinine, Glucose, Potassium, Total Protein, Sodium)

***Lipid Panel** (Cholesterol, Triglycerides, HDL, Calculated LDL)

***TSH** (Thyroid Stimulating Hormone)

***PSA** (Prostate Specific Antigen) - Available upon request for Men

Saline County's goal is to help facilitate early detection of any serious health issues or illnesses; aid in prevention of additional complications; and also reduce medical costs. **PLEASE TAKE ADVANTAGE OF THIS FREE OPPORTUNITY!**

You will be contacted by Bruce Filipi or Sharon Jelinek in the near future about signing up for the health fair.

Beef Nachos



Weight Watchers Recipe



Ratings (209)

PointsPlus Value 3

Prep time: 12 min

Cook time: 11 min

Other time: 0 min


Serves: 8

Cheesy and delicious – quintessential sports party food. Add extra jalapeños, chopped cilantro or a drizzle of fresh lime juice if desired.

Ingredients

- 32 item(s) baked low-fat tortilla chips
- 2 spray(s) cooking spray
- 6 oz uncooked 93% lean ground beef
- 1/2 tsp dried oregano
- 1/2 tsp table salt, or more to taste
- 3/4 cup(s) canned diced tomatoes, with adobe (smoky/spicy) or chipotle (hot)
- 2/3 cup(s) canned refried black beans
- 1/2 cup(s) low-fat, shredded Cheddar cheese, or Mexican cheese blend
- 1/2 cup(s) uncooked scallion(s), finely sliced
- 2 medium jalapeño pepper(s), finely minced (or to taste; do not touch seeds with bare hands)

Instructions

- Preheat broiler to high.  Arrange tortilla chips on a nonstick baking sheet in a single layer but close together; set aside.
- Coat a large nonstick skillet with cooking spray; heat over medium heat. Add beef and cook until browned, breaking up meat as it cooks, about 3 to 4 minutes. Season with oregano and salt; stir in tomatoes and beans. Cook until heated through, stirring occasionally, about 3 to 5 minutes.
- Spoon beef mixture over chips; sprinkle with cheese. Broil until cheese melts, about 30 seconds to 1 minute. Remove from broiler; sprinkle with scallions and jalapeños. Yields 4 chips with toppings per serving.

NEW FITNESS CHALLENGE STARTS FEBRUARY 5, 2013



Two Challenges in one--
Enter as a team
or individually

Many ways to WIN!!!!

Team Challenge

- You may enter this challenge as a two-person team. Each team member will pay \$15.00 when they weigh in. (Total team Fee \$30.00)
- In 10 weeks, each individual that loses 10 pounds OR earns 40 fitness points will win \$10, PLUS they will split the entry fees of all individual team members that did not lose 10 pounds or earn 40 fitness points.
- The team that loses the most weight (Category 1) and the team that earns the most fitness points (Category 2) will split the extra \$5.00 entry fees and the team winners of each category will also win two \$25.00 gift certificates to Texas Roadhouse!!!
- Each team must consist of at least one county employee OR their spouse. Your team mate can be anyone else you would like. (Each participant Must be 18 or older to enter).
- If you do not have a team mate, but would like to enter as a team, you can pay \$15.00 at weigh in and the wellness committee will try to match you with a partner. If it is not possible to match you with a partner, your extra \$5.00 will be refunded to you.

Individual Challenge

- If you do not want to sign up as a team, you can still compete in this challenge as an individual. Each Individual will pay \$10.00 when they weigh in.
- In 10 weeks, each individual that loses 10 pounds OR earns 40 fitness points will win \$10, PLUS they will split the entry fees of all individuals that did not lose 10 pounds or earn 40 fitness points.

Weigh Ins/Weigh Outs

- Weigh Ins will be Tuesday and Wednesday, February 5th & 6th, at the Fitness Center (old jail across from the Courthouse):
 - 7:00-8:00 am
 - 5:00-7:00 pm
 - If these times do not work for you, please contact a wellness committee member—they would be happy to set up a weigh in time for you.
- Same general attire must be worn during weigh in and weigh outs.

- Weigh Outs will be Tuesday and Wednesday, April 16 & 17th, at the Fitness Center (old jail across from the Courthouse). Times to be announced in the future.

Fitness Points

- You are given a $\frac{1}{2}$ point for every $\frac{1}{2}$ hour you continually work out (If you exercise for less than $\frac{1}{2}$ hour at a time, you will not receive any fitness points.)
- You can earn 4 fitness points each time you attend a nutrition class offered between February 1st and April 17th. And 2 points for the upcoming Health Fair in March. You can also earn 2 points if you have a wellness committee member help set you up on a personal fitness program (if you did not already meet with Tom Sweeney in January.)
- Fitness points will count for the following physical activity:

*Walking/Hiking	*Running	*Cardio
*Biking/Cycling	*Swimming	*Strength Training
*Yoga	*Boot Camp	*Work Out Tapes
*Body Pump	*Zumba	*Lifting Weights
*Pilates	*Aerobics	*Elliptical/Treadmill

(If you have any questions about what counts as physical activity, please send an email to kerryh@diodecom.net)

- Each Monday by 5:00 pm, you will email your assigned number, weight gained or lost for the previous week and your fitness points for the previous week to kerryh@diodecom.net You will need to include the following:

∞Day	∞Time	∞Description of Exercise	∞Length of Time Exercised
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- You can weigh yourself weekly anywhere you would like—it does not have to be at the fitness center. This is to help keep you on track over the 10 weeks.

Let's make fitness and healthier living your goal for 2013.

IF YOU HAVE ANY QUESTIONS, PLEASE ASK SOMEONE ON THE
WELLNESS COMMITTEE or email kerryh@diodecom.net

*Sharon Jelinek *Marvin Kohout *Bruce Filipi *Stacy Gross
*Jennifer Chavez *Rich Bartels *Cheri Slama *Kory Mullen
*Linda Kastanek *Kerry Hagemeier *Tim McDermott

Why is HDL cholesterol good for you?

You've probably heard HDL referred to as the "good" cholesterol. But you might not know what makes it so good. Why is some cholesterol helpful to the heart and other cholesterol (namely LDL) harmful?

A little about LDL

Cholesterol travels through the bloodstream in protein packages called lipoproteins. The lipoprotein of greatest concern is low-density lipoprotein (LDL), the so-called bad cholesterol. If your body produces more LDL than the cells can absorb, it lodges in artery walls and contributes to the buildup of atherosclerotic plaque.

Driving down LDL has been the main target for improving cholesterol levels. Powerful cholesterol-lowering drugs called statins are available to do just that. Studies have shown that taking a statin can cut the risk of developing and dying from heart disease by 30% to 40%.

And on to HDL

But there's more to the story of cholesterol and cardiovascular risk than LDL. Another key player is high-density lipoprotein (HDL), dubbed the "good" cholesterol. HDL removes LDL from the artery walls and ferries it back to the liver for processing or removal (see illustration).

How HDL helps

Cholesterol travels in the blood attached to lipoproteins. Low-density lipoprotein (LDL) enters the walls of arteries, where it contributes to the buildup of atherosclerotic plaque. High-density lipoprotein (HDL) removes LDL from the artery walls and carries it back to the liver. HDL also helps quell inflammation and protect the cells lining the arteries' inner surface (endothelium).

HDL also acts as:

- an antioxidant. Researchers believe antioxidants can protect against coronary artery disease by preventing LDL cholesterol from reacting with oxygen, which leads to the progressive thickening and hardening of the walls of arteries.
- an anti-inflammatory. Though inflammation is an essential part of the body's defenses, it can cause problems, too. In the heart, inflammation can trigger atherosclerosis, keep the process smoldering, and influence the formation of artery-blocking clots, the ultimate cause of heart attacks and many strokes.
- an antithrombotic. Thrombosis is the forming of clots, and preventing these clots from forming in the coronary arteries can prevent heart attack and stroke.

People with low levels of HDL are more likely to have heart attacks and strokes; high levels appear to be protective. In the Framingham Heart Study, low levels of HDL were an even more potent risk factor for heart disease than high levels of LDL. Other studies have linked high HDL levels to a reduced risk of stroke, greater longevity, and better cognitive function in old age.

Hypertension

An alarming one in three American adults has high blood pressure. Known medically as hypertension, many people don't even know they have it, because high blood pressure has no symptoms or warning signs. But when elevated blood pressure is accompanied by abnormal cholesterol and blood sugar levels, the damage to your arteries, kidneys, and heart accelerates exponentially. Fortunately, high blood pressure is easy to detect and treat. Sometimes people can keep blood pressure in a healthy range simply by making lifestyle changes, such as losing weight, increasing activity, and eating more healthfully.

High blood pressure and diabetes—double trouble

Do you have high blood pressure, also known as hypertension? If so, you should be tested for diabetes.

That recommendation comes from the U.S. Preventive Services Task Force, an independent panel of experts that reviews the evidence for prevention strategies. The task force's recommendations usually become guidelines for primary care doctors and some specialists.

High blood pressure and diabetes often travel together. Treating them simultaneously is a win-win approach. For example:

- Among people with diabetes, controlling blood pressure cuts in half the chances of having a heart attack or stroke or dying of heart disease.
- Among people with high blood pressure, controlling blood sugar reduces the chances of:
 - losing vision
 - losing feeling in the fingers or feet
 - losing a limb
 - suffering kidney damage.

Key points

- If you have high blood pressure, make sure you are tested for diabetes.
- Controlling blood pressure and diabetes with lifestyle changes can substantially decrease your chances of having a heart attack or stroke. Lifestyle changes include:
 - exercise
 - losing weight if needed
 - stopping smoking if you're a smoker.

Testing for diabetes

The diabetes test endorsed by the American Diabetes Association is the fasting blood sugar test. It involves having a small sample of blood drawn first thing in the morning, before you have had anything to eat or drink.

If your blood sugar is 126 milligrams per deciliter (mg/dL) or higher, and it's confirmed by a second test a few days later, you have diabetes. Some doctors check for diabetes by testing your blood sugar two hours after you drink a sugary beverage or by testing for the percentage of sugar-coated hemoglobin in the bloodstream (known as hemoglobin A1c).

Diabetes that appears in adulthood is usually type 2 diabetes. It begins years earlier as a slowly smoldering condition known as insulin resistance. Insulin is a hormone needed to move sugar from the bloodstream into muscle and other cells. Some people become progressively resistant to insulin's "open up for sugar" signal. The longer sugar lingers in the bloodstream, the more insulin the body makes. Over time, the insulin-making cells in the pancreas begin wearing out. This dual problem leads to higher and higher levels of blood sugar after meals and between them.

Too much sugar in the bloodstream affects tissues throughout the body. It damages the inner walls of small blood vessels, causing them to thicken and leak. The vessels may eventually clog, impeding blood flow to vital tissues. This process can:

- damage nerves
- trigger heart attacks and strokes
- harm the kidneys
- lead to vision loss.

Keeping blood sugar levels as close to normal as possible can prevent these disabling or deadly complications.

Taking control

Diabetes and high blood pressure may be different diseases, but both respond to the same lifestyle changes:

- Daily exercise is an excellent way to lower blood pressure and keep blood sugar in check.
- For folks who are overweight, losing weight is good for both blood pressure and blood sugar.
- Stopping smoking works for both.
- So does adopting a healthier diet.

Medications are usually needed to control blood pressure and blood sugar. Statins are helpful for both, regardless of cholesterol level. But lifestyle changes should be the bedrock of treatment, not add-ons after medications.

Nutrition 101: Good eating for good health

Turn on your TV, open a newspaper, or boot up your computer and you're bound to get some confusing news about diet and health. Don't let it drive you to distraction—or to the donut shop. Instead, remember four key facts:

1. What you eat affects your appearance, your energy and comfort, and—above all—your health.
2. America is on the wrong track. Two out of every three of us are overweight or obese. Diabetes and high blood pressure are on the rise. Heart attacks, strokes, and cancer are distressingly common. Many factors contribute to these complex problems, but the basic reasons are simple: we eat too much, we choose the wrong foods, and we don't get enough exercise.
3. Scientists know what diet is best for health (see below). The fine print has changed and is likely to change some more, but the key facts are in.
4. Good eating is not a punishment, but an opportunity. If you know why it's important and what to do, you'll find it enjoyable and satisfying. And if you establish an overall pattern of healthful nutrition, you'll have plenty of wiggle room to savor the treats that matter most to you.

Making changes

Here are five tips to create a healthful diet that you can enjoy.

- Learn to think about food in a new way. Years ago, meat and potatoes were the American ideal. Now we know that vegetables, fruits, whole grains, nuts, and fish are best.
- Experiment with new recipes and meal plans. Be creative and take chances. Instead of dreading your new diet, have fun with it.

- Change slowly. By the time you are 40, you'll have eaten some 40,000 meals—and lots of snacks besides. Give yourself time to change, targeting one item a week.
- Start with breakfast, switching from eggs, bacon, donuts, white toast, or bagels to oatmeal or bran cereal and fruit. If you just can't spare 10 minutes for a sit-down breakfast, grab high-fiber cereal bars instead of donuts or muffins.
- Next, try out salads, low-fat yogurt or low-fat cottage cheese, tuna or peanut butter sandwiches, and fruit for lunch.
- Snack on unsalted nuts, trail mix, fruit, raw veggies, Rye Krisp, or graham crackers. Try eating a few handfuls of a crunchy fiber cereal such as Kashi, or nibble on a cereal bar.
- For dinner, experiment with fish, skinless poultry, beans, brown rice, whole-wheat pasta, and, of course, salads and veggies.
- Fruit and low-fat frozen desserts are examples of desirable after-dinner treats. And there's nothing wrong with the occasional cake, pie, or chocolates as long as the portions are moderate.
- Be relaxed about your diet. You will never find a perfect food. Not everything on your plate needs to have a higher purpose. Take your tastes and preferences into account. If roast beef is your favorite food, it is okay to eat it—but try to make it a Sunday treat instead of a daily staple. The choices are your—and the better your overall diet, the more "wiggle room" you'll have to indulge your passions.
- Take a long-range view. Don't get down on yourself if you slip up or "cheat" from time to time. Don't worry about every meal, much less every mouthful. Your nutritional peaks and valleys will balance out if your overall dietary pattern is sound.

Your goals

For most people, TLC stands for tender loving care. For doctors, it stands for the Therapeutic Lifestyle Changes diet. The TLC diet provides sound goals for most Americans.

The TLC Diet	
Total calories	Adjusted in conjunction with exercise to attain or maintain a healthy body weight. (Your doctor or a nutritionist can help you figure out how many calories you, personally, should be taking in.)
Total fat	25% - 35% of total calories
Saturated fat	Less than 7% of total calories
Polyunsaturated fat	Up to 10% of total calories
Monounsaturated fat	Up to 20% of total calories
Cholesterol	Less than 200 mg a day
Protein	About 15% of total calories
Fiber	<p>The Institute of Medicine recommends:</p> <p>men 50 years and younger get 38 grams per day</p> <p>women 50 and younger get 25 grams per day</p> <p>men over 50 get 30 grams per day</p> <p>women over 50 get 21 grams per day</p>



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES (4 Fitness Points)

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Nutrition Myth Busting

5:30 pm, Monday, March 11th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER—BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

WELLNESS WEBSITE

Check out the new Wellness Website!!!

Logon to www.co.saline.ne.us

Click on the  on the home page.

You will be prompted for a password. Enter "saline" in all lowercase letters. Then Select the "OK" tab.

This is a work in progress, but we have the dates for all scheduled Nutrition Classes, Handouts from Past Classes and Times for all exercise classes in the area.

MORE INFORMATION WILL BE COMING SOON!!

SALINE COUNTY FITNESS CENTER

~EFFECTIVE MARCH 1, 2013, THE RULES, WAIVER AND COMBINATION HAVE CHANGED. PLEASE CONTACT THE COUNTY CLERK'S OFFICE TO SIGN A NEW WAIVER AND RECEIVE THE NEW COMBINATION. (THE NEW RULES ARE LISTED ON THE OTHER SIDE OF THIS SHEET.)



Saline County 2nd Annual Health Fair

Don't forget to Fast 10-14 hours before your APPT.

Bring your BCBS Card so that We Can Make a Copy!

(2 Fitness Points)

MARCH 5th (Courthouse) & 6th (Jail)

March 5th & 6th, Saline County will once again be offering FREE Health Screenings to all employees and their spouses. The individual health screenings are **PRIVATE AND COMPLETELY CONFIDENTIAL** and the results are NOT reported to insurance, nor will they affect your insurance.

Included in the Wellness Health Screening:

*Body Mass Index (BMI)

*Height & Weight

*Blood Pressure

*Comprehensive Metabolic Panel (Albumin, Alkaline Phosphatase, ALT, AST, Total Bilirubin, BUN, Calcium, Carbon Dioxide, Chloride, Creatinine, Glucose, Potassium, Total Protein, Sodium)

*Lipid Panel (Cholesterol, Triglycerides, HDL, Calculated LDL)

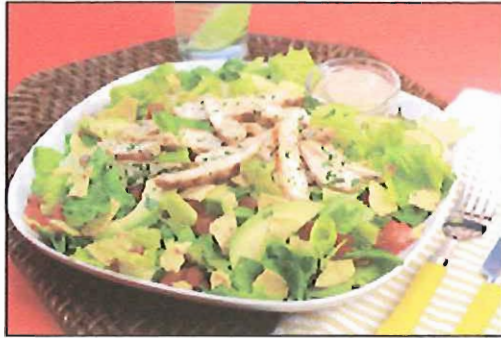
*TSH (Thyroid Stimulating Hormone)

*PSA (Prostate Specific Antigen) - Available upon request for Men

Saline County Fitness Center
Facility Rules

- 1). The Facility will be open 24 hours a day, seven days a week.
- 2). All persons using this Facility must have signed a Waiver/Release of Liability & Indemnity Agreement with Saline County (available in the County Clerk's Office).
- 3). You must sign in / sign out to use this Facility.
- 4). This Facility is available to Saline County employees, their guests, and employees of any Saline County facility. Children under 19 years of age are allowed when accompanied and directly supervised by their parent.
- 5). No alcoholic beverages or tobacco use allowed in this Facility.
- 6). Saline County employees may sponsor their immediate family members (spouse and children aged 19 and older and their spouses) and one (1) non-relative to the Fitness Center.
- 7). Please be considerate of others by using each machine a reasonable amount of time.
- 8). The combination to this Facility lock will be changed January 1st and July 1st of each year. Please check with the County Clerk's Office for the new combination.
- 9). The last person to leave the Facility will turn off all equipment, turn out the lights, and lock the door.

HG's Wild Southwest Chicken Salad



Do You Know the Way to Santa Fe?

Serving Size: 1 salad (entire recipe)

Calories: 305

Fat: 9.5g

Sodium: 828mg

Carbs: 24g

Fiber: 7.5g

Sugars: 6g

Protein: 31.5g

PointsPlus® value 7*

Because we do. That is, we know the way to take the Santa Fe Chicken Salad at Chili's and turn it into a totally guilt-free meal option! Looking for actual directions to New Mexico? Umm, try Google Maps...

Ingredients:

One 4-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness

1/8 tsp. chili powder

1/8 tsp. salt

Dash garlic powder

Dash onion powder

2 tbsp. fat-free sour cream

1/4 tsp. ranch dressing/dip seasoning mix

1 tsp. chipotle pepper sauce (like the kind by Tabasco)

4 cups chopped romaine lettuce

1/4 cup fresh pico de gallo

1 1/2 oz. sliced avocado (about 1/3rd of an avocado)

2 tbsp. coarsely chopped plus 1 tsp. finely chopped cilantro

5 baked tortilla chips, broken into bite-sized pieces

Directions:

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Season chicken with chili powder, salt, garlic powder, and onion powder. Cook chicken for about 3 minutes per side, until cooked through.

To make the dressing, in a small bowl, thoroughly mix ranch seasoning into sour cream. Add chipotle pepper sauce, and stir until uniform.

Place lettuce in a large bowl (or on a large plate). Top with pico de gallo, avocado, coarsely chopped cilantro, and tortilla chip pieces.

Slice chicken, and transfer to a medium bowl. Sprinkle with finely chopped cilantro, and toss to coat.

Top salad with chicken, and serve with dressing!

MAKES 1 SERVING



Hungry Girl's PB Cheerios Pudding Carnival

1/2 large banana, cut into coins

1/2 cup Multi Grain Cheerios & Peanut Butter cereal

1 sugar-free vanilla pudding snack with 60 calories or less

1 tsp fat-free, low-fat, or light caramel dip

1/2 tbsp chopped peanuts

1. Place banana coins in a medium bowl or parfait glass.
2. Add half the cereal, all the pudding and the remaining cereal.
3. Drizzle with caramel and sprinkle with peanuts!

1 Serving: Calories 235; Fat 5g; Sodium 205mg; Carbs 49g; Fiber 2g; Sugars 17g; Protein 4g



Hungry Girl's PB Cheerios Popcorn Balls

3 tbsp light whipped butter or light buttery spread

2 cups mini marshmallows

4 cups popped 94% fat-free kettle corn popcorn

4 cups Multi Grain Cheerios & Peanut Butter cereal

1/3 cup peanut butter baking chips, roughly chopped

1. Set out a baking sheet. Place butter in a large nonstick pot and set to low heat. Once melted, add marshmallows. Cook and stir until melted, about 10 minutes.
2. Remove pot from heat. Add popcorn, cereal, and chopped peanut butter chips. Gently stir until coated. Transfer to a large bowl.
3. Evenly and firmly form into 15 balls. (If needed, lightly spray your hands with nonstick cooking spray.) Enjoy!

1/15th of recipe (1 popcorn ball): Calories 101; Fat 3g; Sodium 93mg; Carbs 17g; Fiber 1g; Sugars 9g; Protein 1.5g



Hungry Girl's Freezy PB Crunch Scoops

Prep Time: 10 Min

Start to Finish: 40 Min

1 cup low-fat vanilla ice cream

1/4 cup Multi Grain Cheerios & Peanut Butter cereal, coarsely chopped

2 teaspoons peanut butter chips, chopped

1. Scoop 1/2 cup ice cream into sheet of plastic wrap; completely wrap ice cream. Use hands to form plastic-wrapped ice cream into ball. Repeat with remaining 1/2 cup ice cream. Freeze 30 minutes or until firm.
2. In shallow dish, mix cereal and chopped peanut butter chips.
3. Remove firm ice cream from freezer, and unwrap. One at a time, roll each ball in cereal mixture until thoroughly coated, pressing in slightly.

1 scoop: Calories 170 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2.5g; Trans Fat 0g; Polyunsaturated Fat 0.5g; Monounsaturated Fat 1.5g; Omega-3 0g); Cholesterol 20mg; Sodium 90mg; Potassium 180mg; Total Carbohydrate 23g (Dietary Fiber 0g; Soluble Fiber 0g; Insoluble Fiber 0g); Sugars 23g; Protein 4g

7 Best Yoga Poses to Soothe Back Pain

Whether you're living with chronic pain or just want to stretch and strengthen your back, here are seven beginner yoga poses to try.

Achy back? Give yoga a go. Multiple studies have shown the power of the ancient practice, which emphasizes stretching, strength, and flexibility, to relieve back soreness. In fact, several studies have found that yoga can even trump usual care for back pain when it comes to improving back function.

People who took yoga or stretching classes are twice as likely to cut back on pain medications for their back aches as people who managed symptoms on their own, one University of Washington study found.

While yoga isn't a good idea if you have severe pain, those with occasional soreness or chronic aches may greatly benefit from certain postures that can help lengthen your spine, stretch and strengthen your muscles, and return your back to its proper alignment, says Everyday Health fitness expert Jennifer Bayliss, ATC, CSCS. (You'll reap these other [health perks of yoga](#) too.)

It's always a good idea to ask your doctor before starting a new fitness regimen, especially if you're prone to pain. Once you get the green light, try these seven [soothing poses for back pain](#). You can do these poses in any order. Gradually increase the intensity by holding them for longer amounts of time.



Downward-facing Dog

This classic yoga pose is a great total body stretch that targets back extensors, or the large muscles that help form your lower back, support your spine, and help you stand and lift objects.

Try It: Start on your hands and knees, with your hands slightly in front of your shoulders. Pressing back, raise your knees away from the floor and lift your tailbone up toward the ceiling. For an added hamstring [stretch](#), gently push your heels toward the floor. Hold the position for 5 to 10 breaths, and repeat the pose five to seven times.



Child's Pose

It may look like you're resting, but child's pose is an active stretch that helps elongate the back. It's also a great [de-stressor](#) before bed at the end of a long, exhausting day.

Try It: Start on all fours with your arms stretched out straight in front of you, then sit back so your glutes (butt muscles) come to rest just above — but not touching — your heels. Hold the position for 5 to 10 breaths, and repeat as many times as needed for a good, soothing stretch.



Pigeon Pose

Pigeon pose, which can be a little challenging for yoga newbies, stretches hip rotators and flexors. It might not seem like the most obvious position to treat a [back ache](#), but tight hips can contribute to lower back pain.

Try It: Start in downward-facing dog with your feet together. Then draw your left knee forward and turn it out to the left so your left leg is bent and near-perpendicular to your right one; lower both legs to the ground. You can simply keep your back right leg extended straight behind you, or for an added hamstring stretch — seasoned pigeon posers, only! — carefully pull your back foot off the ground and in toward your back. Hold the position for 5 to 10 breaths, then switch to the other side, and repeat as needed.

Stacy Gross is teaching Yoga in the Wilber Elementary Library. A new 6-week Class starts March 21, 2013 and costs \$25. Classes are every Thursday from 5:30-6:30.



Cat and Cow Pose

The perfect poses for an achy, sore back, cow and cat stretches loosen back muscles, whether as part of a [yoga routine](#) or as a warm-up for another workout.

Try It: Starting in an all-fours position, move into cat pose by slowly pressing your spine up, arching your back. Hold for a few seconds and then move to cow (pictured at left) by scooping your spine in, pressing your shoulder blades back and lifting your head. Moving back and forth from cat to cow helps move your spine onto a neutral position, relaxing the muscles and easing tension.

Repeat 10 times, flowing smoothly from cat into cow, and cow back into cat. Repeat the sequence as needed.



Upward-Facing Dog

Sometimes called a forward fold, the upward forward bend stretches the hamstrings and back muscles while providing a release for tight, tense shoulders.

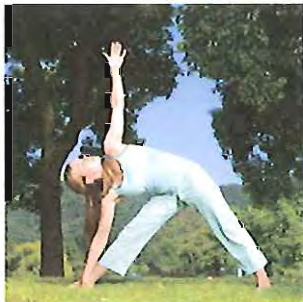
Try It: Stand straight with feet shoulder-width apart, and your [knees](#) loose, not locked. While you exhale, hinge at your waist and bend forward, reaching toward the floor. Don't worry if you can't reach all the way to the floor at first; just stop wherever your hamstrings feel a comfortable stretch. Repeat the pose five to seven times. On the last bend hold the position for 5 to 10 breaths.



Upward-Facing Dog

Cobra works to open up your chest, stretch your [abdominal muscles](#), and engage your back.

Try It: Start lying flat on the floor with your palms facedown by the middle of your ribs. While drawing your legs together and pressing the tops of your feet into the floor, use the strength of your back, not your hands, to lift your chest off the floor. Leave your legs extended straight out at first. Hold the position for 5 to 10 breaths, and repeat as needed.



Triangle Pose

Triangle pose is great for [strengthening the back](#) and legs and can help lengthen your muscles along the sides of your torso while stretching the muscle fibers along your outer hip (your IT, or iliotibial, band).

Try It: Start standing straight with your feet together. Next, lunge your left foot back three to four feet, and point your left foot out at a 45-degree angle. Turn your chest to the side and open up the pose by stretching your right arm toward the ground and the left arm toward the ceiling, keeping both your right and left legs straight. You may not be able to touch the ground with your right arm at first, so don't over-stretch — only bend as far as you can while maintaining a straight back. Hold the position for 5 to 10 breaths, then switch to the other side, and repeat as needed.

Checking blood pressure: Do try this at home

Home monitoring makes sense if you have high blood pressure.

Your blood pressure changes from hour to hour, sometimes even minute to minute. It jumps around so much that you are more likely to get a good sense of your blood pressure if you check it at home rather than in the doctor's office.

Just a few of the things that can influence your blood pressure:

- **standing up from a chair
- **watching an exciting show on television
- **eating a meal
- **listening to soothing music
- **stress
- **the time of day

In fact, the American Heart Association (AHA), American Society of Hypertension, and Preventive Cardiovascular Nurses Association urge people with high blood pressure, or at high risk for developing it, to become blood pressure do-it-yourselfers.

There are many good reasons to follow their advice. Taking your blood pressure at home allows you to:

- **Find your real blood pressure.** The measurement your doctor or nurse takes is just a single frame from an ongoing movie. In some people, that snapshot tells the whole story, and is an excellent approximation of their usual blood pressure. In others, it isn't.

Up to 20% of people diagnosed with high blood pressure have white-coat hypertension. This is a temporary spike in blood pressure brought on by the stress of trekking to and seeing a doctor. Still others have what's called masked hypertension—normal blood pressure in the doctor's office but high blood pressure everywhere else.

- **Improve your control.** People who check their blood pressure at home tend to be more successful at keeping it under control. It seems that timely feedback helps. Instead of getting a blood pressure reading once every few months under unusual conditions (in a doctor's office), you can get a reading every week or so at home.

Taking the measurements yourself also helps. People who actively participate in their care generally do better than those who take a hands-off, let-the-doctor-do-it approach.

- **Track your progress.** You can't feel your blood pressure get better—or worse. Measuring it at home offers vital information about whether your lifestyle changes and the medications you are taking are having their desired effects.

- **Save time and medications.** Monitoring your blood pressure at home may mean fewer trips to the doctor's office. If you have white-coat hypertension, it may also mean taking fewer, or no, blood pressure medicines.

- **Run with the right crowd.** Of every 100 people with high blood pressure, 70 or more don't have it under control. Checking your pressure at home and acting on the results can help you join the "in" crowd who do.

For example, a study showed that people who checked their blood pressure at home and emailed the results to a pharmacist who offered advice were far more likely to keep their blood pressure in check than those who merely measured it at home or those who had it taken by a doctor every now and then.

Who needs to monitor their blood pressure at home?

Consider home monitoring if you fall into any of these groups:

- **People with known or suspected hypertension.** That includes the whopping 73 million Americans with high blood pressure. It also includes the millions more with type 2 diabetes or chronic kidney disease, who are at high risk for developing high blood pressure.
- **Pregnant women.** High blood pressure is a common, and problematic, side effect of pregnancy.
- **People who are seriously overweight.**
- **Smokers.**
- **People with a family history of high blood pressure.**

Could heart-healthy HDL cholesterol also be good for the brain?

High-density lipoprotein (HDL) is the "good" cholesterol particle. Under the right conditions, HDL scoops up cholesterol from the bloodstream and brings it to the liver, where it gets broken down. That's why having high levels of HDL cholesterol is a good thing.

But wait, there's more! Studies suggest that HDL may stop inflammation, prevent blood clots from forming, and prevent other heart-harmful events in the body.

And there is now evidence that HDL might be good for the brain, too. A small but growing number of studies suggest that high levels of HDL might decrease the risks for stroke and dementia. For example, a re-analysis of data from the Vitamin Intervention for Stroke Prevention study showed that people with high HDL levels were more likely to fully recover from a mild or moderate stroke. Other studies have found that high HDL lowers people's chances of having certain kinds of strokes. And there's some interest in experimenting with HDL levels to treat strokes.

HDL and dementia

Studies have identified an association between low HDL levels and dementia. Of course, that does not mean that low HDL levels cause dementia. Still, there is some evidence that HDL may hinder the development of beta-amyloid plaques. These plaques, many experts believe, are a primary cause of Alzheimer's disease.

How to raise HDL levels

Here are a few ways to increase your HDL levels. First we'll talk about lifestyle choices, then medications.

Five lifestyle choices that boost HDL

1. **Exercising**
2. **Drinking moderate amounts of alcohol.** That means one drink a day if you're a woman, and one to two if you're a man. And only drink alcohol if you can do so safely and responsibly.
3. **Losing weight, if you're overweight.**
4. **Avoiding trans fats.** If you see "partially hydrogenated oil" on a food's ingredient list, then it has some level of trans fats. Processed foods and fried foods from restaurants tend to be the biggest sources of trans fats.
5. **Eating a diet high in fruits, vegetables, and low-fat dairy products can increase HDL levels.** Mediterranean-style diets (large amounts of olive oil, whole grains, fruit, and vegetables) are also HDL boosters.

Four medications that can boost HDL

1. **Niacin.** In large doses (1 to 2 grams per day), niacin can increase HDL by 20% to 30%. One problem with niacin is that it can cause flushing, a sudden reddening of the skin that can be very uncomfortable. Taking aspirin 30 minutes or so before niacin can prevent flushing.
2. **Fibrates (clofibrate, fenofibrate, gemfibrozil).** These medications lower triglycerides and raise HDL, making them a good choice if you have high triglycerides (200 to 499 mg/dL) as well as low HDL (40 mg/dL or lower). Side effects are a worry: taking both a fibrate and a statin increases the risk of muscle weakness. Fenofibrate (Antara, Tricor, other brands) is the best fibrate to take with a statin.
3. **Statins.** These drugs are most often prescribed to lower "bad" LDL cholesterol, but they also increase HDL. However, the effect on HDL varies with the statin and is most pronounced at high doses. Rosuvastatin (Crestor) seems to be more effective at boosting HDL than simvastatin (Zocor), and simvastatin may be more effective than atorvastatin (Lipitor).
4. **Statin-niacin combinations.** These have been shown to increase HDL by 18% to 21%. Muscle weakness can be a problem with statins, but adding niacin to a statin doesn't seem to increase this risk. One combination pill, Advicor (niacin and lovastatin), is already on the market.



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES (4 Fitness Points)

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Happy Hour: Alcohol & Nutrition

5:30 pm, Thursday, April 11th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER—BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Missed a Past Nutrition Class??? Call 402-821-2374 to Get a Copy of the Class and Handouts.

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

TOM SWEENEY

Tom Sweeney will be at the Fitness Center Tuesday, April 30th

Open House 5:00 - 8:00 pm

Stop in and ask Tom questions about the fitness center equipment, starting an exercise program, revving up your existing workout routine, tips and tricks, etc.

Feel free to stop in anytime between 5:00 and 8:00 pm on Tuesday, April 30th at the Saline County Fitness Center

WORKOUT IN A RUT??

The following Fitness DVDs can be checked out in the clerk's office (402-821-2374.)

*Jillian Michaels: Kickbox Fastkick	*Trudie Styler: Weight Loss Yoga
*Jillian Michaels: Ripped in 30	*Leslie Sansone: Walk Away the Pounds
*Jillian Michaels: 30 Day Shred	*Leslie Sansone: Walk Your Belly Flat
*Jillian Michaels: Extreme Shed & Shred	*Leslie Sansone: 5 Day Walk Plan
*The Biggest Loser: At Home Challenge	Billy Banks: Tae Bo Bootcamp Shred
*The Biggest Loser: 30 Day Power X-Train	Billy Banks: Tae Bo Express

USEFUL WORKOUT APPS



Walkmeter

Tracks all kind of information about your walks, including time, distance and speed, keeps a history of them and allows you to compare your workouts on a graph.



Nexercise

It uses your GPS to register your movement and the length of time and distance you've gone. Once you complete your workout, you hit Submit and earn points. Almost any activity counts, including housework.



Run Keeper

It helps you keep track of different fitness activities, including cycling--not just running. It logs the duration of your workout, calories burned and distance traveled. There is also an auto-pause function--pauses when you stop moving.

We had 99 participants in our 2nd Annual Saline County Employee Health Fair. Here is an aggregate report of our test results—this report was prepared by Warren Memorial Hospital. NO individual tests results are reported to Saline County. If you have any questions regarding your test results, please contact your doctor.

SALINE COUNTY EMPLOYEE 2013 AGGREGATE REPORT			
Measure	National Guideline Standard	% of Participants	# of Participants
Systolic BP (SBP)			TOTAL 98
normal SBP	≤ 120 mmHg	18.4%	
borderline high SBP	121-139 mmHg	35.7%	
high SBP	≥ 140 mmHg	45.9%	
Diastolic BP (DBP)			TOTAL 98
normal DBP	≤ 80 mmHg	30.6%	
borderline high DBP	81-89 mmHg	28.6%	
high DBP	≥ 90 mmHg	40.8%	
Uncontrolled BP	≥ 140/90 mmHg	36.73%	
Fasting Glucose (FBG)			TOTAL 99
normal	≤ 100 mg/dL	68.7%	
borderline	101-125 mg/dL	24.2%	
high	≥ 126 mg/dL	7.1%	
Total Cholesterol			TOTAL 99
desirable	≤ 200 mg/dL	66.7%	
borderline high	201-239 mg/dL	28.3%	
high	≥ 240 mg/dL	5.1%	
LDL Cholesterol			TOTAL 97
ideal (individuals with CVD)*	< 70 mg/dL	9.28%	
optimal	< 100 mg/dL	43.3%	
near above optimal	100-129 mg/dL	32.0%	
borderline high	130-159 mg/dL	19.6%	
high	160-189 mg/dL	19.6%	
very high	≥ 190 mg/dL	0.0%	
Triglycerides			TOTAL 99
normal	< 150 mg/dL	63.6%	
borderline high	150-199 mg/dL	12.1%	
high	200-499 mg/dL	23.2%	
very high	≥ 500 mg/dL	1.0%	
HDL Cholesterol (Men)			TOTAL 50
ideal	≥ 50 mg/dL	34.0%	
normal	40-49 mg/dL	36.0%	
low (high risk)	< 40 mg/dL	30.0%	
SALINE COUNTY EMPLOYEE 2013 AGGREGATE REPORT			
HDL Cholesterol (Women)			TOTAL 49
ideal	≥ 60 mg/dL	34.7%	
normal	50-59 mg/dL	24.5%	
low (high risk)	< 50 mg/dL	40.8%	
BMI (BODY MASS INDEX)			TOTAL 96
under healthy weight	<19%	0.0%	
healthy weight	19-25%	19.8%	
overweight	26-30%	28.1%	
obese	>30	45.8%	

*This value is recommended for individuals with diagnosed cardiovascular disease

Prepared by Warren Memorial Hospital 3/6/2013

Mason Jar Salads

Make fresh, fantastic lunches in a shake!



Make portable lunches in a Mason jar! Don't cheat yourself during the busy work week. Create fresh lunches that hit the work lunch trifecta! They're money saving, good for you, and so quick and easy to make! The Mason jar is perfect for layering ingredients, for storing in the fridge, and then—with a shake—combining everything together for a quick, delicious lunch that you can feel good about. The salad stays fresh and crisp in the refrigerator for up to 4 days (with a lid). So you can make a variety of salads and dressings for the week.

Main points to Remember:

1. Any tall jar with a lid will work. Don't forget to put a lid on your salad so that it will stay fresh for up to 4 days in the fridge.
2. Dressing on the bottom, lettuce on the top. If the two are touching the lettuce will turn to slime.
2. So, dressing goes in first. On top of your dressing, use a rather "hearty" vegetable, such as shredded cabbage, pea pods, or julienne carrot matchsticks. They can withstand the acidity of the dressing, and actually get better!
3. Pack it in. Use a nice variety of colorful vegetables! When you are ready to eat—Shake it Up!!!

Salad

Makes 2 salads in 32 oz mason jars

1 cup cooked quinoa
2 big handfuls spinach
1 cup chopped mushrooms
1 cup cherry tomatoes
1/2 red onion, diced
4 tbsp balsamic vinaigrette

Layer the ingredients in the jar as follows:
dressing
onion
mushrooms
tomatoes
quinoa
spinach

REMEMBER: The most important part of the layering is making sure the dressing and the spinach (or whatever 'leaf' you choose) don't touch. Make a few jars on Sunday night and just grab one to bring to work everyday. When you're ready to eat, just shake it up.

Vegan Cobb Salad



Dressing: Apple cider vinegar + walnut oil + spices

Diced Carrots

Diced Onion

Diced Tomato

Diced Naval Orange

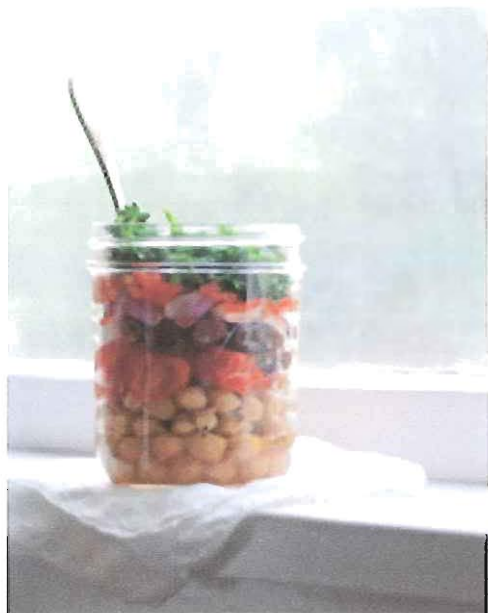
Diced Avocado

Lemon Circles (they keep the avocados fresh)

Diced [Lemon/White Miso-Marinated Tofu](#)

Diced Tempeh Bacon

Greek Chickpea Salad



2 teaspoons olive oil

Squeeze of lemon juice (the juice of 1/4 of a small lemon)

Sea salt and freshly ground black pepper

Pinch red pepper flakes

1 clove garlic, minced

1/2 cup cooked chickpeas

Small handful cherry tomatoes, chopped (about 1/2 cup)

8 kalamata olives, chopped

2 tablespoons red onion, chopped

1/2 roasted red pepper, chopped (about 1/3 cup)

1/3 to 1/2 cup fresh parsley, chopped

Crumbled feta (optional)

Fills one pint-sized mason jar.

10 cheap shortcuts to good health

10 budget-friendly ways to improve your health and fitness

If you think getting fit and healthy will blow your budget, it may be time to think again. Luckily, many of the things that are best for our health are actually low cost or even free. To improve your wellbeing without the hefty price tag, check out our 10 cheap shortcuts for boosting your health.

Stay fit at home

If expensive gym memberships are out of your price range, luckily there are many other ways to get fit for free. Try incorporating exercise into your regular routine through everyday activities such as gardening and housework, and take up a free activity such as walking, running or cycling to stay in shape. For those who fancy taking up an exercise such as yoga or Pilates, it may be helpful to take a few classes to master the basics then you can continue to practice the poses at home for free.

Create a healthy recipe archive

Want to get started in healthy cooking but can't afford to invest in a good cook book? Thanks to the wonders of the internet you don't need to shell out any money to build up a collection of recipes. With many websites catering to healthy eating recipes on a budget, you are guaranteed to find something to suit your tastes and price range without having to spend a penny.

Practice deep breathing

It's free, it's unavoidable and we do it every day, but did you know that the simple act of breathing could help to boost your health? Research has suggested that yogic deep-breathing techniques can help people more effectively handle depression, anxiety and stress as well as stimulating the lymphatic system to more effectively deal with toxins. Try learning and practicing deep breathing techniques on a regular basis to improve your physical and mental health for free.

Spend time with friends

Spending time with your friends is great for your health, with research suggesting that having a strong social network can help you live longer and reduce feelings of depression and stress. If you think that you can't afford a social life, there are many ways you can spend time with friends on the cheap. Rather than eating out a restaurant, try taking turns to cook each other a cheap and healthy meal. Alternatively, plan a movie night instead of a trip to the cinema, and stock up on comedy films to boost your endorphins.

Drink lots of water

One of the cheapest and simplest ways to improve your health is by upping your intake of fluids. While there is no definitive guideline for how much you should drink a day, it is important not to wait until you are thirsty to drink as by this time you are already dehydrated. Some of the

benefits of drinking more water include increased energy levels, improved digestion, less water retention and a better complexion. Replacing sugary drinks with water will also benefit your waistline and wallet.

Opt for home-grown produce

Getting your recommended daily portions of fruit and veg can sometimes work out expensive, so why not take the cheaper and healthier option and grow your own fresh produce? If you haven't got green fingers, try to at least buy seasonal produce where possible to cut down the costs, or visit your local farmers' market to stock up on fresh, cheap and healthy fruit and vegetables and support your local farmers too.

Have a bath

If you fancy a little pampering on the cheap, you can't do much better than a nice, relaxing bath. While many of us think of bathing as a purely functional activity, soaking in the tub actually has many benefits outside of getting you clean. Taking time out to soak in a hot bath has many psychological benefits for a start, helping to induce relaxation and calm the mind. However, it can also help stimulate circulation and relax sore or tired muscles.

Get more sleep

If you regularly get less than eight hours sleep a night, getting more shut-eye could be one of the best (and cheapest) steps to improving your health. Not only can sufficient sleep help you live longer, boost memory and improve heart health, but lack of sleep has been proven to increase appetite, leading to weight gain, increased junk food consumption and more expensive shopping bills.

Cut back on your vices

Whether you like to indulge in a few too many glasses of wine, are addicted to takeaways, or have a smoking habit, ditching these unhealthy and expensive habits could drastically improve both your health and finances. Cigarettes and alcohol are notoriously expensive, as well as being leading causes of stroke, cancer and premature ageing, so try cutting down as much as you can or, better still, cutting out these vices entirely.

Practice portion control

With restaurant portions getting increasingly bigger, many of us have grown used to eating larger portions than we actually need. This not only puts us at risk of obesity and health problems but it can also add significantly to our shopping bills. Rather than eating until you're fit to burst, try to stop eating at the very first signs of fullness and freeze any leftovers for another day. If you're worried that smaller portions won't keep you going all day, try loading up on low-GI foods such as oats, beans and yoghurt which will help you feel fuller for longer.



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

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The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Lowering Sodium Without Lowering Flavor

5:30 pm, Thursday, May 23rd at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER--BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Missed a Past Nutrition Class??? March & April Classes are available on DVD--Call Jen, Stacy or Kerry

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

TOM SWEENEY

Tom Sweeney will be at the Fitness Center Tuesday, April 30th

Open House 5:00 - 8:00 pm

Stop in and ask Tom questions about the fitness center equipment, starting an exercise program, revving up your existing workout routine, tips and tricks, etc.

Feel free to stop in anytime between 5:00 and 8:00 pm on Tuesday, April 30th at the Saline County Fitness Center

CHAIR MASSAGES ARE BACK IN MAY

On May 17th & May 31st, Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour massage. 15 minute massages are \$15, 30 minute massages \$30. Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

WELLNESS WEBSITE

Check out the new Wellness Website!!!

Logon to www.co.saline.ne.us

Click on the "Saline" Button (2nd to the Right)

From the drop down menu, select "Saline County Wellness"

This is a work in progress, but we have the dates for all scheduled Nutrition Classes, Handouts from Past Classes and Times for all exercise classes in the area.

Wellness Committee 2013 Prizes

January-Tom Sweeney
January Nutrition Class
February Nutrition Class
March Nutrition Class
Blood Tests
Blood Tests
Blood Tests
1/2 Way Mark Buddy Fitness Challenge
April Nutrition Class

Brandi Kelly
Vergene Kracke
Marvin Kohout
Bruce Filipi
Dean Gorgen
Franklin Myers
Korene Mullen
Kerry Hagemeier
Lyle Weber

Weight Watchers Cookbook
Lunch Set with Removable Ice Pack
Hand Weights
6 Pack Square Meal Containers
Lunch Set with Removable Ice Pack
6 Pack Square Meal Containers
Lunch Set with Removable Ice Pack
Jillian Michaels Kickbox Fast Fix DVD
5 Pound Kettle Ball

Slow-Cooker Oatmeal

(serves 4)

- 3 cups water (or milk of choice, for a creamier and richer taste) (720g)
- 1 cup steel-cut oats (160g)
- 1/2 tsp plus 1/8 tsp salt
- add-ins of choice (scroll further down on the post for ideas)

Combine all ingredients in a slow cooker or crock pot, put on the lid, and cook on low heat for three hours. No need to stir or anything until the time is up! (If you don't own a slow cooker, you can of course still make steel-cut oatmeal. Just follow the cooking directions on the package of oats. I use a 3-quart slow cooker for this recipe; cooking times may vary if you use a much-larger size.) If you double the recipe, cook for 5-6 hours on low. For variation ideas, scroll further down this post.



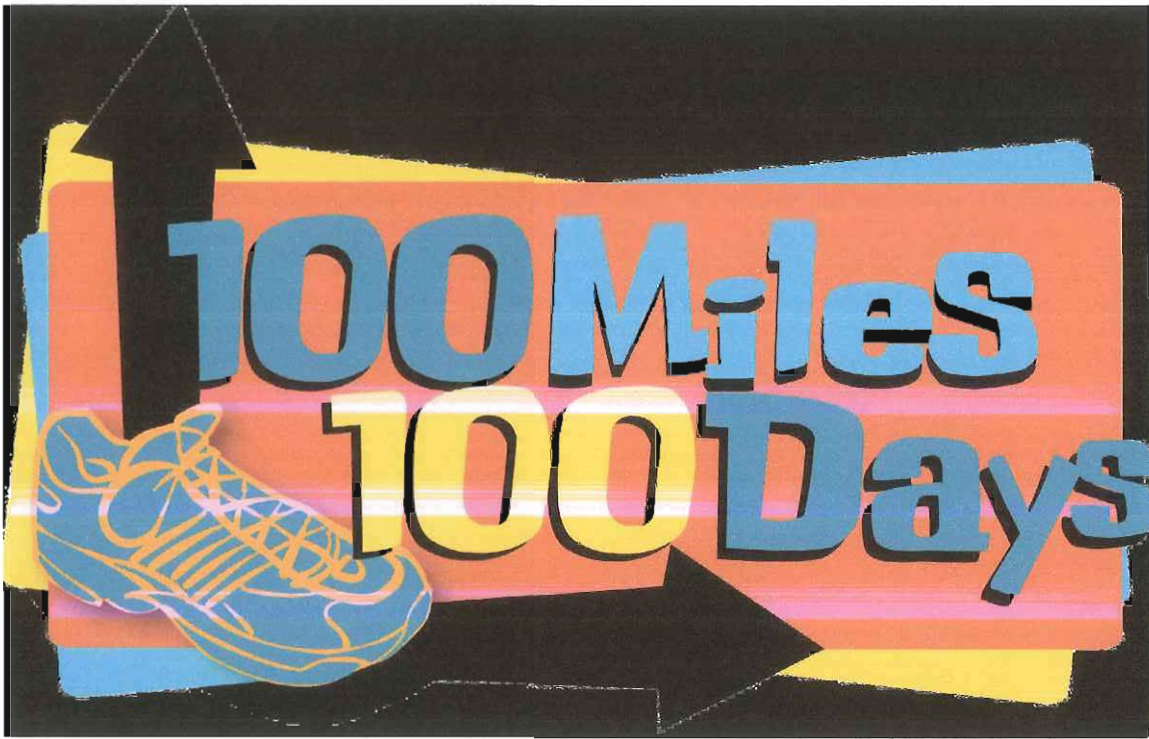
Nutrition Facts	
Serving Size 45 g	
Amount Per Serving	
Calories 140	Calories from Fat 22
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 27.0g	9%
Dietary Fiber 4.0g	16%
Protein 5.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

WW Points (new system): 4 points

Variations:

- **Cinnamon Raisin:** add raisins before cooking. Stir in ground cinnamon and sweetener of choice (and butter-type spread if desired) after cooking.
- **Mounds Bar:** add shredded coconut, sweetener, and chocolate chips after cooking. Use coconut milk when it calls for "milk of choice." Slivered almonds optional.
- **Apple Pie:** peel 2 small apples, chop, and add them to the uncooked ingredients along with 1/2 tsp to 1 tsp cinnamon or apple pie spice. After cooking, stir a butter-type spread and sweetener of choice (good choices for this variation include brown sugar or Sucanat or coconut brown sugar) into hot oats.
- **Peanut Butter & Jelly Sandwich:** stir 1-2 tbsp peanut butter and 1-2 tbsp jelly into each cooked serving of oatmeal. Pour some milk of choice (such as almond milk) over top just before serving. Everyone knows a pb&j is nothing without the glass of milk!

Check out www.chocolatecoveredkatie.com for more great recipe ideas



The Saline County Wellness Committee
invites you to join their new summer challenge!

Walk, Run or Jog 100 Miles in 100 Days!

Starts May 1st, ends August 8th

**Every County
Employee
Reaching 100
Miles wins
a Prize
and the**

**Benefits of a
Healthier
Lifestyle**



NO ENTRY FEE!!!! Just get up and GO!!!! This needs to be actual EXERCISE—Something out of your daily routine!!!

SALINE COUNTY WELLNESS COMMITTEE
100 MILES in 100 DAYS CHALLENGE - TRACKING SHEET

Name: _____ Email Address: _____

Please return the tracking scorecard to the Clerk's Office by Tuesday, August 13. **THANKS!**

Remember, you are a big winner just for taking part in this challenge!

DATE	MILES	DATE	MILES	DATE	MILES	DATE	MILES
May 1		June 1		July 1		August 1	
May 2		June 2		July 2		August 2	
May 3		June 3		July 3		August 3	
May 4		June 4		July 4		August 4	
May 5		June 5		July 5		August 5	
May 6		June 6		July 6		August 6	
May 7		June 7		July 7		August 7	
May 8		June 8		July 8		August 8	
May 9		June 9		July 9			
May 10		June 10		July 10			
May 11		June 11		July 11		YOU	
May 12		June 12		July 12		DID	
May 13		June 13		July 13		IT!!	
May 14		June 14		July 14			
May 15		June 15		July 15			
May 16		June 16		July 16			
May 17		June 17		July 17			
May 18		June 18		July 18			
May 19		June 19		July 19			
May 20		June 20		July 20			
May 21		June 21		July 21			
May 22		June 22		July 22			
May 23		June 23		July 23			
May 24		June 24		July 24			
May 25		June 25		July 25			
May 26		June 26		July 26			
May 27		June 27		July 27			
May 28		June 28		July 28			
May 29		June 29		July 29			
May 30		June 30		July 30			
May 31				July 31			
TOTAL			TOTAL		TOTAL		TOTAL

Do Nothing and Nothing Will Change!!!!





Body Pump & Body Flow FREE Launch

Saturday, April 27th

8:30 Body Pump

9:30 Body Flow

Wilber Physical Therapy

All Fitness Levels Welcome

Les Mills Launch at Wilber Physical Therapy

Saturday, April 27th

8:30 am: BODYPUMP 85

9:30 am: Introducing BODYFLOW 60
(New)

FREE sessions! ALL Fitness Levels

Welcome! Snacks provided!

If you want Change, Be Courageous &
Willing!

BODYPUMP: BARBELL WORKOUT THAT
STRENGTHENS AND TONES ENTIRE BODY

BODYFLOW: YOGA, TAI CHI, PILATES THAT BUILDS
FLEXIBILITY AND STRENGTH TO ACHIEVE A
CENTERED AND CALM FEELING

Real Results with new releases four times a year!

**Stephanie Krivohlavek will be offering FREE
Chair Massages as well!!!**



4 ways to get better sleep



People with insomnia struggle to get a good night's rest. They may be plagued by trouble falling asleep, unwelcome awakenings during the night, or fitful sleep — alone or in combination. They may feel drowsy during the day and yet be unable to nap. Insomnia can leave a person feeling anxious and irritable or forgetful and unable to concentrate.

This common sleep problem isn't by itself a disorder — rather it is a set of symptoms (much like fever or pain). Finding an effective solution requires uncovering the cause. Nearly half of insomnia cases stem from psychological or emotional issues. Stressful events, mild depression, or an anxiety disorder can make falling asleep and staying asleep difficult. Ideally, once the underlying cause is treated, the insomnia improves.

If you are having trouble sleeping or sleeping well, the following four techniques may help.

Sleep restriction. Fight the tendency to spend a lot of time in bed with the hope of falling asleep. In reality, less time in bed promotes more restful sleep and helps make the bedroom a welcome sight instead of a torture chamber.

Reconditioning. A few simple steps can help people with insomnia to associate the bedroom with sleep instead of sleeplessness and frustration. For example, use the bed only for sleeping or sex and go to bed only when you're sleepy. If you're unable to sleep, move to another room and do something relaxing. Stay up until you are sleepy, and then return to bed. If sleep does not follow quickly, repeat.

Relaxation techniques. A racing or worried mind is the enemy of sleep. Sometimes physical tension is to blame. Techniques to quiet a racing mind — such as meditation, breathing exercises, progressive muscle relaxation, and biofeedback — can help.

Cognitive behavioral therapy (CBT). CBT for insomnia aims to change the negative thoughts and beliefs about sleep into positive ones. People with insomnia tend to become preoccupied with sleep and apprehensive about the consequences of poor sleep. This worry makes relaxing and falling asleep nearly impossible. The basic tenets of this therapy include setting realistic goals and learning to let go of inaccurate thoughts that can interfere with sleep.

Even people without insomnia can have trouble getting a good night's rest. Many things can interfere with restorative sleep — crazy work schedules, anxiety, trouble putting down the smartphone, even what you eat and drink can compromise sleep.

The following three simple steps can help you sleep better.

Cut down on caffeine

Caffeine drinkers may find it harder to fall asleep than people who don't drink caffeine. Once they drift off, their sleep is shorter and lighter. For some, a single cup of coffee in the morning means a sleepless night. That may be because caffeine blocks the effects of adenosine, a neurotransmitter thought to promote sleep. Caffeine can also interrupt sleep by increasing the need to urinate during the night.

People who suffer from insomnia should avoid caffeine as much as possible, since its effects can endure for many hours. Because caffeine withdrawal can cause headaches, irritability, and extreme fatigue, it may be easier to cut back gradually rather than to go cold turkey. Those who can't or don't want to give up caffeine should avoid it after 2 p.m., or noon if they are especially caffeine-sensitive.

Stop smoking or chewing tobacco

Nicotine is a central nervous system stimulant that can cause insomnia. This potent drug makes it harder to fall asleep because it speeds your heart rate, raises blood pressure, and stimulates fast brain wave activity that indicates wakefulness. In people addicted to nicotine, a few hours without it is enough to induce withdrawal symptoms; the craving can even wake a smoker at night. People who kick the habit fall asleep more quickly and wake less often during the night. Sleep disturbance and daytime fatigue may occur during the initial withdrawal from nicotine, but even during this period, many former users report improvements in sleep. If you continue to use tobacco, avoid smoking or chewing it for at least one to two hours before bedtime.

Limit alcohol intake

Alcohol depresses the nervous system, so a nightcap may seem to help some people fall asleep. However, alcohol suppresses REM sleep, and the soporific effects disappear after a few hours. Drinkers have frequent awakenings and sometimes frightening dreams. Alcohol may be responsible for up to 10% of chronic insomnia cases. Also, alcohol can worsen snoring and other sleep breathing problems, sometimes to a dangerous extent. Even one drink can make a sleep-deprived person drowsy. In an automobile, the combination significantly increases a person's chance of having an accident.



7 tips for a safe and successful strength-training program

Strength or resistance training challenges your muscles with a stronger-than-usual counterforce, such as pushing against a wall or lifting a dumbbell or pulling on a resistance band. Using progressively heavier weights or increasing resistance makes muscles stronger. This kind of exercise increases muscle mass, tones muscles, and strengthens bones. It also helps you maintain the strength you need for everyday activities — lifting groceries, climbing stairs, rising from a chair, or rushing for the bus.

The current national guidelines for physical activity recommend strengthening exercises for all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least twice a week. One set — usually 8 to 12 repetitions of the same movement — per session is effective, though some evidence suggests that two to three sets may be better. Your muscles need at least 48 hours to recover between strength training sessions.

These seven tips can keep your strength training safe **and** effective.

1. Warm up and cool down for five to 10 minutes. Walking is a fine way to warm up; stretching is an excellent way to cool down.
2. Focus on form, not weight. Align your body correctly and move smoothly through each exercise. Poor form can prompt injuries and slow gains. When learning a strength training routine, many experts suggest starting with no weight, or very light weight. Concentrate on slow, smooth lifts and equally controlled descents while isolating a muscle group.
3. Working at the right tempo helps you stay in control rather than compromise strength gains through momentum. For example, count to three while lowering a weight, hold, then count to three while raising it to the starting position.
4. Pay attention to your breathing during your workouts. Exhale as you work against resistance by lifting, pushing, or pulling; inhale as you release.
5. Keep challenging muscles by slowly increasing weight or resistance. The right weight for you differs depending on the exercise. Choose a weight that tires the targeted muscle or muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete add weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs), or add another set of repetitions to your workout (up to three sets). If you add weight, remember that you should be able to do all the repetitions with good form and the targeted muscles should feel tired by the last two.
6. Stick with your routine — working all the major muscles of your body two or three times a week is ideal. You can choose to do one full-body strength workout two or three times a week, or you may break your strength workout into upper- and lower-body components. In that case, be sure you perform each component two or three times a week.
7. Give muscles time off. Strength training causes tiny tears in muscle tissue. These tears aren't harmful, but they are important: muscles grow stronger as the tears knit up. Always give your muscles at least 48 hours to recover before your next strength training session.



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Eating on the Run

5:30 pm, Thursday, June 13th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER--BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Missed a Past Nutrition Class??? March, April & May Classes are available on DVD--Call Jen, Stacy or Kerry

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

CHAIR MASSAGES ARE BACK

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour.

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

More Reasons to Eat Fruit



Strawberries can potentially fight against cancer and aging



Bananas are great for athletes because they give you energy



Cherries help calm your nervous system



Grapes relax your blood vessels



Pinapples help fight arthritis



Blueberries protect your heart



Peaches are rich in potassium, fluoride, and iron



Apples help your body develop resistance against infections



Kiwis increases bone mass



Mangos protect against several kinds of cancer



Watermelon helps control your heart rate



Oranges help maintain great skin and vision

WELLNESS WEBSITE

Check out the new Wellness Website!!!

Logon to www.co.saline.ne.us

Click on the "Saline" Button (2nd to the Right)

From the drop down menu, select "Saline County Wellness"

This is a work in progress, but we have the dates for all scheduled Nutrition Classes, Handouts from Past Classes and Times for all exercise classes in the area.

MORE INFORMATION WILL BE COMING SOON!!

WORKOUT IN A RUT??

The following Fitness DVDs can be checked out in the clerk's office (402-821-2374.)

- | | |
|--|---|
| *Jillian Michaels: Kickbox Fastkick | *Trudie Styler: Weight Loss Yoga |
| *Jillian Michaels: Ripped in 30 | *Leslie Sansone: Walk Away the Pounds |
| *Jillian Michaels: 30 Day Shred | *Leslie Sansone: Walk Your Belly Flat |
| *Jillian Michaels: Extreme Shed & Shred | *Leslie Sansone: 5 Day Walk Plan |
| *Jillian Michaels: Killer Abs | *Leslie Sansone: Just Walk (3 Mega Miles) |
| *Jillian Michaels: Killer Buns & Thighs | *Billy Banks: Tae Bo Ripped Extreme |
| *The Biggest Loser: At Home Challenge | *Billy Banks: Tae Bo Bootcamp Shred |
| *The Biggest Loser: 30 Day Power X-Train | *Billy Banks: Tae Bo Express |
| *Step Up Revolution Dance Workout | |

10 Commandments

1. MAKE IT A LIFESTYLE

This is not a diet, not a short term fix; it's a way of life.

2. GET ORGANIZED

Structure your eating & you'll structure your life.

3. EAT SMALL

Portion control is crucial for losing weight.

4. LEAVE FOOD ON YOUR PLATE

This helps you take control of compulsive eating.

5. NEVER FEEL DEPRIVED

Because feeling starved eventually leads to binging.

6. MAKE A MEAL OUT OF IT

Make it special, so you appreciate what you've eaten.

7. EAT SLOWLY

It takes 20 minutes for your brain to know your stomach is full.

8. ENJOY YOUR FOOD

It's one of life's greatest pleasures, not a punishment.

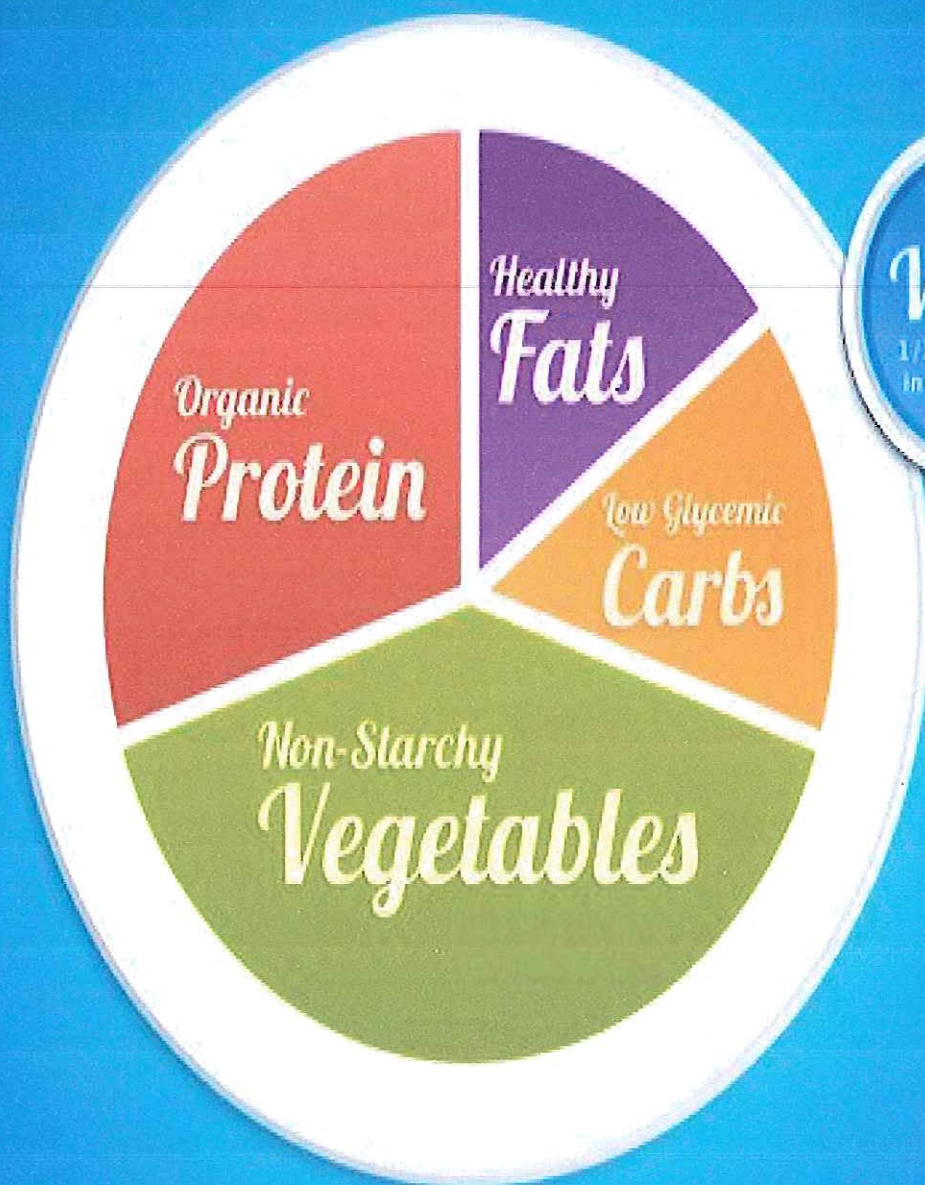
9. MOVE IT!

Exercise is a Key essential to losing weight.

10. GET ENOUGH SLEEP

Structuring your sleep pattern helps regulate metabolism.

For more information, please contact the clerk's office at 402-821-2374.



Vegetables

40%

- Leafy Greens
- Red Cabbage
- Carrots
- Red Bell Pepper
- Broccoli
- Spinach
- Kale
- Onion
- Cucumber
- Cauliflower
- Asparagus
- Egg Plant
- Zucchini
- Beans

Protein

30%

- Meat (Grass Fed)
- Eggs
- Wild Salmon
- Beef
- Venison
- Chicken
- Turkey

Healthy Fat

15%

- Avocado
- Raw Dairy
- Flax Seeds
- Pumpkin Seeds
- Almonds
- Pecans
- Cashews
- Coconut Milk

Carbs

15%

- Fruit
- Blueberries
- Raspberries
- Strawberries
- Apples

- Beans
- Kidney
- Black
- Garbanzo

- Gluten Free Grains
- Sweet Potato
- Quinoa
- Brown / Wild Rice

BEAT A WEIGHT LOSS PLATEAU

by downtowntumblr.com

Before you stress out, try these!

Possible reasons you're stuck

Fix it!

You're being repetitive.

The same moves and exercise schedule cause your body to become used to it all, thus slowing down or stopping any further results. That really stinks!

Add Variety!

Mix up your workouts by changing up the moves or completely replacing them with new ones. Next week, change them again!

You aren't doing enough.

Yes, you feel like you're doing enough and maybe that was working for a while. But when it stops working, what do you do?

Add More!

"More? Really?" Yes! It's as simple as doing more reps to exercises or adding cardio into your day.

You're doing too much, too fast.

It's possible that you're giving your body too much to comprehend.

Slow Down!

Give your body time to adjust to new diets and new habits.

FoodieGirlFitness.com

**SIMPLE
TIPS** 

INCREASE YOUR PROTEIN INTAKE.
KNOW YOUR BMR.
ADD MORE WEIGHT WHEN EXERCISING.
DRINK MORE WATER.
EAT MORE METABOLISM BOOSTING FOODS.
DON'T GIVE UP!



Couch to 5k Running Plan

Week	Workout 1	Workout 2	Workout 3
1	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> • 60 seconds of jogging • 90 seconds of walking 	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> • 60 seconds of jogging • 90 seconds of walking 	Brisk five minute warmup walk, then do eight (8) repetitions of the following: <ul style="list-style-type: none"> • 60 seconds of jogging • 90 seconds of walking
2	Brisk five minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 2 minutes of walking 	Brisk five minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 2 minutes of walking 	Brisk five minute warmup walk, then do six (6) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 2 minutes of walking
3	Brisk five minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 90 seconds of walking • 3 minutes of jogging • 3 minutes of walking 	Brisk five minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 90 seconds of walking • 3 minutes of jogging • 3 minutes of walking 	Brisk five minute warmup walk, then do two (2) repetitions of the following: <ul style="list-style-type: none"> • 90 seconds of jogging • 90 seconds of walking • 3 minutes of jogging • 3 minutes of walking
4	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 1/2 minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging 	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 1/2 minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging 	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging • 2 1/2 minutes of walking • 3 minutes of jogging • 90 seconds of walking • 5 minutes of jogging
5	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 5 minutes of jogging • 3 minutes of walking • 5 minutes of jogging • 3 minutes of walking • 5 minutes of jogging 	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 8 minutes of jogging • 5 minutes of walking • 8 minutes of jogging 	Brisk five minute warmup walk, then do 20 minutes of jogging with no walking.
6	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 5 minutes of jogging • 3 minutes of walking • 8 minutes of jogging • 3 minutes of walking • 5 minutes of jogging 	Brisk five minute warmup walk, then do: <ul style="list-style-type: none"> • 10 minutes of jogging • 3 minutes of walking • 10 minutes of jogging 	Brisk five minute warmup walk, then do 25 minutes of jogging with no walking.
7	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.	Brisk five minute warmup walk, then do 25 minutes of jogging.
8	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.	Brisk five minute warmup walk, then do 28 minutes of jogging.
9	Brisk five minute warmup walk, then do 30 minutes of jogging.	Brisk five minute warmup walk, then do 30 minutes of jogging.	The final workout. Congrats! Brisk five minute warmup walk, then do 30 minutes of jogging.



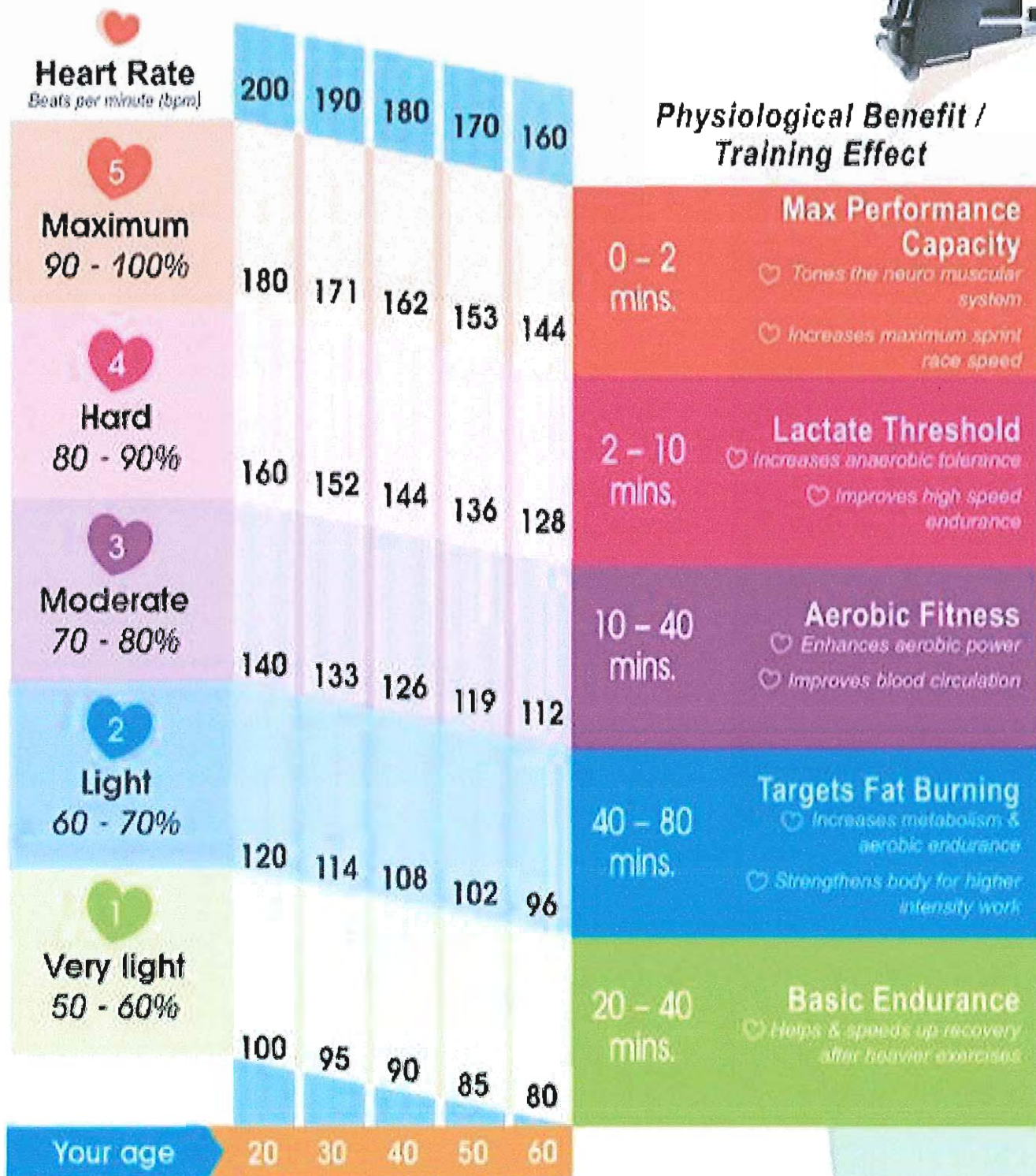
HOW HARD are you working?



My
Exercise
Zones

220 - Age = bpm

(Maximum Heart Rate, MHR)





Overnight, No-Cook Refrigerator Oatmeal

- Assemble Ingredients in a half pint (1 cup) mason jar:
 - * 1/4 Cup Uncooked Old Fashioned Rolled Oats (not instant, quick, or steel-cut)
 - * 1/4 Cup Low-Fat Greek yogurt (regular yogurt is thinner; if you use it, you'll need to reduce the amount of milk)
 - * 1/3 Cup Skim Milk, Almond Milk or Soy Milk
 - * 1 ½ Teaspoons Dried Chia Seeds
- Put a lid on the jar and shake to combine
- Add fruit and stir gently until combined (See Recipes below)
- Place in fridge overnight and up to 2 days; maybe longer depending on the type and ripeness of the fruit.
- During the overnight soak, the oats and chia seeds absorb the liquid and soften. They have a great eating texture by the next day.

Mango Almond Refrigerator Oatmeal

207 calories, 4g fat, 47g carbs, 7g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 1/4 teaspoon almond extract
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced mango (approx. half of a small mango)

Blueberry Maple Refrigerator Oatmeal

215 calories, 4g fat, 48g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 2 teaspoons maple syrup (more or less to taste)
- 1/4 cup blueberries (or enough to fill jar)

Apple Cinnamon Refrigerator Oatmeal

210 calories, 4g fat, 48g carbs, 8g fiber, 11g protein; Weight Watchers PtsPlus: 7

- 1/2 teaspoon cinnamon
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup unsweetened applesauce, or enough to fill jar

Banana Cocoa Refrigerator Oatmeal

(A healthy way to eat chocolate for breakfast. Feel free to squeal with delight!)

245 calories, 5g fat, 56g carbs, 10g fiber, 13g protein; Weight Watchers PtsPlus: 8

- 1 tablespoon cocoa powder
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

Banana Peanut Butter Refrigerator Oatmeal

264 calories, 5g fat, 55g carbs, 8g fiber, 15g protein; Weight Watchers PtsPlus: 8 (using PB2 and no honey or sweetener)

- 1 tablespoon peanut butter (may substitute PB2 powdered peanut butter)
- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/4 cup diced ripe banana, or enough to fill jar (approx. half of a small banana)

Raspberry Vanilla Refrigerator Oatmeal

230 calories, 4g fat, 51g carbs, 8g fiber, 11g protein; Weight Watchers PtsPlus: 7

- 1/4 teaspoon vanilla extract
- 1 tablespoon raspberry jam, preserves, or spread
- 1/4 to 1/3 cup raspberries (cut each berry in half), or enough to fill jar

Mandarin Orange Refrigerator Oatmeal

236 calories, 4g fat, 53g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1 tablespoon orange marmalade
- 1/4 cup drained canned mandarin oranges (or fresh chopped orange)

Cherry Chocolate Chunk Refrigerator Oatmeal

274 calories, 8g fat, 55g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 9

- 1 teaspoon honey, optional (or substitute any preferred sweetener)
- 1/2 teaspoon vanilla extract
- 1 tablespoon finely chopped dark chocolate
- 1/4 cup chopped cherries (fresh or frozen)

Pumpkin Pie Refrigerator Oatmeal

216 calories, 4g fat, 48g carbs, 8g fiber, 12g protein; Weight Watchers PtsPlus: 7

- 1/2 teaspoon pumpkin pie spice
- 2 teaspoons maple syrup (or substitute any preferred sweetener)
- 1/4 cup pumpkin puree (unsweetened canned pumpkin)



Saline County Wellness Newsletter

**GET FIT, DON'T SIT
NO EXCUSES in 2013**

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The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

Monthly Nutrition Classes

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

How to Avoid the Czech Days Bloat

5:30 pm, Monday, July 22nd at the Extension Office

Victoria is a wonderful speaker--Bring your spouse or a friend and come check it out!!

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD--copy at Extension Office, Courthouse & Jail

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

Chair Massages Are Back

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour. Stephanie will be at the courthouse on:

Friday, July 26th

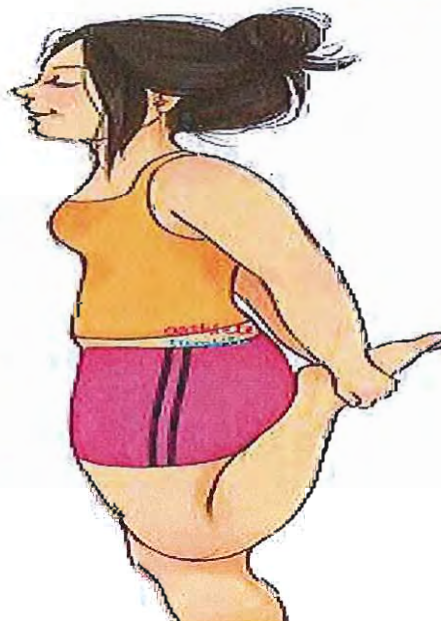
Friday, August 9th

Friday, August 23rd

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

**THE ONLY
WORKOUT
YOU'LL
REGRET
IS THE ONE YOU
DIDN'T DO.**



W A L K I N G

20 Benefits Of Walking

1. Helps with weight management
2. It's accessible to everyone
3. Doesn't require special equipment
4. One of the easiest ways to get more active
5. Reduces symptoms of depression and anxiety
6. It's a low impact exercise
7. Lowers low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
8. Raises high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
9. Lowers blood pressure
10. Reduces the risk of some cancers
11. Helps reduce risk and aids with the management of type 2 diabetes
12. Improves mood
13. Helps maintain strong bones
14. Reduces the risk of heart attack
15. Less likely to lead to injuries
16. Reduces stress
17. Reduces risk of heart disease
18. You don't have to pay for it
19. Builds aerobic fitness
20. Helps maintain lean muscle tissue



How to Feel Full Faster

Eating healthy, filling foods can help you lose weight without feeling hungry.

Certain foods make you feel fuller — and satisfy you longer — than others. Knowing which healthy foods are the most filling and incorporating them into your diet can help you lose weight. And remember, it's not just what you eat, but how you eat that can make a difference in how full you feel. To help you figure out a strategy that's going to leave you feeling satisfied while eating less, we've interviewed three registered dietitians about filling up while slimming down.

Foods That Help You Feel Full Faster

Fiber

Foods that are [high in fiber](#) fill you up on fewer calories, says Tanya Zuckerbrot, MS, RD, and author of The F-Factor Diet. Whole grains, such as whole wheat breads and pastas, oatmeal, and brown rice, are complex carbohydrates that have [more fiber](#) and nutrients, and, typically, fewer calories than simple carbs like those in cake, candy, and soda.

Fruits and veggies

"Many fruits and vegetables have high water and fiber contents, making them the ultimate low-calorie filler," says Zuckerbrot. Grapefruit, apples, pears, berries, broccoli, cauliflower, and asparagus are especially filling. Additionally, says Marisa Moore, RD, National Spokesperson for the American Dietetic Association, you should opt for whole fruit over fruit juice whenever possible. "Whole fruit provides all the benefits of juice with an added bonus — [fiber](#), which can keep you feeling full longer," she explains.

Lean protein

Research indicates that protein ranks high on the scale of foods that make you feel full and creates a greater feeling of satisfaction than other foods, according to Moore. The best choices are animal and plant proteins that are high in calories but low in fat. These include fish, white-meat poultry, fat-free dairy products, egg whites, legumes, beans, peas, and lentils.

Healthy fats

In addition to high-fiber whole grains, fruits and veggies, and lean protein, Lona Sandon, MEd, RD, LD, and a National Spokesperson for the ADA, recommends adding healthy fats to your diet. "For instance, you can use a light olive oil-based dressing," Sandon says, "and add a spoonful of nuts or seeds to your salads," because these also contain "good" fats.

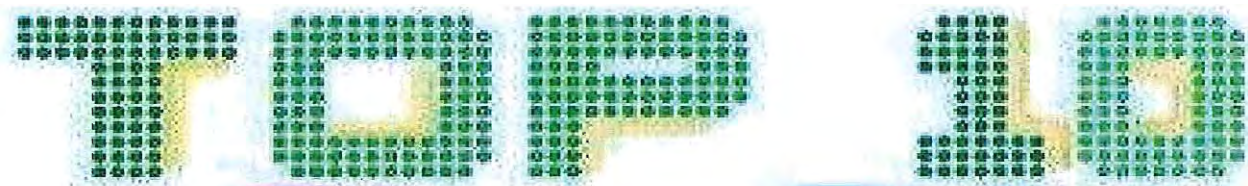
Strategies to Help Fill You Up Faster

Start smart. Sandon, Moore, and Zuckerbrot all recommend beginning lunch or dinner with a broth-based, vegetable-filled soup or a salad. "Research suggests that including a broth-based soup or veggie salad with low-calorie dressing may help you eat fewer calories during your meal," says Moore. Zuckerbrot adds that since these foods take longer to eat, they can also help curb your hunger and prevent you from overeating your main dish.

Don't skip meals. To avoid filling up on unhealthy options, fuel your body with healthy foods periodically throughout the day, suggests Sandon. This means no skipping meals. "Eat at regular times spaced evenly throughout the day and try to eat approximately the same amount of food at each meal." Sticking with a schedule, adds Zuckerbrot, will help keep your metabolism working and burning more calories daily.

Use a smaller plate. "We tend to eat with our eyes, not our stomachs," says Sandon. "For many people, the sign of fullness is an empty plate." Consuming healthier portion sizes on a smaller plate may have the same effect. For a [balanced meal](#), Sandon recommends loading up at least half your plate with veggies and fruit, then filling a quarter of the plate with lean protein and the other quarter with bread, pasta, or a potato.

Slow down. Because it takes about 20 minutes for the brain to realize that the stomach is full, eating more slowly may help prevent overeating, says Moore. "It allows you to get to the point of being satisfied, not stuffed." Additionally, many people tend to ignore common signs of fullness, such as the feeling of tightness in the stomach, says Sandon. "Don't keep eating until your fullness is uncomfortably obvious. Instead, take time out to put your fork or spoon down between bites and have a sip of water while observing the physical sensations of your stomach."



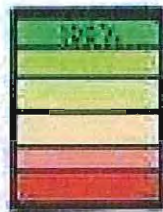
Fitness Facts

1 Exercise
Boosts
Brainpower



2 Movement
Melts Away
Stress

3 Exercise
Gives You
Energy



4 It is easy
to find time
for fitness

5 Fitness Can
Build
Relationships



6 Exercise
Helps Ward Off
Disease

7 Fitness
Pumps Up
Your Heart



8 Exercise
Lets You Eat More

9 Exercise
Boosts
Performance



10 Weight
Loss Is NOT
the Most Important
Goal

*Always put your
Health first!*

Love

Smoky Ham and Corn Salad



Ken Burris

Fresh corn, diced deli ham and crunchy croutons are tossed with a smoky, creamy dressing in this light summer salad. Serve with a crisp glass of rosé and sliced melon.

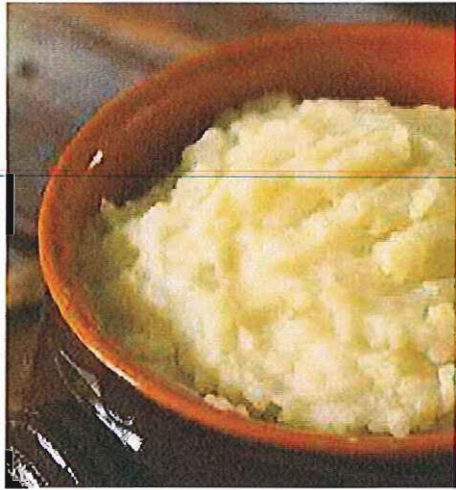
Ingredients

Prep: 15 Minutes | Total Time: 15 Minutes

- 1/3 cup reduced-fat sour cream
- 2 tablespoons distilled white vinegar
- 1 teaspoon paprika, preferably smoked
- 1/4 teaspoon salt
- 8 cups trimmed frisée or 8 cups mixed salad greens (about 1 large head)
- 1 medium tomato, diced
- 1 cup diced fresh corn kernels
- 1 cup croutons, preferably whole-grain
- 3/4 cup diced ham (about 4 ounces)

1. Whisk sour cream, vinegar, paprika and salt in a large bowl.
2. Add frisée (or salad greens), tomato, corn, croutons and ham; toss to coat

Mashed Potatoes



Your opinion about mashed potatoes is about to be elevated. This succulent side relies on whipping cream, sour cream, butter, brown sugar, chicken bouillon, soy sauce and chicken broth for its appeal. Get bowled over by the best

Ingredients

- 6 medium potatoes, peeled and cubed
- 4 tbsp. butter, sliced
- 1 tsp. extra virgin olive oil
- 1 large white onion, diced
- 1/2 tsp. brown sugar
- 3 tbsp. whipping cream
- 1/3 cup sour cream
- 1/2 cup cream cheese
- 1 tbsp. light soy sauce
- 1/4 cup freshly grated parmesan cheese
- 1 tbsp. chicken bouillon granules
- 1 tbsp. dried parsley
- Black pepper to taste
- Salt to taste

Methods/steps

Using a large pot, cover potatoes with water and bring to a boil over high heat. Simmer on medium-high heat until the center of the potatoes are tender when pricked with a fork (about 25 minutes). Drain, then place potatoes back into pot. Meanwhile, heat butter and olive oil in a large skillet over medium heat. Mix in onions, sprinkle with salt, and cook 5 minutes. Reduce heat to medium low, and cook, stirring occasionally, until onions are a deep golden brown, (about 20 minutes). Mix in brown sugar. Pour whipping cream over the potatoes, and mash with a large fork or potato masher. Mix in sour cream, cream cheese, soy sauce, parmesan cheese, bouillon granules, and dried parsley. Mix in caramelized onions, and season with black pepper. Mix with an electric mixer until smooth. Reheat briefly over low heat, and serve.

THINK BEFORE YOU EAT

IF YOU CONSUME



YOU HAVE TO DO



Glazed yeast doughnut
(242 calories)



88 minutes of crunches



Cheeseburger and Fries
(691 calories)



141 minutes on the elliptical



Fried Chicken Breast
(444 calories)



65 minutes on a stationary bike



Slice of Cheesecake
(710 calories)



148 minutes of brisk walking



Milkshake
(780 calories)



72 minutes of jumping rope



Two Slices Pepperoni Pizza
(626 calories)



159 minutes of climbing stairs



Chicken Burrito
(1,175 calories)



122 minutes of running



Chips and Queso
(740 calories)



130 minutes of swimming



16-Ounce Frappuccino
(500 calories)



170 minutes of Pilates



21-Ounce Soda
(200 calories)



54 minutes of lunges

8 Ways to Focus on Getting Fit

You know you should exercise more, but that won't always get you going. Here's how to devise and stick to an exercise program.

Forty percent of all chronic diseases can be prevented through a healthy lifestyle, which includes eating a **healthy diet** and **working out** regularly. Yet Americans have become increasingly obese and sedentary. "People just aren't making the connection between unhealthy lifestyle choices and disease risk," says Alice Burron, MS, spokeswoman for the American Council on Exercise and author of *Four Weeks to Fabulous*. Doctors often try to change people's attitudes by emphasizing the health benefits of exercise. But a recent study at the University of Missouri, published in the *American Journal of Public Health*, found that telling people why exercising is good for them doesn't motivate them. People don't "think" themselves into being more active and working out, the researchers concluded after studying data on close to 100,000 participants.

The researchers, led by Vicki Conn, PhD, RN, FAAN, associate dean for research and Potter-Brinton professor in the MU Sinclair School of Nursing, also concluded that rather than focus on why patients should exercise, health experts should be emphasizing how to exercise. They believe that many people would exercise more and lose weight if they knew how to fit working out into their busy schedules.

Personalizing Your Exercise Goals

Burron says the chance of starting and sticking to an exercise regime increases if people personalize their decisions. "For example," she says, "if they have a close friend or family member who has suffered from heart disease, stroke, **diabetes** or cancer, and they resolve to make healthy lifestyle changes to prevent the same fate, success almost always follows."

Wanting to be a role model for your children or others in your life is another good motivation. "I want to teach my four children how to eat well and stay active for life," she says. "Also, being in the fitness industry, everyone watches me closely — my weight and what I eat. I have to be a good example so that I am believable and people will follow my lead."

Here are other ways that you can motivate yourself to lose weight and exercise regularly:

- **Make specific goals.** Don't just say, "I want to **lose weight**." Better: "I want to lose 20 pounds in a year." Your goal needs to have specific timeframes and be something where you can measure your progress, Burron says.
- **Be realistic.** Never expect to lose 20 pounds in two weeks or even three. Set goals that are realistic with the effort and commitment that you can give to them, Burron says. Also, make sure you have the resources available to achieve your goals. Don't choose swimming as your form of exercise if you don't have access to a pool, or running outdoors when it's going to be freezing outside for the next few months.
- **Set reminders.** Post sticky notes where you will see them, reminding yourself of the benefits of exercise and sticking to your goals.
- **Schedule your workout.** Put time for exercising on your calendar, just as you would a doctor's appointment or work. You can use your phone to set an alarm when it's time to get moving.
- **Put it in writing.** Keep a journal with your goals for the week along with your results. After working out, write down what you did and for how long. When you look at the numbers and see progress, it will encourage you to keep going.
- **Consider the obstacles.** Think about what might get in the way of your going for a brisk walk or biking at least three times a week. "Then come up with a plan to overcome these obstacles," Burron says. For example, if you have small children that you can't leave and have no one to watch them, buy a good stroller or bike so they can come along. Weather getting you down? Find a fitness center with child care or create a home exercise routine that you can do when the kids are napping or at school.
- **Get a partner.** "If you have the tendency to bail from exercise at the last minute, finding a partner who can keep you accountable might be a good strategy," Burron says.
- **Talk to a trainer.** It's important that your exercise routine be made of activities you like. The more you like them, the more motivated you'll be to do them. However, you may need a personal trainer to teach you how to properly do the exercises you've chosen and set up a routine that you can live with easily.

Making lifestyle changes is similar to remodeling your house, Burron says. "It will go much better if you have a plan." Even making small increases in your physical activities will be beneficial to your overall health.



GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES

Mark your calendars for the upcoming nutrition classes:

WEDNESDAY, SEPTEMBER 11, 2013

THURSDAY, OCTOBER 10, 2013

WEDNESDAY, NOVEMBER 13, 2013

MONDAY, DECEMBER 2, 2013

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD--copy at Extension Office, Courthouse & Jail

Presentation will last about 1 hour with Q&A to follow. Feel free to bring a sack lunch to the meeting.

CHAIR MASSAGES ARE BACK

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour.

Stephanie is at the Courthouse on 'PayDay' Fridays.

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

10 Ways to Get Your Diet Back on Track

By PositiveMed.com

Start now by recommitting today

Drink water like it's your job

Plan each meal

Eat! don't make up for overeating by not eating
Revisit your food journal and repeat a good week

Remind yourself how far you've come

Move get your sweat on

Don't let a bad week turn into a bad month

Vegetables are your friends

Repeat this tomorrow

More health & wellness tips on PositiveMed.com

Congratulations to the Winners of the 100 Miles in 100 Days Challenge!!!

****Matt Jonas** (175.00)

****Anita Novotny** (110.00)

****Diane Krupicka** (105.00)

****Jennifer Warning** (100.31)

****Kathy Nienaber** (102.00)

****Daryl Fikar** (146.00)

****Kylie Hanson** (110.93)

****Diane Troshynski** (122.6)

****Judy Florian** (105.00)

Each Winner Will Receive a \$15.00 Gift Certificate From Subway!!!

THE HEALTHY KITCHEN

A complete guide to healthier cooking & baking

PIECESINPROGRESS.TUMBLR.COM

START WITH THE RIGHT INGREDIENTS

Focus on healthy & fresh ingredients, they'll make your overall dish taste better & be better for you!

FOR YOUR GRAINS: QUINOA, WHOLE WHEAT, BROWN RICE, RYE/DARK GRAINS, ENRICHED PASTA, WHOLE OATS.

FOR YOUR VEGGIES: GO TO LOCAL FARMER'S MARKETS, GET THEM AS FRESH AS POSSIBLE.

FOR YOUR DAIRY: BUY LOCAL IF POSSIBLE, GREEK YOGURT, ORGANIC OR NATURAL, LOW FAT OR FAT FREE.

FOR YOUR FRUITS: ESPECIALLY LOOK FOR LOCAL OR IN SEASON FOODS (it'll save money too!)

OTHER: MAKE YOUR OWN SAUCES AND TOPPINGS! ITEMS LIKE HUMMUS, GREEK YOGURT DIPS, SALSAS, SALADS, MARINADES, SALAD DRESSING, EVEN FROSTINGS!

WAYS TO ADD FLAVOR!

DRIED SPICES

LEMON JUICE

GARLIC

FRESH HERBS

LIME JUICE

PEPPERS

CURRY PASTE

FOCUS ON COOKING METHODS

BAKING: Spray pan with non stick spray or use tin foil to keep from sticking.

BROILING: Like baking but on a much higher temperature. Great for meat or tofu!

GRILLING: Try marinating your items in lemon, garlic, wine or other lighter ingredients for a few hours or the night before. I love putting grilled items on skewers!

PRESSED: Make Panini's! You don't need extra oil or butter but still get a great crisp by adding pressure on a small in home griddle.

RAW: Try going raw! Beans, veggies and tofu are all great raw with light dressings!

SAUTEING: Use medium heat and water (instead of oil) to keep from sticking.

STEAMING: Excellent with veggies like asparagus or broccoli, it preserves nutrients and flavor. Use lighter dressings once cooked like fresh lemon juice.

Crazy 8 Challenge

New Challenge starting September 1, 2013

This new challenge is FREE to join. It is a 6 week challenge, starting September 1, 2013 and ending Sunday, October 13, 2013.

There are 8 categories (and one BONUS category) in which you can receive points:

- **Water**—1 Point for every 8 oz of water drank during the day
- **Exercise**—5 Points for every 30 minutes of continual exercise per day (45 min = 7.5 points, 60 min = 10 points, etc.)
- **Sleep**—1 Point for every night you sleep 7 or more hours (**Max 1 Point/Day**)
- **Fruits or Vegetables**—1 Point for every serving of Fruits or Vegetables you eat each day
- **Alcohol**—1 Point for every day you do not consume alcohol, 0 Points if you have one and Subtract 1 Point for every drink you have over 1 a day (Example—if you have 4 drinks in one day, you would subtract 3 points for that day) (**Max 1 Point/Day**)
- **Relaxation**—1 Point for every day you do something to relax (Ex. Massage, Read a Book, Hot Bath, Hobby, Long Walk, Pedicure, etc.) (**Max 1 Point/Day**)
- **Nutrition Class**—10 Points for each nutrition class you attend (if you are unable to attend, you may watch a video tape of the class to earn the points)
- **Tom Sweeney**—10 Points if you attend the September Tom Sweeney/Victoria Rethmeier Open House (if you are unable to attend, you may contact a wellness committee member to watch the video or learn how to use the fitness center equipment to earn the points)
- **Bonus**—Weight Loss—1 Point for Every Pound You Lose

To "Win" the challenge you must have at least 500 points at the end of the 6 weeks. In addition, you must submit a copy of your log sheet each week by the following Wednesday in order for that week's points to count. If you fail to turn in your log sheet, that week's points will be disqualified from your total. **Each week you will be entered into a weekly drawing!**

Submit a weekly copy via email to kerryh@diodecom.net or by fax to 402-821-3381 or drop off a copy in the Clerk's office.

Only employees can qualify for prizes during this challenge, but we encourage you to get your whole family or a buddy involved!!

Crazy 8 Challenge

Beginning Weight_____

If you would like an electronic log sheet, please let me know.

Ending Weight_____

Drop off a weekly copy at Clerk's office, fax to 402-821-3381 or email to kerryh@diodecom.net

BONUS

	Water	Exercise	Sleep	Fruits OR Vegetables	Alcohol	Stress Relief	Nutrition Class	Tom Sweeney	Weight Loss	TOTAL POINTS
September 1										
September 2										
September 3										
September 4										
September 5										
September 6										
September 7										
TOTAL WEEK 1										
September 8										
September 9										
September 10										
September 11										
September 12										
September 13										
September 14										
TOTAL WEEK 2										
September 15										
September 16										
September 17										
September 18										
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September 28										
TOTAL WEEK 4										
September 29										
September 30										
October 1										
October 2										
October 3										
October 4										
October 5										
TOTAL WEEK 5										
October 6										
October 7										
October 8										
October 9										
October 10										
October 11										
October 12										
October 13										
TOTAL WEEK 6										
TOTAL POINTS										

Water--1 Point for every 8 oz of water drank during the day

Exercise--5 Points for every 30 Minutes of continual exercise per day (45 min = 7.5, 60 min = 10, etc.)

Sleep--1 Point for every night you sleep 7 or more hours

Fruits or Vegetables--1 Point for every serving of Fruits or Vegetables you eat each day

Alcohol--1 Point for every day you do not consume alcohol, 0 Points if you have one, subtract 1 point for every drink you have over 1 a Day

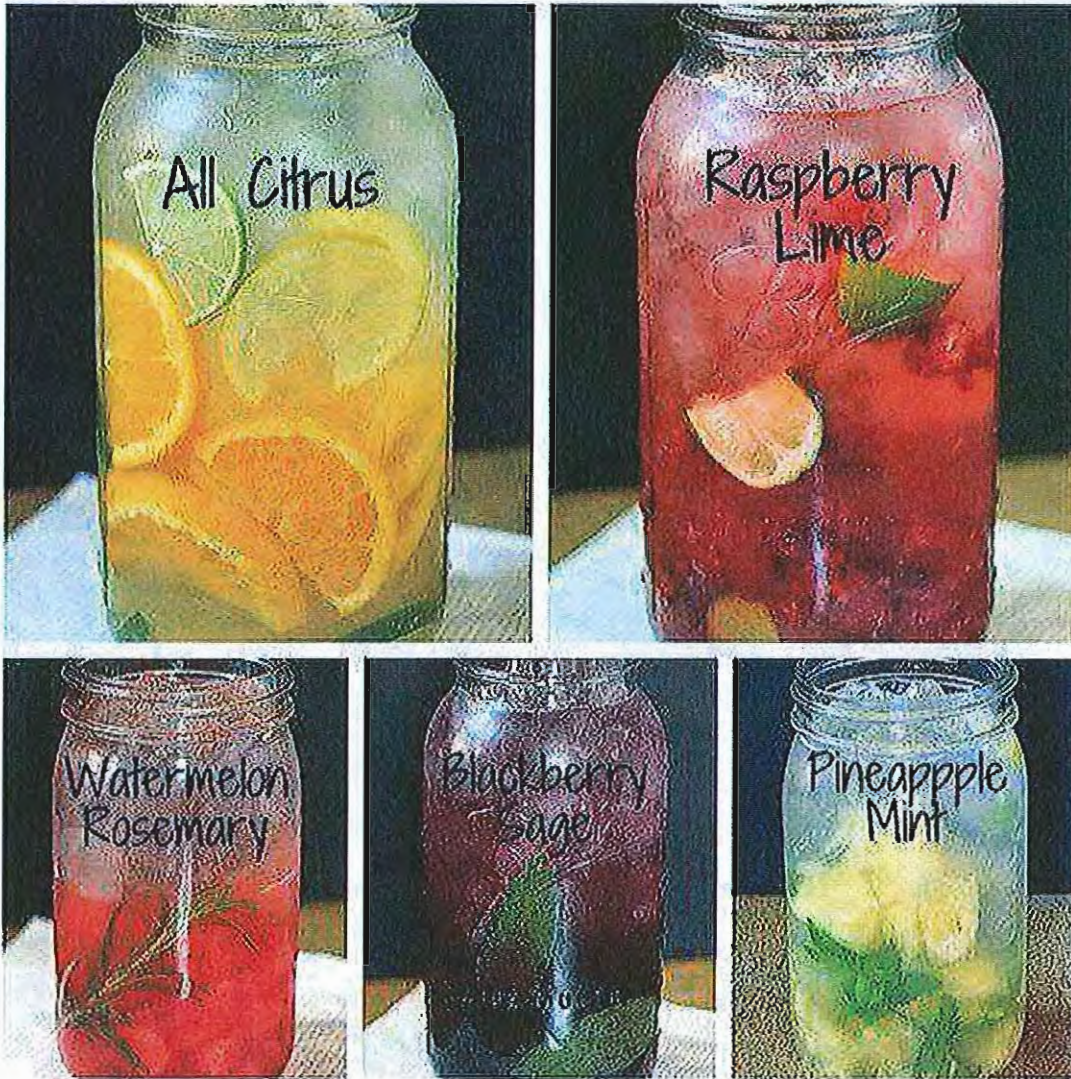
Relaxation--1 Point for every day you do something to relax (Ex. Massage, Read a Book, Hot Bath, Hobby, Long Walk, Pedicure, etc.)

Nutrition Class--10 Points for each Nutrition Class you attend

Tom Sweeney--10 Points if you attend the September Tom Sweeney/Victoria Rethmeier Fitness Center Open House

BONUS--Weight Loss--1 Point for Every Pound You Lose

This Challenge Is On The Honor System--If You Cheat, You Are Only Cheating Yourself



~ SPRING CLEANSE ~ YOUR BODY ~

But if you really want to cleanse then DRINK, DRINK, DRINK. Here are 9 home made vitamin water recipes to help you keep the water flowing!

As a rule, you should try to avoid as much as possible industrial food and beverages

THE CLASSICAL: LEMON/CUCUMBER

Mix in a pitcher: 10 cups of water + 1 cucumber and a lemon, thinly sliced + 1/4 cup fresh finely chopped basil leaf + 1/3 of finely chopped fresh mint leaves. Leave in the refrigerator overnight before serving.

THE GRANITE: STRAWBERRY/LIME OR RASPBERRY/LIME

Mix in a pitcher : 10 cups of water + 6 strawberries / Or Raspberries and one thinly sliced lime + 12 finely chopped fresh mint leaves. Leave in the refrigerator overnight before serving.

THE DIGESTIVE: FENNEL/CITRUS

First: infuse 1 to 3 grams of dried and crushed fennel in 150 ml of boiling water for 5-10 minutes. Allow to cool.

Mix in a pitcher: 10 cups of water + lemon juice (put the leftover lemon in the mix) + a small thinly sliced orange + 12 fresh chopped mint leaves + the infusion of fennel seeds. Leave in refrigerator overnight before serving.

THE ANTI-OX: BLACKBERRY/SAGE

Note that a part from the berries, sage leaves is the herb that has the highest antioxidant content.

Mix in a pitcher : 10 cups of water + 1 cup of blackberries that have been very slightly crushed + 3-4 sage leaves. Leave in refrigerator overnight before serving.

THE 'WATER'MELON: WATERMELON/ROSEMARY

Mix in a pitcher : 10 cups of water + 1 cup of watermelon cut into cubes + 2 rosemary stems. Leave in refrigerator overnight before serving.

THE EXOTIC: PINEAPPLE/MINT

Mix in a pitcher : 10 cups of water + 1 cup of pineapple cut into cubes + 12 fresh mint leaves finely chopped. Leave in the refrigerator overnight before serving.

THE TRADITIONAL: APPLE/CINNAMON

Mix in a pitcher : 10 cups of water + 1 cup of apple cut into cubes + 2 cinnamon sticks + 2 teaspoon of ground cinnamon. Leave in the refrigerator overnight before serving.

THE ZINGIBIR: GINGER/TEA

In advance: heat 1 teaspoon of ginger in two cups of tea, let it cool down.

Mix in a pitcher: 10 cups of water with two cups of the ginger tea + 4-5 pieces of fresh ginger cut into cubes. Leave in the refrigerator overnight before serving.

Everyone has plenty of family favorites that, while delicious, are pretty far from guilt-free. Thankfully, there are some fantastic ingredient swaps that can easily slim down traditional recipes.

Check 'em out...at www.hungry-girl.com



Instead of sweet potatoes... Try butternut squash! The taste and texture are very similar to sweet potatoes, but the squash is much lower in starchy carbs. It's perfect for casseroles.



Instead of eggs... Break out the fat-free liquid egg substitute! This is one of the most seamless, simple, and effective swaps you can make. Just replace each egg in a recipe with 1/4 cup of the substitute. You'll save around 45 calories and 5g fat for each egg you swap out, and those numbers add up fast! [Egg Beaters Original](#) is my go-to egg substitute. It's essentially egg whites with a few added nutrients. Use it in pretty much any recipe that calls for eggs.



Instead of regular ground beef... Go for extra-lean ground beef, lean ground turkey, or [ground-beef-style soy crumbles](#) (like the kind by Boca or MorningStar Farms). Extra-lean beef (4% fat or less) will save you major calories and fat while maintaining that real beef flavor. The lean turkey (7% fat or less) is also an excellent guilt-free alternative. The soy crumbles will slim down your dish the most, and they have a great beefy taste -- just thaw them, season them, and use like cooked ground beef!



Instead of dairy milk... Check out unsweetened almond milk, light soymilk, or another low-calorie milk swap. I love using [Unsweetened Vanilla Almond Breeze](#) in place of milk in dessert recipes. It has 40 calories and 3.5g fat per cup, compared to the 150 calories and 8g fat in a cup of full-fat (whole) dairy milk. There's a plain version of Unsweetened Almond Breeze, by the way. Great for savory recipes! Pretty much the only place you can't use almond milk or soymilk instead of dairy milk is in puddings and custards... The milk swaps won't "set" like dairy milk. In those cases, use fat-free dairy milk, which has about 90 calories a cup.



Instead of granulated white sugar... Consider a no-calorie granulated sweetener, like [Splenda](#) or [Stevia In The Raw](#). Granulated sweeteners are different from the packeted products. They're specifically meant to measure cup-for-cup like real sugar. And while they do have *some* calories (a full cup of Splenda No Calorie Sweetener has about 96 calories), the savings are still pretty major -- a cup of granulated sugar has almost 800 calories! Since sugar substitutes can alter the taste of a recipe, you might want to swap out just half of the sugar.



More light ingredients to try! Trade out full-fat dairy items and condiments -- cheese, sour cream, mayo, etc. - for fat-free or low-fat versions. And fat-free Greek yogurt makes an excellent sour cream swap! For creamy condensed soups, check out [Campbell's 98% fat-free options](#). And always spritz your pots and pans with nonstick cooking spray instead of coating them with oil or butter.

By the way, there's an entire episode of [Hungry Girl](#) about revamping "Mom's Favorites"!



Make your own Ranch, Dry Onion Soup Mix and Taco Seasoning and store in small mason jars....This is sooooo much HEALTHIER than those you buy at the store!! They contain a TON of stuff that is not good for you!!

Taco Seasoning:

1/2 cup chili powder	1/4 cup onion powder
1/8 cup ground cumin	1 tablespoon garlic powder
1 tablespoon paprika	1 tablespoon sea salt

Put ingredients into a jar and shake.

Use 2 tablespoons and 3/4c water for each pound of meat.

Dry Onion Soup Mix:

2/3 cup dried, minced onion	3 teaspoons parsley flakes
2 teaspoons onion powder	2 teaspoons turmeric
1 teaspoon celery salt	1 teaspoon sea salt
1 teaspoon sugar	1/2 teaspoon ground pepper

Mix all ingredients in a jar, then give the jar a good shake, or mix ahead of time before adding to the jar. I'd recommend shaking the jar to mix the ingredients well before each use.

Use 4 tablespoons in a recipe in place of 1 packet of onion soup mix. Store this in a dry, cool place.

Ranch:

5 tablespoons dried minced onions	7 teaspoons parsley flakes
4 teaspoons salt	1 teaspoon garlic powder

Mix together and store in an air tight container.

For dressing: Mix 2 tablespoons dry mix with 1 cup Greek Yogurt or mayonnaise and 1 cup buttermilk or sour cream or to make it healthier 1/4c skim milk.

For dip: Mix 2 tablespoons dry mix with 2 cups sour cream or Greek Yogurt.

Mix up a few hours before serving, so the flavors all blend.



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

"Kicking" Cholesterol

5:30 pm, Wednesday, September 11th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER--BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD

Presentation will last about 1 hour with Q&A to follow.

10 Points--Crazy 8 Challenge

CHAIR MASSAGES ARE BACK

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour.

Stephanie will be at the courthouse on:

1 Point--Crazy 8 Challenge

Friday, September 6th

Friday, September 20th

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

TODAY IS YOUR DAY

To **START** Fresh.

To **EAT** Right.

To **TRAIN** Hard.

To **LIVE** Healthy.

To **BE** Proud. - Bonnie Pfister

**Saline County Fitness Center
Open House
Monday, September 23, 2013
11:00 am – 1:30 pm**



Tom Sweeney will be on hand to educate employees on the fitness equipment & train on our NEW (coming soon) Elliptical Cross Trainer.

FOOD ~ DRINK ~ PRIZES

Victoria Rethmeier will be here to discuss nutrition.



Stop over for a healthy lunch

10 Points—Crazy 8 Challenge

6 Healthy Breakfast Ideas

WWW.PROJECTNEXT.NET



WHOLE WHEAT TORTILLA
~80 cal



1 SCRAMBLED EGG
~40 cal



CHOPPED VEGGIES
~50 cal



2 TBSP SALSA
~10 cal

230 calories total



6 OZ GREEK YOGURT
~110 cal



MIXED BERRIES
~50 cal



1/2 CUP RAISIN & LEMON CEREAL
~75 cal

285 calories total



WHEAT ENGLISH MUFFIN
~100 cal



POACHED EGG
~75 cal



1/2 SMALL AVOCADO
~130 cal

305 calories total



MULTIGRAIN MUFFIN
~110 cal



HARD-BOILED EGG
~75 cal



MELON
~60 cal

325 calories total



1 CUP INSTANT OATMEAL
~100 cal



1 GRATED APPLE
~40 cal



CINNAMON
~5 cal



1/2 CUP BROKEN WALNUTS
~60 cal

360 total calories



WHOLE WHEAT WAFFLE
~110 cal



1 TBSP PEANUT BUTTER
~90 cal



SLICED BANANA
~100 cal

360 calories total



Charity Miles

This is a FREE app that empowers you to earn money for charities while walking, running or biking-- everyday. Just choose a charity and hit the streets. As you walk, run or bike, the app will track your distance and you'll earn money for your charity: 10¢ per mile for bikers; 25¢ per mile for walkers and runners, all up to \$1,000,000 courtesy of their corporate sponsors. (Must have Facebook to use this app)

Download this Free App Today

Sponsored Charities:



CARBS vs CARBS!

For quite some time carbohydrates have been given a bad name due to the popular low-carb diets around at the moment. It's important to know that not all carbs are bad...

GOOD (complex) CARBS

Oatmeal

Sweet potato

Brown rice

Quinoa

Barley

Beans, nuts & seeds

BAD (simple) CARBS

Cane sugar

White bread

White rice/pasta

Bottled sauces

Cakes, biscuits etc

Soda & Juices

Turkey Burgers with Swiss and Garlic Mushrooms

Submitted by: [THEMNEMOSYNE](#)



Introduction

A lighter version of a favorite burger.

Minutes to Prepare: 5

Minutes to Cook: 10

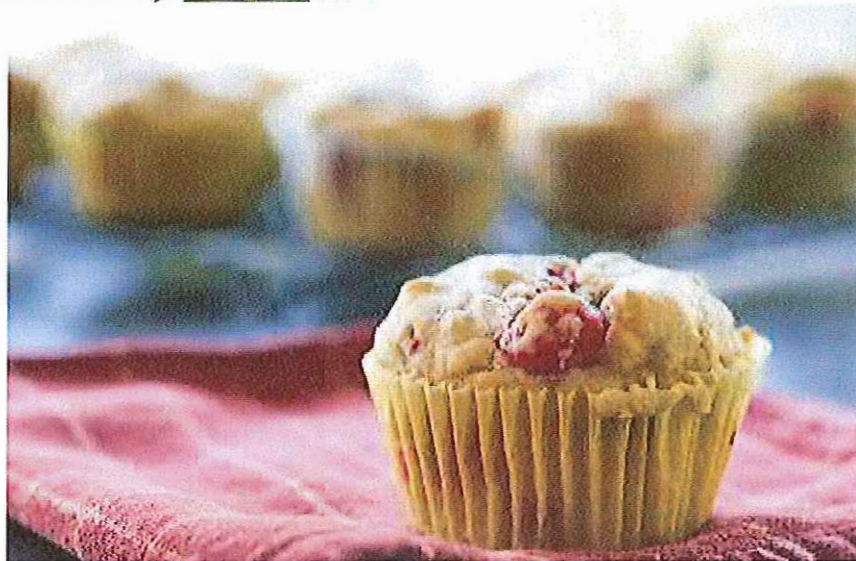
Number of Servings: 4

Ingredients

- 1 package (about 1 pound) 93% lean ground turkey
- 1/4 cup seasoned breadcrumbs
- 1/2 teaspoon seasoning salt (such as Morton's Nature's Seasons seasoning blend)
- 1 clove garlic, minced
- 1 (8-oz) package pre-sliced mushrooms (about 2 1/2 cups)
- 1 tablespoon butter or margarine
- 2 slices reduced-fat Swiss cheese, torn in half
- Whole-wheat or whole-grain hamburger buns

Better Berry Muffins

Submitted by: [CHEF_MEG](#) 



Introduction


Raspberry, strawberry, blueberry, blackberry--choose any berry you want. You can't go wrong with these healthy, tasty muffins.

Minutes to Prepare: 15


Minutes to Cook: 15

Number of Servings: 12

Ingredients

- 1 T flax seeds
- 1 c berries
- 1 c quick oats
- 1 c lowfat buttermilk
- 1 c whole wheat flour
- 1 t baking  powder
- 1/2 t baking soda
- 1 t salt
- 1 whole egg
- 1/4 c unsweetened applesauce
- 3/4 c brown sugar
- 1 t vanilla extract

Directions

Preheat oven to 375 degrees . Spray muffin pans with nonstick spray or line with paper liners. Use a clean coffee grinder to roughly grind the flax seeds, trying not to process them into a mealy texture. (You can use pre-ground flax if that's what you have on hand.) Hull (remove the leaves) and chop the strawberries. In a small bowl, combine the oats and buttermilk, and let stand at room temperature for five minutes. In a medium bowl, combine the flour, baking powder, baking soda, and salt. In a large bowl, use a handheld mixer to beat the egg, applesauce, and brown sugar for 3 minutes at medium speed. Add the vanilla and combine. Blend in the oat-buttermilk mixture. Stir in the flour mixture just to combine. Try not to overwork the mixture. Fold in the strawberries. Fill muffin cups 3/4 full and top with a sprinkle of flax seed. Bake 15 minutes or until a toothpick inserted into the center comes out clean.

Make Little Changes for Big Results

1. Eat protein at breakfast-- like eggs! Protein keeps you fuller longer than that bagel or blueberry muffin. You'll be less likely to eat more later on.

2. Eat more fresh fruit and veggies... skip the canned version for a healthier choice.

3. Park your car far away so you'll walk more steps and burn more calories (or walk instead of drive!)

4. Switch to 100% whole grains... who needs white bread when you have so many whole grain options?

5. Get more fiber. It also keeps you fuller and helps with digestion.

6. Drink at least 8 glasses of water. You'll eat less and feel better. No more soda and sugary fruit juice... and that's final!

7. Don't eat in front of the TV. You'll be more likely to eat mindlessly.

8. Cook with heart healthy olive oil not butter or other fats.

9. Start with soup or salad-- you'll eat less of your entree.

10. Keep a little dark chocolate on hand to satisfy your sweet tooth-- so you won't dig into that pint of ice cream.

11. No more fast food. No excuses. That goes for processed foods too!

12. Add strength training to your exercise regimen. More muscle=more calories burned all day long.

13. Use a pedometer, try to walk more steps every day!

14. Log your calories in a food and fitness journal to stay accountable.

15. Put your workouts on your calendar; you'll be more likely to do them.

16. Move more-- take the stairs, do squats while you're watching TV, stand at your desk, do toe raises while you brush your teeth.

17. Plan active outdoor activities instead of watching TV or seeing a movie.

18. Skip the sugar in your coffee or cereal.

19. Snack smart-- choose fruit, low fat yogurt, nuts, or veggies and hummus to stay satisfied.

20. Take a walk after dinner.

21. Order salad dressing on the side and add a little bit on your fork when you want some flavor.



22. Chew minty gum to ward off cravings.

23. Get at least 7 hours of sleep. Being tired makes you more likely to eat more.

24. Flavor your food with spices and herbs instead of salt and sugar.

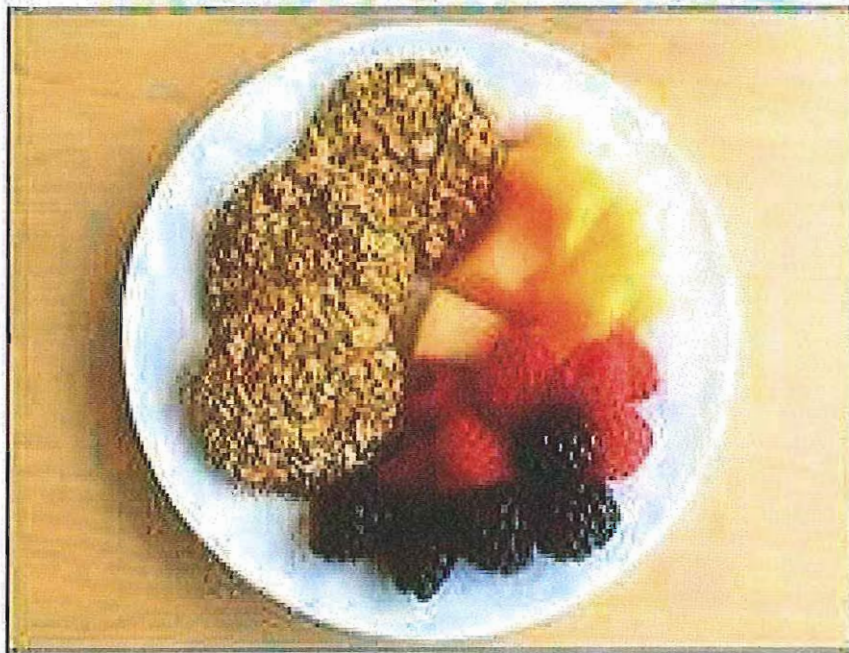
25. Bring your own lunch. You'll know exactly what's in it!

26. Participate in a Saline County Wellness Challenges for extra support

CLEAN EATING FOR BEGINNERS

ORIGINALLY BY www.downtownfunky.com

SHOPPING LIST



downtown@funky.com

BREADS

Ezekiel Brand breads (frozen sect.)
 Alvarado Street Bakery Brands
 Trader Joe's Brand Whole Grain
 Al's Mak (Whole Crackers)

DAIRY & NONDAIRY

Fat free or 1% Milk
 Low Fat Cottage Cheese
 Greek Yogurt
 Fat-free or plain yogurt
 Cheese (usually avoided due to high fat content!)
 Unsweetened Almond Milk
 Unsweetened Rice Milk (made from brown rice, **not white**)
 Unsweetened (Organic) Soy Milk
 Unsweetened Light Coconut Milk

POULTRY

Avoid the carton white eggs, opt for brown organic.
 Egg whites are essential!
 Boneless, Skinless Turkey
 OR B/S Chicken Breast

PRODUCE

Any fresh fruit/veg you like.

THE AISLES

Tea (green) Raw Nuts
 Coffee (decaf) Seeds
 Oatmeal (steel cut, plain)
 Beans (black, lentils, etc.)

BEEF & MEATS

Venison
 Bison
 Buffalo
 (Beef is normally **not** part of a clean diet)
 Fish
 Duck

CONDIMENTS

Sugar Free Mustard
 Honey
 Pure Maple Syrup
 Herbs & Spices (organic)

FLOURS & GRAINS

Whole Wheat Flour
 White Whole Wheat Flour
 Whole Wheat Pastry Flour
 Gluten-Free Flour
 Brown Rice
 Whole Grains



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Carbs: The Good, the Bad, the Ugly

5:30 pm, Tuesday, October 8th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER--BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD

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Friday, October 18th

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

Notice Your Non-Scale Victories



- More determination
- Less overeating
- More persistence
- Greater focus
- Drinking more water
- Eating more veg
- Cutting down on fat
- Cutting down on sugar
- Moving more
- Being more positive

If you're doing any of these
you're making **PROGRESS**

Motiveweight

A BEGINNER'S GROCERY GUIDE TO: **CLEAN EATING**

FRUITS/VEGGIES

apples, bananas, clementines, grapes, strawberries, avocados, peaches, romaine lettuce, celery, blueberries, raspberries, pears, celery, baby carrots, spinach, sweet potatoes, cucumbers, corn, broccoli, bell peppers, kale, tomatoes, frozen fruits (for yummy smoothies)

DAIRY

unsweetened almond milk, horizon organic cheese slices, chobani greek yogurt, cottage cheese, cage-free organic eggs, low-fat shredded cheese

GRAINS

whole grain bread, whole wheat pasta, whole wheat wraps (flat out brand rocks), whole grain english muffins, brown rice,

MEATS

chicken breast, turkey bacon, turkey breast, tuna, any low sodium sliced deli meat

OTHER

lara (or other protein) bars, veggie-gos, annie's fruit snacks, almonds, honey mustard, caesar dressing, kashi cereal, peanut butter, annie's cheddar bunnies, dark chocolate (no sugar added), chocolate covered raisins, vanilla whey protein, crystal light drink mixes

YOU CAN DO IT!
ROCKKATEIKINI & TUMBLR.COM

Let's Eat Clean!

Eat 5-6 smaller meals throughout the day. This way you'll never be starving and your metabolism burns all day.

No processed foods. No refined flours or sugar. (Put away the white flour and white sugar.)

Complex carbs, lean proteins & healthy fats are given a major thumbs up.

You'll feel more energized: no more energy crashes, tired afternoons, dizzy, sweaty moments.

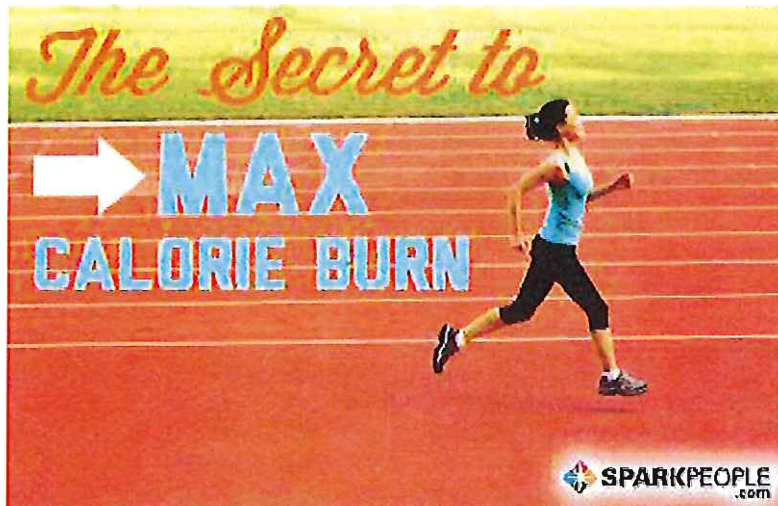
Eating clean is NOT tasteless, but DELICIOUS!

From the Eat-Clean Diet by Tosca Reno

High Intensity Interval Training

Take Your Fitness and Fat Loss to the Next Level

-- By [Dean Anderson, Fitness & Behavior Expert](#)



If I told you that there was a way to burn more calories, lose more fat, and improve your cardiovascular fitness level while spending *less* time doing cardio, you'd probably reach for your phone to report me to the consumer fraud hotline, right?

Well, this is one of those rare times when your natural it's-too-good-to-be-true reaction could be mistaken. If you want to take your fitness and fat loss to the next level—without spending more time in the gym—then **high intensity interval training** (also known as HIIT) could be exactly what you're looking for.

Before getting into the details, notice that I didn't say HIIT would be *easier*, just that it would take less of your time. In fact, the HIIT approach to cardio exercise is **very physically demanding and isn't for everyone**. If you have any cardiovascular problems or other health concerns that limit your ability to exercise at very intense levels, or if you are relatively new to aerobic exercise or not already in good shape, HIIT is not for you—at least for now. If you have any doubts or concerns about whether it might be safe for you, check in with your medical professional before trying HIIT.

What It Is and How It Works

HIIT is a specialized form of interval training that involves short intervals of maximum intensity exercise separated by longer intervals of low to moderate intensity exercise. Because it involves briefly pushing yourself beyond the upper end of your aerobic exercise zone, it offers you several advantages that traditional steady-state exercise (where you keep your heart rate within your aerobic zone) can't provide:

- HIIT trains and conditions both your *anaerobic* and *aerobic* energy systems. You train your anaerobic system with brief, all-out efforts, like when you have to push to make it up a hill, sprint the last few hundred yards of a distance race, or run and hide from your spouse after saying the wrong thing.
- HIIT increases the amount of calories you burn during your exercise session and afterward because it increases the length of time it takes your body to recover from each exercise session.
- HIIT causes metabolic adaptations that enable you to use more fat as fuel under a variety of conditions. This will improve your athletic endurance as well as your fat-burning potential.
- HIIT appears to limit muscle loss that can occur with weight loss, in comparison to traditional steady-state cardio exercise of longer duration.
- To get the benefits HIIT, you need to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals.

The key element of HIIT that makes it different from other forms of interval training is that the high intensity intervals involve *maximum* effort, not simply a higher heart rate. There are many different approaches to HIIT, each involving different numbers of high and low intensity intervals, different levels of intensity during the low intensity intervals, different lengths of time for each interval, and different numbers of training sessions per week. If you want to use HIIT to improve performance for a particular sport or activity, you'll

need to tailor your training program to the specific needs and demands of your activity.

General HIIT Guidelines

HIIT is designed for people whose primary concerns are boosting overall cardiovascular fitness, endurance, and fat loss,

- without losing the muscle mass they already have.
- Before starting any HIIT program, you should be able to exercise for at least 20-30 minutes at 70-85% of your estimated maximum heart rate, without exhausting yourself or having problems.
- Because HIIT is physically demanding, it's important to gradually build up your training program so that you don't overdo it. (The sample training schedule below will safely introduce you to HIIT over a period of eight weeks.)
- Always warm up and cool down for at least five minutes before and after each HIIT session.
- Work as hard as you can during the high intensity intervals, until you feel the burning sensation in your muscles indicating that you have entered your [anaerobic](#) zone. Elite athletes can usually sustain maximum intensity exercise for three to five minutes before they have to slow down and recover, so don't expect to work longer than that.
- Full recovery takes about four minutes for everyone, but you can shorten the recovery intervals if your high intensity intervals are also shorter and don't completely exhaust your anaerobic energy system.
- If you experience any chest pain or breathing difficulties during your HIIT workout, **cool down** immediately. (Don't just stop or else blood can pool in your extremities and lightheadedness or faintness can occur.)
- If your heart rate does not drop back down to about 70% of your max during recovery intervals, you may need to shorten your work intervals and/or lengthen your recovery intervals.
- HIIT (including the sample program below) is not for beginner exercisers or people with cardiovascular problems or risk factors. If you have cardiovascular problems or risk factors should NOT attempt HIIT unless your doctor has specifically cleared you for this kind of exercise.

A Sample Progressive HIIT Program

Please adhere to the general HIIT guidelines above for this program. To maximize fat loss, maintain an [intensity level](#) of 60-70% of your maximum heart rate (RPE of 5-6 on the 10-point scale) during warm up, cool down and recovery intervals.

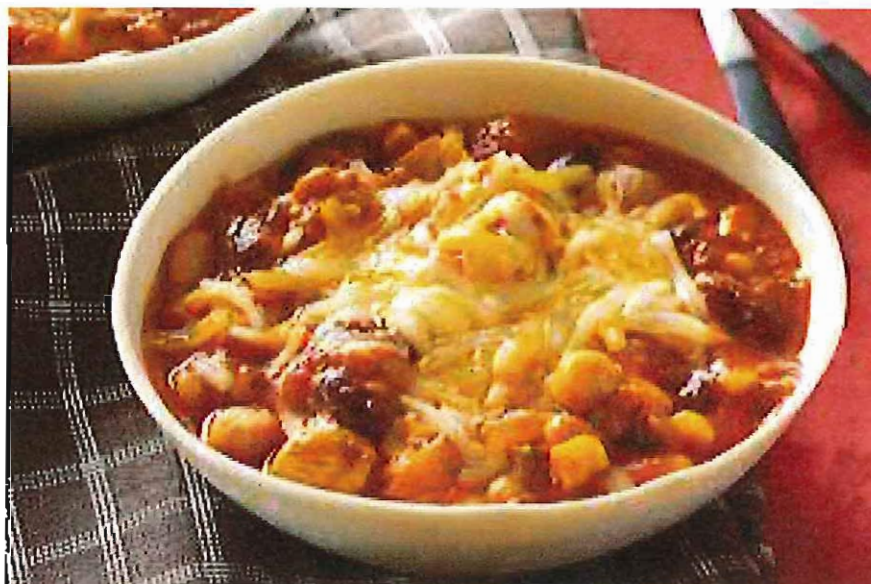
Week	Warm up	Work Interval (Max Intensity)	Recovery Interval (60-70% MHR)	Repeat	Cool down	Total Workout Time
1	5 min.	1 min.	4 min.	2 times	5 min.	20 min.
2	5 min.	1 min.	4 min.	3 times	5 min.	25 min.
3	5 min.	1 min.	4 min.	4 times	5 min.	30 min.
4	5 min.	1.5 min.	4 min.	2 times	5 min.	21 min.
5	5 min.	1.5 min.	4 min.	3 times	5 min.	26.5 min.
6	5 min.	1.5 min.	4 min.	4 times	5 min.	32 min.
7	5 min.	2 min.	5 min.	3 times	5 min.	31 min.
8	5 min.	2 min.	5 min.	4 times	5 min.	38 min.

After completing this eight-week program, you can continue working to increase the number of work intervals per session, the duration of work intervals, or both.

You can adjust this training plan to accommodate your particular needs and goals. If you find that this schedule is either too difficult or too easy for your current fitness level, you can make adjustments to the duration and/or number of high intensity intervals as necessary. For example, if you want to train yourself for very short, frequent bursts of maximum intensity activity, your program could involve sprinting for 20 seconds and jogging/walking for 60 seconds, and repeating that 15-20 times per session.

You don't need to swap all of your aerobic exercise for HIIT to gain the benefits. A good balance, for example, might be two sessions of HIIT per week, along with 1-2 sessions of steady-state aerobic exercise. As usual, moderation is the key to long-term success, so challenge yourself—but don't drive yourself into the ground. Get ready to see major changes in your body and your fitness level!

Slow-Cooker Chunky Chicken Chili



What You Need

1 can (15 oz.) dark red kidney beans, rinsed
1 can (15 oz.) light red kidney beans, rinsed (or can of Black Beans)
1-1/2 cups TACO BELL® Thick & Chunky Mild Salsa (or Great Value Black Bean & Corn Salsa)
1 can (15 oz.) no-salt-added tomato sauce
2 Tbsp. chili powder
1-1/2 lb. boneless skinless chicken thighs, cut into bite-size pieces (or Chicken Breasts)
1 onion, chopped
1 cup frozen corn (or can of whole corn drained)
1 cup KRAFT Mexican Style Finely Shredded Four Cheese

Make It

COMBINE beans, salsa, tomato sauce and chili powder in slow cooker. Top with chicken, onions and corn. (Do not stir.) Cover with lid.

COOK on LOW 6 to 8 hours (or on HIGH 4 to 5 hours); stir.

SERVE topped with cheese.

TACO BELL® and Logo are trademarks owned and licensed by Taco Bell Corp.

Kraft Kitchens Tips

For added color and flavor, top individual bowls of chili with BREAKSTONE'S Reduced Fat or KNUDSEN Light Sour Cream and/or coarsely crushed PREMIUM Saltine Crackers.

Calories 310	<u>Total fat</u> 10 g	<u>Saturated fat</u> 4 g	<u>Cholesterol</u> 90 mg
<u>Sodium</u> 590 mg	<u>Carbohydrate</u> 31 g	<u>Dietary fiber</u> 7 g	<u>Sugars</u> 5 g Protein 26 g

Slow-Cooker Vegetable Lasagna



No boiling required for this slow-cooker lasagna! The uncooked noodles become tender during a long, slow simmer in the vegetable sauce.

What You Need

1 Tbsp. oil
½ lb. sliced fresh mushrooms
2 red peppers, coarsely chopped
1 pkg. (6 oz.) baby spinach leaves
1 jar (24 oz.) spaghetti sauce
1 container (15 oz.) POLLY-O Natural Part Skim Ricotta Cheese
1 pkg. (8 oz.) KRAFT Shredded Italian* Five Cheese with a TOUCH OF PHILADELPHIA, divided
¼ cup KRAFT Grated Parmesan Cheese, divided
1 egg
6 whole wheat lasagna noodles, uncooked

Make It

- **HEAT** oil in large skillet on medium heat. Add mushrooms and peppers; cook and stir 3 min. Remove from heat. Add spinach; stir until wilted. Stir in spaghetti sauce.
- **MIX** ricotta, 1-1/2 cups shredded cheese, 2 Tbsp. Parmesan and egg until blended.
- **SPOON** 1-1/2 cups sauce into slow cooker; top with layers of half each of the noodles (broken to fit) and ricotta mixture. Cover with 2 cups sauce. Top with remaining noodles (broken to fit), ricotta mixture and sauce. Cover with lid.
- **COOK** on LOW 4 to 5 hours (or on HIGH 2 to 3 hours) or until liquid is absorbed. Sprinkle with remaining cheeses; let stand, covered, 10 min. or until shredded cheese is melted.

*Save 40 calories and 4 g of fat per serving by preparing with POLLY-O Lite Ricotta Cheese and KRAFT 2% Milk Shredded Mozzarella Cheese.

*How to Store Dried Pasta

Dried pasta will last almost indefinitely if stored in an airtight glass or plastic container in a cool dark place. Dried whole wheat pasta can turn rancid, however, so should be used within the recommended time listed on the package.

Calories 380
Sodium 690 mg

Total fat 17 g
Carbohydrate 34 g

Saturated fat 9 g
Dietary fiber 6 g

Cholesterol 65 mg
Sugars 8 g Protein 22 g

How to Keep Fruits and Veggies Fresh

Countertop Storage Tips

There's nothing as inviting as a big bowl of crisp apples on the kitchen counter. To keep those apples crisp and all countertop-stored produce fresh, store them out of direct sunlight, either directly on the countertop, in an uncovered bowl, or inside a perforated plastic bag.

Refrigerator Storage Tips

For produce that is best stored in the refrigerator, remember the following guidelines.

- Keep produce in perforated plastic bags in the produce drawer of the refrigerator. (To perforate bags, punch holes in the bag with a sharp object, spacing them about as far apart as the holes you see in supermarket apple bags.)
- Keep fruits and vegetables separate, in different drawers, because ethylene can build up in the fridge, causing spoilage.
- When storing herbs (and interestingly, asparagus, too), snip off the ends, store upright in a glass of water (like flowers in a vase) and cover with a plastic bag.

How to Properly Store Fruits & Vegetables

Refrigerator	Countertop
Apples (< 7 days) Apricots Cantaloupe	Apples (< 7 days) Bananas Tomatoes
(Unwashed in a Single Layer) Blackberries Blueberries	Basil Cucumbers Eggplant Garlic Ginger Grapefruit Jicama Lemons Limes
Honeydew Raspberries Strawberries	Mangoes Oranges Papayas Peppers Persimmons Pineapple Plantains Pomegranates Watermelon
(Unwashed in a Plastic Bag) Broccoli Carrots Cauliflower Corn	
Green Onions Lettuce Peas Radishes	
(Store in a Paper Bag) Mushrooms	
Okra Artichokes Asparagus Beets Brussels Sprouts Cabbage Celery Cherries Grapes Green Beans Herbs (not basil)	
Lima Beans Leafy Vegetables Leeks Plums Spinach Sprouts Summer Squash Yellow Squash Zucchini	
	Cool, Dry Place Acorn Squash Butternut Squash Onions* Potatoes* Pumpkins Spaghetti Squash Sweet Potatoes Winter Squash *Keep away from each other
	Counter/Fridge (Ripen on Counter, then Refrigerate) Avocados Nectarines Peaches Kiwi Pears Plums

High Ethylene Producers: Keep away from other fresh produce to slow down ripening/spoilage.



***More about Ethylene:** Fruits and vegetables give off an odorless, harmless and tasteless gas called ethylene after they're picked. All fruits and vegetables produce it, but some foods produce it in greater quantities. When ethylene-producing foods are kept in close proximity with ethylene-sensitive foods, especially in a confined space (like a bag or drawer), the gas will speed up the ripening process of the other produce. Use this to your advantage if you want to speed up the ripening process of an unripe fruit, for example, by putting an apple in a bag with an unripe avocado. But if you want your already-ripe foods to last longer, remember to keep them away from ethylene-producing foods, as designated in the chart above.

GIVE YOUR Tresses A TREAT

Apple Cider Vinegar

- Deep-Cleans hair and removes styling-product buildup.
- Pour 1 cup over wet, unwashed hair. Then shampoo and condition as usual.
- Use Once a Week



Beer

- Smoothes roughed-up, damaged cuticles that make hair look dull and strengthens hair with proteins
- Shampoo and condition, then pour a bottle of dark stout beer over wet hair. Rinse well (you don't want to smell like a brewery!)
- Do this monthly

Pumpkin

- Gently conditions and hydrates parched hair, provides UV protection, strengthens, and prevents future damage
- Mash a can of organic canned pumpkins with 4 ounces of plain yogurt. Apply to damp hair, leave on for 10-15 minutes, then rinse and shampoo.
- Do this twice a month

BLAST YOUR HAIR WITH COLD

HEAT OPENS HAIR'S PROTECTIVE OUTER LAYER, DAMAGING STRANDS AND CREATING FRIZZ. IF YOUR DRYER HAS A COOL-SHOT BUTTON, USE IT TO DELIVER A BLAST OF COLD AIR AFTER DRYING EACH INDIVIDUAL SECTION.

SECRET TO SOFTER HAIR

For Stronger, shinier strands, work conditioner through your hair and leave it while you finish showering (the steam helps it penetrate), then quickly rinse it out. Rinsing for longer than 60 seconds removes the hydrators meant to stay on hair until your next shampoo.



SALINE COUNTY WELLNESS NEWSLETTER

GET FIT, DON'T SIT NO EXCUSES in 2013

Mission Statement of the Saline County Wellness Committee

The Mission of the Saline County Wellness Committee is to provide opportunities for employees to develop healthier lifestyles by supporting the adoption of habits and attitudes that contribute to their positive well-being.

MONTHLY NUTRITION CLASSES

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Healthy Holidays: How to Survive Holiday Feasting

5:30 pm, Wednesday, November 20th at the Extension Office

VICTORIA IS A WONDERFUL SPEAKER--BRING YOUR SPOUSE OR A FRIEND AND COME CHECK IT OUT!!

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD

Presentation will last about 1 hour with Q&A to follow.

One space on **NOVEMBER BINGO**

CHAIR MASSAGES ARE BACK

Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour. Stephanie will be at the courthouse on:

Friday, November 1st

Friday, November 15th

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!



95%

"Today, more than
of all chronic disease is caused by **food choice,
toxic food ingredients, nutritional deficiencies
and lack of physical exercise.**"

- Mike Adams, the Health Ranger



SALINE COUNTY 3RD ANNUAL HEALTH FAIR

COMING IN MARCH 2014

Saline County will once again be offering **FREE** Health Screenings to all employees and their spouses. The individual health screenings are **PRIVATE AND COMPLETELY CONFIDENTIAL** and the results are **NOT** reported to insurance, nor will they affect your insurance.

Plan your annual physical or doctor visits around this annual event so that you can take advantage of this FREE Opportunity!!!

Test Results will be supplied to you and faxed to your doctor.

Included in the Wellness Health Screening:

***Body Mass Index (BMI)**

***Height & Weight**

***Blood Pressure**

***Comprehensive Metabolic Panel - CMP** (Albumin, Alkaline Phosphatase, ALT, AST, Total Bilirubin, BUN, Calcium, Carbon Dioxide, Chloride, Creatinine, Glucose, Potassium, Total Protein, Sodium)

***Lipid Panel** (Cholesterol, Triglycerides, HDL, LDL, Cholesterol/HDL Ratio)

***Complete Blood Count - CBC** (White Blood Count (WBC), Red Blood Count (RBC), Hemoglobin (HGB), HCT, MCV, MCH, MCHC, RDW, PLT, MPV)

***TSH (Thyroid Stimulating Hormone)** - Available for **FREE** Upon Request

***PSA (Prostate Specific Antigen)** - Available for **FREE** Upon request for Men

***A1C (Hemoglobin A1C)** - Available for **FREE** Upon Request

Saline County's goal is to help facilitate early detection of any serious health issues or illnesses; aid in prevention of additional complications; and also reduce medical costs. **PLEASE TAKE ADVANTAGE OF THIS FREE OPPORTUNITY!**



**BlueCross
BlueShield**

Blue Cross Blue Shield of Nebraska

Representatives from Blue Cross Blue Shield of Nebraska will be at the extension office on Thursday, November 14, 2013 at 5:30 pm to discuss the Patient Protection and Affordable Care Act and answer questions

about your insurance. This is open to all county employees and their spouses.

Please contact Sharon or Brandi at 402-821-2588 if you plan to attend.

**TURN YOUR WORKOUTS
INTO REWARDS**

every  move

With the Nebraska Moves! Program from Blue Cross and Blue Shield of Nebraska

It's about time you were rewarded for your healthy lifestyle! With EveryMove, your everyday activities generate points that turn into great rewards from brands and merchants who want to cheer you on. All you have to do is... well, do something! Run, bike, mow the lawn, walk the dog, it all counts.

Register at everymove.org/NebraskaMoves. Download the mobile app!

A pixelated illustration of a turkey with brown and orange feathers, a red wattle, and large eyes, positioned at the top of the page.

NOVEMBER

BINGO INSTRUCTIONS



Mark each BINGO square that you complete in November



Turn in your November BINGO Sheet by Friday, December 6, 2013.



For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. Your name can be entered up to twelve times.



If you have a "BLACKOUT" on your BINGO card, your name will be entered in the drawing twelve times and you will be awarded a prize in addition to the drawing.

**THIS CHALLENGE IS ON THE HONOR SYSTEM,
IF YOU CHEAT,
YOU ARE ONLY CHEATING YOURSELF!!!**

A pixelated illustration of a farm scene at the bottom of the page, featuring a red barn, a wooden fence, and a field of yellow and orange autumn leaves.

NOVEMBER

B I N			G	O
Read November Nutrition Letter	No sweets three consecutive days twice this month	6 exercise sessions of 30 minutes or more this month	Keep a food journal for a week	Attend the November nutrition class (or watch the video)
Do 20 squats or use the New Step machine for 20 minutes 5 days this month	Eat 3 or 4 servings of dairy daily (do this 8 times this month)	Eat a healthy lunch all week	Try a new exercise class, DVD or do a new exercise routine 4 times this month	No alcohol 3 consecutive days each week
Drink at least 8-8 oz glasses of water 3 days each week	Track your steps on a pedometer or the New Step machine every day for a week		Get a flu shot (in October or November)	Eat 5-6 small meals 3 consecutive days
Do a good deed for a stranger	Relax and spend an hour with friends or family 4 times this month	No pop 3 consecutive days twice this month	Eat an average of 4 cups of fruits and/or veggies daily	Take a walk or ride a bike over your lunch hour twice this month
Work out at the Fitness Center 5 times this month	No fast food for an entire week	Involve your family or a friend in your fitness routine at least once each week	Get 7 or more hours of sleep 4 days each week	Maintain your weight during the holidays (or lose weight)



Name: _____



Pumpkin Season is Upon Us..

Enjoy these Festive Fall Recipes



Pumpkin Harvest Bread Pudding

Nutrition Info

- Calories: 164.9
- Fat: 0.8g
- Carbohydrates: 34.1g
- Protein: 8.8g

Ingredients

Cook and Serve Sugar Free/Fat Free Vanilla Pudding Mix
3 cups Fat Free Milk
1-15 ounce can pumpkin (unsweetened)
1 teaspoon vanilla extract
2 teaspoons Pumpkin Pie Spice
1/2 cup Splenda Granular
6 slices Light Bread (40 calories or less)

Directions

Preheat oven to 350 degrees. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray. In a large saucepan, combine dry pudding mix and milk. Cook over medium heat until mixture starts to thicken and begins to boil, stirring often. Remove from heat. Stir in pumpkin, pumpkin pie spice, Splenda, and vanilla extract. Add bread pieces. Mix gently to combine. Spread mixture evenly into prepared baking dish. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

Number of Servings: 6



Pumpkin Chocolate Chip Muffins

Nutrition Info

- Calories: 174.6
- Fat: 6.7g
- Carbohydrates: 32.5g
- Protein: 2.2g

Ingredients

1 1/2 C packed brown sugar
1/2 C vegetable oil
4 eggs
1 15 oz can pumpkin
1/2 C water
3 C flour
1 1/2 tsp baking powder
1 tsp baking soda
1 tsp ground cloves
2 tsp ground cinnamon
1/2 salt
1 tsp ground nutmeg
1 C semisweet chocolate chips

Directions

Preheat oven to 400 degrees F. Spray muffin pan with non-stick spray or use paper liners. Mix sugar, oil, eggs, pumpkin and water until smooth. In a separate bowl mix flour, soda, powder, spices and salt. Combine wet and dry ingredients until smooth - stir in chocolate chips. Fill muffin cups 2/3 with batter. Bake at 400 20-25 minutes.



2-Ingredient Pumpkin Muffins

Nutrition Info

- Calories: 113.8
- Fat: 0.4g
- Carbohydrates: 24.4g
- Protein: 2.9g

Ingredients

- 1 box spice cake mix
- 1 (15-ounce) can pure pumpkin puree

Directions

Simply mix the pumpkin and the spice cake mix powder together and drop by heaping tablespoons into greased muffin cups. Bake at 350 18-22 minutes or until a knife comes out clean



Easy Pumpkin Chocolate Chip Cookies

Nutrition Info

- Calories: 85.3
- Fat: 2.6g
- Carbohydrates: 15.2g
- Protein: 1.1g

Ingredients

- 1 box spice cake mix
- 15 oz. canned pumpkin
- 1 cup chocolate chips

Directions

Combine all ingredients and drop by teaspoons onto cookie sheet. Bake for 12 minutes at 350 degrees. Super Easy!!

Number of Servings: 36

Ingredients

- 2 cups all-purpose flour
- 2 cup whole wheat flour
- 1 teaspoon baking soda
- 4 teaspoons baking powder
- 1 tsp salt
- 1 Tbsp pumpkin pie spice
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup olive oil
- 4 eggs, lightly beaten
- 1 cup lowfat (2%) milk
- 1 (15-ounce) can pumpkin
- 2 ripe bananas, mashed

Directions

Preheat oven to 350
Combine flour and next 4 ingredients (through pumpkin pie spice) in a large bowl; make a well in center of mixture. Combine sugar and all wet ingredients in a medium bowl; stir with a whisk until smooth. Add to flour mixture, stirring just until moist.

Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool loaves completely.

Yield: 2 loaves, 16 slices per loaf (serving size: 1 slice)

Number of Servings: 32



Healthy Pumpkin Banana Bread

Nutrition Info

- Calories: 106.2
- Fat: 2.3g
- Carbohydrates: 19.9g
- Protein: 3.1g

Protect your health. Prevent disease.

more **Eat fruits & veggies...** *more does matter!*

Why More?

Eating more fruits and veggies everyday – at every meal and for snacks – does matter to your health and can help protect the body from disease. Research supports that individuals eating more fruits and vegetables - as part of a healthy diet - are more likely to have reduced risk of heart disease, stroke, diabetes, and some cancers. Additionally, eating more fruits and vegetables instead of high-fat and high-calorie foods may make it easier to achieve and maintain a healthy weight.

How Much More?

Every small step toward eating more fruits and vegetables counts! And all forms of fruits and vegetables count – fresh, frozen, canned, dried, and 100% juice. Use the following chart to know the amount you need each and every day:

Women		
Age	Fruits	Vegetables
19 - 30	2 cups	2.5 cups
31 - 50	1.5 cups	2.5 cups
51+	1.5 cups	2 cups

Girls		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1 cup	1.5 cups
9 - 13	1.5 cups	2 cups
14 - 18	1.5 cups	2.5 cups

Men		
Age	Fruits	Vegetables
19 - 50	2 cups	3 cups
51+	2 cups	2.5 cups

Boys		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1.5 cups	1.5 cups
9 - 13	1.5 cups	2.5 cups
14 - 18	2 cups	3 cups

These amounts are for less active people. Visit www.fruitsandveggiesmatter.gov to see the amounts needed by more active people.

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fresh or canned fruit or ½ cup of dried fruit can be considered as 1 cup from the fruit group. Go easy on 100% fruit juice. While 100% juice can count towards your intake, the majority of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber. ½ cup (4 fluid ounces) of 100% fruit juice does count as ½ cup of fruit in meeting your requirements.



A Rainbow of Color

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Lead the Way!

Be a leader in making the healthy choice easier for yourself, your family and your community. Eating more fruits and veggies is an easy choice when they are available, affordable, convenient, and taste great. Take time at home, at work, and in your community to support healthy eating. Here are some suggestions:

Home	<ul style="list-style-type: none">• Keep fruits and veggies always available - in arms reach• Plant a garden• Get family members involved in picking out and preparing the fruits and veggies
School	<ul style="list-style-type: none">• Suggest a fruit and vegetable fundraising event• Plant or organize a school garden• Join (or start) a school wellness team to address fruit and veggie access and promotion where ever food is sold/offered at school
Work	<ul style="list-style-type: none">• Assist in establishing "Healthy Meeting Guidelines" for work events to include fruits and vegetables whenever food is served• Ask for more fruit and vegetable options in your worksite cafeteria or vending• Join (or start) a worksite wellness group to address fruit and veggie access and promotion where ever food is sold/offered in the work place
Community	<ul style="list-style-type: none">• Visit your local farmers market regularly• Encourage healthy food at community events and functions• Request more fruits and vegetables at your grocery or convenience store

Optimize your Health

Eating fruits and vegetables is one of six national strategies supported by research to protect health and prevent disease. The other strategies include, being physically active, breastfeeding, drinking less sugar-sweetened beverages, reducing food portions, and watching less TV. To learn more, visit: www.dhhs.ne.gov/nafh

Resources

www.fruitsandveggiesmatter.gov
www.fruitsandveggiesmorematters.org





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Healthy Holidays: Feasting, Not Fasting
5:30 pm, Monday, December 2nd at the Extension Office

THERE WILL BE FOOD SAMPLES, RECIPIES, SUBSTITUTIONS!!!

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD

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Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 or 30 minute private massage. Stephanie will be at the courthouse on:

Friday, December 13th

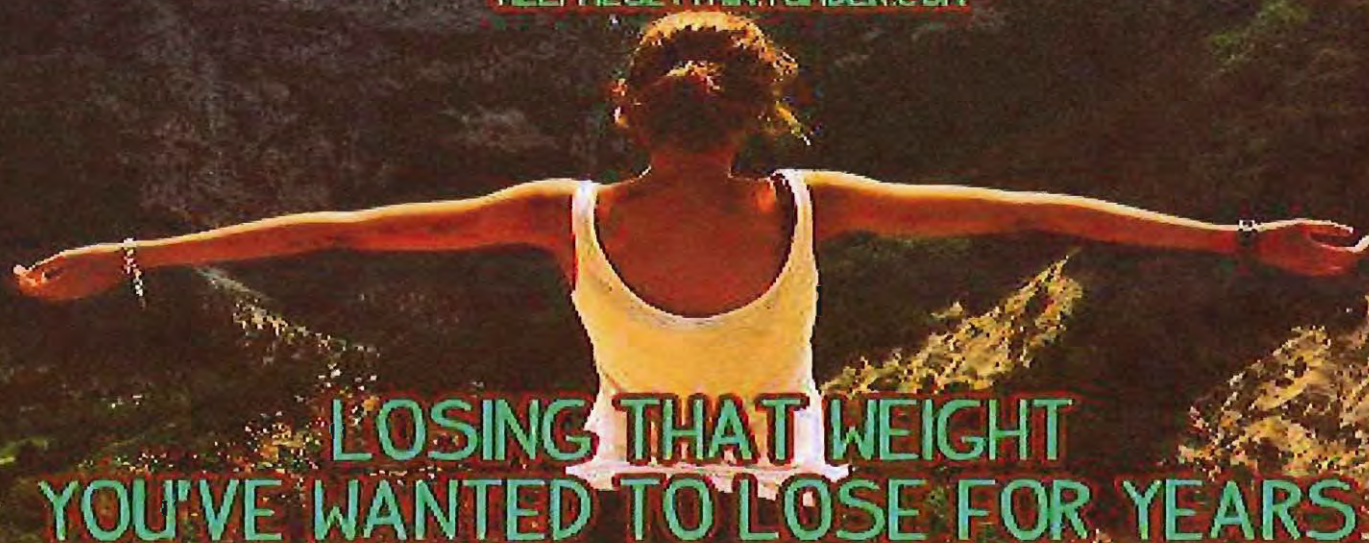
Friday, December 27th

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

**KNOW WHAT'S BETTER THAN EATING THAT
THING YOU'VE WANTED FOR DAYS?**

HELPMEGETTHIN.TUMBLR.COM





SALINE COUNTY 3RD ANNUAL HEALTH FAIR

COMING SOON!!!

Saline County will once again be offering **FREE** Health Screenings to all employees and their spouses.

Plan your annual physical or doctor visits around this annual event so that you can take advantage of this FREE Opportunity!!!

Test Results will be supplied to you and faxed to your doctor.

How Long to Nap



10 to 20 Minutes

This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

30 Minutes

Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap's restorative benefits become apparent.

60 Minutes

This nap is best for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. The downside: some grogginess upon waking up.

90 Minutes

This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

SURVEY--HOW ARE WE DOING?? WHAT DO YOU WANT TO SEE??

As of this month, the Saline County Wellness Committee has provided a monthly newsletter each month in 2013. In addition, we have offered an annual Health Fair, many fitness challenges throughout the year, new equipment at the fitness center, healthier snacks, nutrition classes... Now we want to hear from you!!!! What do you like, what would added, changed, etc.???? Please return to Saline County Clerk's office. Your information is confidential. Thanks! Your time is appreciated!!

What do you like best? _____ What do you like least? _____

Do you exercise regularly? _____ If so, how long & how often? _____

What are your fitness goals? _____

What can we do to help with your fitness goals? _____

Do you have healthier eating goals? _____ What are they? _____

What can we do to help with your healthier eating goals? _____

What are some possible topics or speakers that you would like us to schedule in the upcoming year? _____

If you HAVE participated in the challenges, why? _____

If you HAVEN'T participated in the challenges, why not? _____

What kind of challenges have you liked best? _____ Thoughts for other challenges? _____

What motivates you the best? _____

Do you use the fitness center? _____ If not, why not? _____

Which fitness center equipment do you use most often? _____



DECEMBER BINGO INSTRUCTIONS



Mark each BINGO square that you complete in December



Turn in your December BINGO Sheet by Monday, January 6, 2014.



For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. Your name can be entered up to twelve times.



If you have a "BLACKOUT" on your BINGO card, your name will be entered in the drawing twelve times and you will be awarded a prize in addition to the drawing.

**THIS CHALLENGE IS ON THE HONOR SYSTEM,
IF YOU CHEAT, YOU ARE ONLY
CHEATING YOURSELF!!!**

DECEMBER

B I N G O



Read the December Newsletter

Do 20 squats or use the New Step machine for 20 minutes 5 days this month

No snacking 1 day every week

No fast food for a week

Work out at the Fitness Center 5 times this month

Stretch for 5 minutes after waking up 4 consecutive days twice this month

Drink at least 8-8 oz glasses of water 3 days each week

Do not use tobacco 3 consecutive days each week

Do cardio for at least 30 minutes 6 times this month

Relax and do something you enjoy for an hour 3 times each week

No sweets three consecutive days twice this month

No alcohol 3 consecutive days each week



Take a nap 3 times this month

Say no to a Christmas cookie

Volunteer your time with an organization or fund raiser

No pop 3 consecutive days twice this month

Do strength training for at least 30 minutes 6 times this month

Walk, Run or Bike 30 minutes 5 days each week

Get at least 7 or more hours of sleep 4 days each week

Maintain your weight during the holidays (or lose weight)

Try a form of exercise you have never done before (do this 3 times this month)

Eat 4 cups of fruits and/or veggies 5 consecutive days

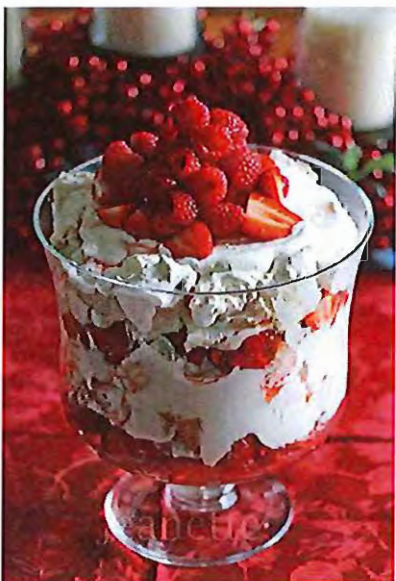
Purchase something or do a kind deed for someone in need this Holiday season

Attend the December nutrition class (or watch the video)

Name: _____



Healthy Christmas Recipes



Skinny Strawberry Cheesecake Trifle

Time: 40 minutes Yield: 16
 Calories per serving: 280 Fat per serving: 6.5
 Each serving is about 40% lower in calories and has 75% less fat than a version made with full fat cream cheese, full fat sour cream, and butter pound cake.

Ingredients:

*2 cups non-fat or low-fat cottage cheese
 *2 cups powdered sugar *1 cup non-fat or low-fat sour cream
 *2 teaspoons vanilla extract *1/2 teaspoon almond extract
 *1 cup whipping cream *1 teaspoon vanilla extract
 *1 tablespoon sugar *1 Angel Food cake, cut into 1" cubes
 *1 quart fresh strawberries *sliced 1 quart fresh raspberries
 *2 tablespoons sugar *3 tablespoons amaretto
 fresh raspberries, for garnish

Directions:

Place cottage cheese in food processor and process until smooth. Add powdered sugar, sour cream, vanilla and almond extracts and process until mixed well. Beat whipping cream until light peaks form. Add 1 teaspoon vanilla extract and 1 tablespoon sugar. Continue to beat until stiff peaks form. Fold whipped cream into cottage cheese mixture. Add cake cubes and gently fold together until cake pieces are coated with cottage cheese mixture. Mix strawberries, raspberries, 2 tablespoons sugar and amaretto together. Place a layer of strawberries and raspberries in the bottom of a trifle bowl. Top with a layer of cake mixture. Add another layer of berries, then another layer of cake mixture. End with a layer of berries. Garnish with additional fresh berries. -

1 Serving 180 Calories 1.5 Fat 4g Carbohydrate

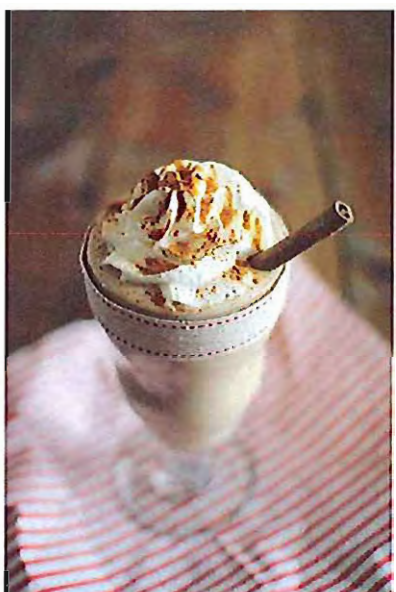
3g sugar 39g Protein 5 WW Points

Ingredients:

*1/2 cup low fat cottage cheese *1 scoop plain or vanilla protein powder (100 calorie)
 *1 tsp Rum extract (this is what gives this shake an egg nog flavor; it is found next to the vanilla extract.)
 *1/2 tsp pumpkin pie spice (or a mix of cinnamon and nutmeg)
 *1-2 packets sweetener of choice OR stevia to taste
 *1/2 cups water *8-16 ice cubes (more or less depending on desired thickness)

Directions:

Place all of the ingredients in the blender (starting with the cottage cheese for easy blending), and blend until smooth and creamy!



Egg Nog Milkshake



Tree Shaped Crescent Veggie Appetizer

Ingredients:

*2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls or 2 cans (8 oz each) Pillsbury® Crescent Recipe Creations® refrigerated seamless dough sheet *1 package (8 oz) fat-free cream cheese, softened *1/2 cup fat-free sour cream *1 package ranch mix *1/8 teaspoon garlic powder *3 cups finely chopped assorted vegetables (bell peppers, broccoli, carrot, cucumber and/or green onions)

Directions:

1. Heat oven to 375°F. Remove dough from cans in rolled sections; do not unroll. Cut each section into 8 slices (16 slices from each can). 2. Place slices, cut side down, on ungreased cookie sheets to form trees. To form each tree, start by placing 1 slice for top; arrange 2 slices just below, with sides touching. Continue arranging row of 3 slices, then row of 4 slices, ending with row of 5 slices. Use remaining slice for trunk. Refrigerate one tree while the other bakes. 3. Bake one tree 11 to 13 minutes or until golden brown. Cool 1 minute; carefully loosen with pancake turner and slide onto cooling rack to cool. Bake and cool second tree. 4. Place each tree on serving platter. In small bowl, mix cream cheese, sour cream, dill and garlic powder; blend until smooth. Spread mixture over both trees. Decorate trees with assorted vegetable pieces. Refrigerate until serving time. To serve, pull apart slices of tree.

Prep Time: 15 minutes Bake and Cook Time: 45 minutes

Ingredients:

*1 pound red potatoes, unpeeled, cut into chunks *1/2 head garlic *1/4 teaspoon olive oil *2 tablespoons fat-free sour cream or low-fat plain Greek yogurt *2 tablespoons reduced-fat butter *2 tablespoons reduced-fat milk *1/2 teaspoon salt *Fresh ground pepper, to taste

Directions:

1. Preheat oven to 350 degrees. 2. Separate 1/2 head of garlic into individual cloves. Do not peel. Toss in olive oil and wrap tightly in small piece of aluminum foil. 3. Roast in oven for 45 minutes. 4. While the garlic is roasting, add potatoes to a pot. Cover with water and bring to a boil. Simmer covered until tender, about 15 minutes. Drain potatoes and add back to the hot pot. Mash potatoes with a potato masher or fork. 5. Remove garlic from oven and set aside to cool. When garlic has cooled, squeeze it out of the 'paper' shell of the individual cloves. Mash the peeled garlic with a fork. 6. To the pot of mashed potatoes, add mashed garlic, sour cream, butter, milk, salt and pepper. Mix together ingredients until smooth. Turn the flame on low to heat thoroughly before serving. Adjust with a little more salt or pepper, as desired. 7. Roasted garlic mashers can be prepared a few days in advance and heated on the stove top or in the microwave before serving.

Serves 6 (1/2 cup serving)

1/2 cup serving; 94 calories; 3.6 g fat; 2 g pro;



Incredible Skinny Garlic Mashed Potatoes

Making Your New Year's Resolution Stick

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time." By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start small — Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time — Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it — Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up — Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support — Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Write Down your 2014 Healthy Resolutions for the Year:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Use the Calendar on the other side to plan each month's goals for added success!!!



Saturday

[illegible]

Notes:



Make Copies of this page for each month and **PLAN AHEAD FOR SUCCESS!** Plan your meals, exercise time, etc. Jot down healthy eating, exercise or personal goals!