



# **SALINE COUNTY WELLNESS NEWSLETTER**

## **Love Yourself Enough to Work Harder in 2014**

**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 EDUCATIONAL CLASS**

Our Monthly Education Class featuring Bradley Kalkwarf will be

#### **Information about Taxes**

**5:30 pm, Thursday, January 16th at the Extension Office**

Presentation will be taped so you can watch the video if you miss the class

**25 Wellness Points for Class Attendance or 15 points for watching the video**



### **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 or 30 minute private massage. Stephanie will be at the courthouse on:

Friday, January 10th

Friday, January 24th

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

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



### **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!!!**

**Look for notices on when the Health Fair will be offered  
Receive Wellness Points for participating in the 2014 Health Fair**

**500 Wellness Points**

**FITNESS IS NOT A DESTINATION, IT'S A WAY OF LIFE**



# 2014 WELLNESS POINTS

The Wellness Committee has been working on a long-term wellness challenge. Starting on January 1, 2014, you will be allowed to start accumulating points all year round. Contact Sharon Jelinek or Kerry Hagemeier to pick up your 2014 Healthy Living Calendar and start recording the points you earn each day. At the end of 2014, you will need to turn in your 2014 Healthy Living Calendar and pick up your 2015 Calendar. Depending on the number of points you have accumulated over the year, you will be eligible for prizes (if you have accumulated at least 3,000 points during the year.) We encourage employees and their families to participate, but **ONLY** Saline County Employees can be awarded prizes.

## The following is a list of ways to earn points:

|  |                     |
|--|---------------------|
| Sign Commitment Sheet (1)                    | 50 wellness points  |
| Blood Test at Saline County Health Fair* (1) | 500 wellness points |
| Doctor's Physical (1)                        | 500 wellness points |
| Eye Exam (1)                                 | 250 wellness points |
| Dental Exam (2) (100 points each)            | 200 wellness points |
| Flu Shot or Flu Mist (1)                     | 200 wellness points |

\*You will earn 500 wellness points if you have complete blood work performed by your own doctor instead of the Saline County Health Fair. If you wish to use this option, please contact Sharon or Kerry for more information.

Exercise--5 wellness points for every 15 minutes of continued exercise--(max 1 hour/per day)

\*No exercise points during PAID working hours

|  |   |
|--|---|
| Monthly County-Sponsored Educational Classes | 25 wellness points per class attended*      |
| NIRMA Class                                  | 25 wellness points for each one completed** |

\*Or you can earn 15 wellness points for watching the DVD of the taped class

\*\*Eligible classes will be listed in the monthly newsletters

|                                      |                       |
|--------------------------------------|-----------------------|
| Tobacco/Nicotine/Illegal Substances* | 1,000 wellness points |
|--------------------------------------|-----------------------|

\*You will be awarded wellness points if you have never used tobacco/nicotine/illegal substances or have not used them for at least 6 months or more. You must sign a waiver attesting to this fact.

|                              |                       |
|------------------------------|-----------------------|
| If your BMI is 18.0-25.0     | 1,000 wellness points |
| If your BMI is 25.1-29.9     | 500 wellness points   |
| If your BMI is 30.0 or above | 0 wellness points     |

\*\*You can earn 25 wellness points for each BMI point dropped over the year plus earn the wellness points for that category. \*\*You will earn wellness points based on the 2015 Saline County Health Fair figures. These points will be awarded after the 2015 Saline County Health Fair.

Your Health Risk Categories (HRC) will be calculated at the annual Saline County Health Fair:

|  |                       |
|--|-----------------------|
| Participants with 0 High Risk Categories         | 1,000 wellness points |
| Participants with 1-3 High Risk Categories       | 500 wellness points   |
| Participants with 4 or more High Risk Categories | 0 wellness points     |

\*\*You can earn 50 wellness points each time you move to a lower/healthier level in each category.

\*\*Your HRC will be calculated from the data derived from the 2015 Saline County Health Fair or matching data received from your own doctor provided blood work.

|                                     |                    |
|-------------------------------------|--------------------|
| Participate in a Wellness Challenge | 25 wellness points |
|-------------------------------------|--------------------|

## Prizes:

|              |   |              |                                  |
|--------------|---|--------------|----------------------------------|
| 3,000 Points | Wellness Prize or Free Subway 6 in Sandwich | 5,500 Points | \$50 Gift Card                   |
| 4,000 Points | \$15 Gift Card                              | 6,000 Points | \$75 Gift Card or ½ Paid Day Off |
| 5,000 Points | \$25 Gift Card                              | 7,000 Points | \$100 Gift Card                  |
| 8,000 Points | \$150 Gift Card or 1 Paid Day Off           |              |                                  |

# The Best Essential Oils For Stress, Cold and Flu Season, Achy Muscles and For Fuller Tresses

By [Tieraona Low Dog, MD](#)



## ***Soak Away Your Stress***

Over the centuries, many cultures have turned to purifying baths to cleanse both body and spirit. Ritual bathing was an integral part of Roman, Greek, Middle Eastern, and Japanese societies, and people washed themselves before entering a temple or undertaking spiritual activities.

Things aren't so different today: Washing before prayer is common among Muslims, Catholics dip their hands in holy water upon entering a church, and Native Americans take vapor baths to purify and pray. More secular people, too, link physical and moral cleansing, believing that we can "wash away" doubts, fears, and regrets and start over "clean," research finds.

The ancient physicians also spoke of bathing's healing properties, and many modern doctors agree. Hot baths initially raise heart rate and temperature, so to dispel the heat, you perspire—which lets your body rid itself of toxins. Then your blood vessels dilate and increase circulation, removing lactic acid from muscles, lowering blood pressure, and easing pain.

Ready to do some soaking? Here's my recipe for a detox bath: While running hot water into the tub, add 2 Tbsp sea salt and 10 drops of an essential oil. Here are a few I like—choose whichever suits your needs.

### **Clary Sage**

The wonderful floral aroma relaxes you, eases your tension, and lifts your spirits.

### **Lavender**

This lovely floral fragrance helps ground and center you--it's perfect for those days when you're feeling anxious or frazzled.

### **Sandalwood**

Its warm, woody scent has been used for centuries to calm and prepare the mind for meditation.

Check the water temperature for comfort, and then soak in the tub for 20 to 30 minutes.

Note: If you're pregnant or have heart problems, talk to your doctor before taking a detox bath.



## ***Cold & Flu***

Cool weather makes you more vulnerable to viruses. To fight back, pump moisture into your airspace.

The reason: Viruses that spark colds and flu thrive when it's cool and dry. Low humidity dries out nasal passages, making it harder to trap and eliminate the microbugs. Help moisten passages by running a humidifier 24/7—but keep it clean per the manufacturer's instructions. I add five drops of oregano, eucalyptus, or peppermint oil to my humidifier's reservoir to reduce germs and freshen the air. (A whiff of peppermint can also soothe stress.)

A steamy 15-minute bath or shower helps, too. Drip 10 drops of essential oil into the tub or onto a washcloth placed on the shower floor. Breathe in deeply.

The best essential oils for easy colds:

**Peppermint:** Relieves headaches caused by congestion

**Eucalyptus:** Decongestant; soothes respiratory problems

**Oregano:** Proven antibacterial; fights sinus infections

## ***Sore and Achy Muscles***

You know that essential oils can help reduce stress, fight cold and flu, and even help with thinning hair. But they also help relieve sore muscles and joint aches. Try this warming, fragrant massage oil—it's perfect for soothing the pain. Do not apply it to broken skin or near your eyes, and keep your fingers away from the eye area after touching the oil. Before using the preparation, dab a few drops on the inside of your arm to test for sensitivities.

### **Ginger-Eucalyptus Massage Oil**

2 c almond or olive oil

2 Tbsp dried coarsely ground ginger

24 drops eucalyptus essential oil

**1. PLACE** almond oil and ginger in slow cooker and cook 6 to 8 hours on low, stirring and checking hourly to make sure oil is not burning. Turn off heat and let cool.

**2. STRAIN** through cheesecloth, and then pour into glass jar with lid. Add essential oil and cover. Apply to skin as desired.

## ***Fuller Tresses***

We joke that stress makes us want to pull our hair out—but new research suggests it may prompt hair to fall out on its own. A Case Western Reserve University study comparing identical twins found that when one twin endured more upsetting experiences, such as divorce, she was three times more likely to lose her hair than her less-stressed sibling was. "Stress releases cortisol, which produces waste products around hair follicles, making them deteriorate," says study author Bahman Guyuron, MD, a professor at Case Western Reserve.

Essential oils could help on two fronts: The potent plant oils promote relaxation and may treat hair loss. A study published in the *Archives of Dermatology* found that a daily scalp massage using the oils boosted hair growth in 44% of patients. Try Avalon Organics Rosemary Volumizing Shampoo (\$10.50; [avalonorganics.com](http://avalonorganics.com)), which has rosemary essential oil. And stock up on oils at [auracacia.com](http://auracacia.com) to mix your own blend based on the study's recipe (below).

### **Your Fix for Full Hair**

1. Place 1/2 tsp jojoba oil and 4 tsp grapeseed oil (known as carrier oils) in a small bowl.


2. Mix in 2 drops of thyme oil, 3 drops of lavender, 3 drops of rosemary, and 2 drops of cedarwood.

3. Massage into scalp for 2 minutes every night; rinse in the morning.



# Cinnamon Swirl Yogurt French Toast



 This Recipe Is:



CONTAINS DAIRY,  
CONTAINS EGGS,  
CONTAINS GLUTEN,  
CONTAINS WHEAT,  
CONTAINS GRAIN,  
CONTAINS YEAST,

\* Nutritional Guidelines based on the [USDA's MyPlate Standards](#).

VEGETARIAN



Nutritional Information

Makes: 4 servings

|   |                                |
|---|--------------------------------|
| • | <b>Calories 400</b>            |
| • | <b>Protein 21 g</b>            |
| • | <b>Fat 8 g</b>                 |
| ○ | Saturated fat 2 g              |
| • | <b>Cholesterol 90 mg</b>       |
| • | <b>Sodium 440 mg</b>           |
| • | <b>Calcium 35% Daily Value</b> |



Ingredients

Total Time: 10 Minutes

- 2 medium eggs
- 1 cup fat-free milk
- 8 pieces cinnamon swirl bread
- 2 cups coarsely chopped fresh fruit
- 5 tablespoons maple syrup (for fewer calories, use Walden Farms 0 Calorie Syrup)
- 4 egg whites
- 1/2 teaspoon cinnamon
- 16 ounces fat-free plain yogurt



Instructions

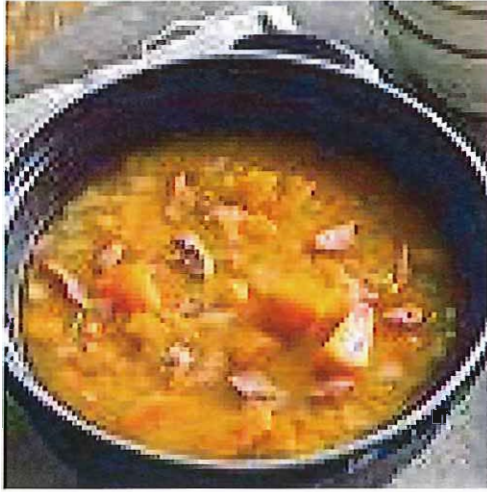
1. Combine the yogurt and syrup in small mixing bowl. Refrigerate.
2. In a medium bowl, beat together eggs, milk, and cinnamon.
3. Preheat a nonstick skillet over medium heat and lightly coat with nonstick cooking spray.
4. Dip each piece of bread into the egg mixture and coat thoroughly.
5. Place in skillet and cook for about 2 minutes on each side.
6. To serve, cut warm French toast on the diagonal. Arrange on plate. Top with fruit, then the yogurt mixture.

# Ham and Sweet Potato Soup

Makes: 6 servings

Serving size: 1 1/2 cups Yield: 9 cups

Prep 20 mins Slow Cook 5 hrs to 6 hrs (low) or 2 1/2 to 3 hours (high)



## Ingredients

- **1 1/2** pounds sweet potatoes, peeled and cubed
- **1** 15- or 19-ounce can cannellini (white kidney) beans, rinsed and drained
- **1 1/2** cups cubed leftover cooked ham
- **1/2** cup chopped onion (1 medium)
- **1/2** teaspoon dried thyme, crushed
- **1/4** teaspoon ground black pepper
- **1** 32 ounce carton reduced-sodium chicken broth
- **1/2** cup half-and-half or light cream
- Creme fraiche (optional)
- Paprika (optional)

## Directions

- 1.** In a 3 1/2- or 4-quart slow cooker combine sweet potatoes, beans, ham, onion, thyme, and pepper. Pour broth over mixture in cooker.
- 2.** Cover and cook on low-heat setting for 5 to 6 hours or on high-heat setting for 2 1/2 to 3 hours. Stir in half-and-half.
- 3.** Mash potato mixture slightly with a potato masher to reach desired consistency. If desired, top each serving with creme fraiche and/or paprika.

### Nutrition Facts (Ham and Sweet Potato Soup) Servings Per Recipe 6,

cal. (kcal) 250, Fat, total (g) 6, chol. (mg) 30, sat. fat (g) 3, carb. (g) 36, Monosaturated fat (g) 2, Polyunsaturated fat (g) 1, fiber (g) 7, sugar (g) 6, pro. (g) 17,



# 5 Stretches To Ease Back Pain

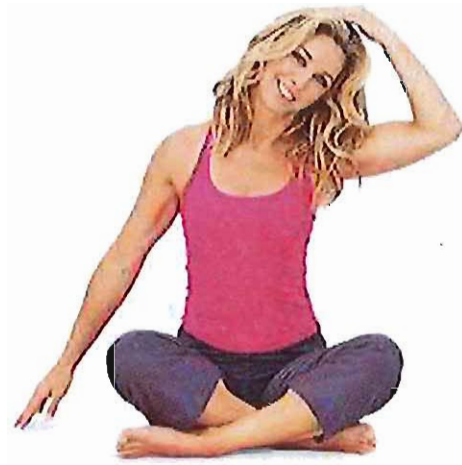
## Feel-good moves to diminish aches and pains

By [Denise Austin](#)

I want nothing to stand in the way of your getting plenty of exercise, so I'm going to give you five great-feeling stretches that can help relax your back, neck, and shoulders. Back strain is one of the most common forms of pain in America. These aren't just harmless little aches, either. The pain can lead to inactivity, weight gain, depression, and sleep loss, all of which could diminish your quality of life.

So try these moves to loosen up a little. All it takes is a few minutes in the morning or right before bed, several times a week.

### Neck Stretch



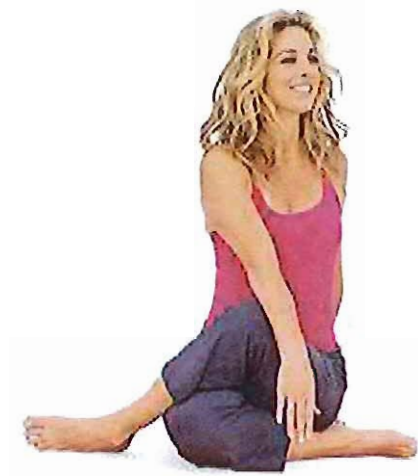
Sit on floor with legs crossed. Place left hand on right side of head and gently pull head toward left shoulder (keep shoulder down), feeling a stretch on right side of neck. Hold for three deep breaths. Return to start and repeat on right side.

### Hip-Buttock Stretch



Lie on your back with feet off floor and cross right ankle over left knee. Grasp back of left thigh near knee and gently pull legs toward chest, feeling a stretch in right hip and buttock. Hold for three deep breaths. Switch legs and repeat.

## Seated Spinal Twist



Sit with knees bent and left leg stacked on top (or sit cross-legged). Extend right arm, placing it on outside of left knee. Place left hand on floor behind you and twist gently to left, moving head and shoulders with torso. You should feel a stretch up and down spine. Hold for three deep breaths. Return to center, switch legs, and repeat to right side.

## Child's Pose



Lie facedown with knees tucked under you and arms extended in front so you feel a stretch from shoulders to lower back. Take several deep breaths to release all the tension in your back. Now slowly walk arms to the right so that torso extends toward 2 o'clock position (not pictured). You should feel a stretch on left side of torso. Take three deep breaths. Return to center and repeat to left side.

## Back Relaxer



Lie on back and bend knees over chest. Hold backs of thighs and gently pull knees farther in toward chest, feeling a stretch in lower back. Hold for three deep breaths.





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### 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 EDUCATIONAL CLASS

Our Monthly Education Class featuring Amy Hansen will be

## Tai Chi

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

**Wear Workout Clothes or Comfortable Clothing!!!**

Presentation will be taped so you can watch the video if you miss the class. 25 Wellness Points for Class Attendance or for watching the video

For more information about Tai Chi, see the following page!!

## Wellness Page Online

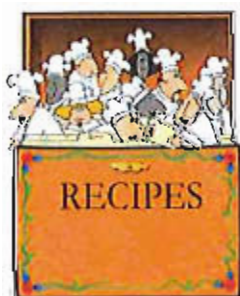
Check out the Wellness Page located on the Saline County Website!!! It is full of healthy recipes, copies of past newsletters, calendar of fitness classes in Saline County, upcoming wellness events/educational classes, etc.

Go to [co.saline.ne.us/wellness](http://co.saline.ne.us/wellness)

### Wellness Information



[Hy-Vee Food For  
Thought Newsletters](#)



[Healthy Recipes](#)



[Wellness Events Calendar](#)



[Health Fair](#)



[Educational Classes](#)



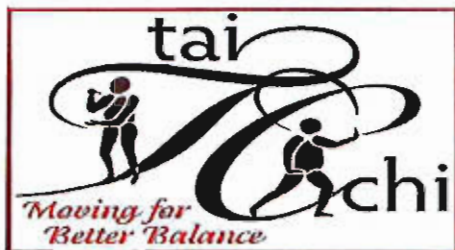
[Fitness DVDs](#)



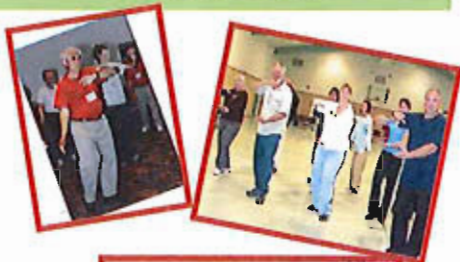
[Monthly Newsletters](#)



[Fitness Center](#)



**Participate in a  
Tai Chi: Moving for Better  
Balance Class!**



**Tai Chi...  
Moving for Better Balance  
Moving for Fun  
Moving for You!!!**

## What is Tai Chi?

Tai Chi is a form of physical exercise, which originates from Chinese martial art. Tai Chi emphasizes shifting body weight in different directions, being aware of body alignment, coordinating arm, leg, and trunk movement, and synchronizing breathing.

Tai Chi has been proven to improve mobility, strength, and balance, leading to a decreased risk of falling. One program, called "Tai Chi-Moving for Better Balance" has been shown to reduce the risk of falling among older adults.

Falls are the leading cause of hospitalizations and emergency department visits due to injury among Nebraskans, and the state's third leading cause of injury death. The overwhelming majority of these injuries occur among adults.

For best results, participants should attend Tai Chi-Moving for Better Balance classes twice a week for a 12-weeks. Independent practice outside of class for at least 45 minutes is also recommended.



## Scientific studies have shown Tai Chi works to improve...

- Muscular strength (is important for supporting and protecting joints and is essential for normal physical function)
- Flexibility (exercises enable people to move easier, and facilitate circulation of body fluid and blood, which enhance healing)
- Fitness (is important for overall functioning of the heart, lungs, and muscles)
- Tai Chi movements also emphasize the importance of weight transference, which helps balance and prevents falls

## Eight Forms Routine

Form One...Hold a Ball  
Form Two...Part the Wild Horse's Mane  
Form Three...Single Whip  
Form Four...Wave Hands Like Clouds  
Form Five...Repulse Monkey  
Form Six...Brush Knees  
Form Seven...Fair Lady Works at Shuttles  
Form Eight...Grasp the Peacock's Tail

## Modifications

- Tai Chi-Moving for Better Balance program can be modified for individuals with mobility difficulties.
- In a seated position
- From a seated position transitioning to upright standing
- With assistance of a chair

*Saline County Aging Services*

*Improving and enriching the quality of life and independence of older persons in Saline County.*

109 W. 3<sup>RD</sup> STREET, PO BOX 812, WILBER NE 68465  
402-821-3330 or 800-778-3309





# It's All About You. *Take Action Now.*

## What's In It For Me?

**Savings:** Free on-site health screening saves you time and money & you receive 500 wellness points!

**Peace of Mind:** When you know your numbers, you know where to take action to improve your health.

**Support:** Education and goal-setting plans give you the superpowers to become your own health crusader.

## Saline County Health Screening

Tuesday, Feb. 18th (6:30-9:30 a.m.)

*Court House: 215 S. Court Street*

**OR**

Wednesday, Feb. 19th (5:00-9:00 a.m.)

*Law Enforcement Center: 911 S. Main Street*

## Health Screen Includes:

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (CBC, Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Additional Screens: Thyroid (TSH) and Prostate (PSA) available upon request

## Additional Details:

- Avoid eating or drinking anything other than water for 8-10 hours before health screen
- You can take medications (with water) the morning of your health screening appointment
- Remember to drink plenty of water the day before the screening-so you are well hydrated

**To Register:** Contact Kerry Hagenieler, Bruce Filipi or Kory Mullen.

**Questions:** Call Kerry Hagenieler at (402) 821-2374 or send an email [kerryh@diodecom.net](mailto:kerryh@diodecom.net) if you have questions or if you are not able to attend the health screening events.

**Deadline to Sign Up: Friday, February 7th**

# Saline County Health Screening

## Frequently Asked Questions

**Tuesday, Feb. 18th (Court House 6:30-9:30 a.m.)**  
**OR**

**Wednesday, Feb. 19th (Law Enforcement Center 5:00-9:00 a.m.)**

### Why should I participate in the health screening?

The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. **Since the screens are offered in the workplace and paid for by Saline County—you save valuable time and money and you receive 500 wellness points!**

### What is involved in the health screening process?

- The health screening includes lab draws and biometric measures. Lab results include: cholesterol, triglycerides, LDL, HDL, and glucose and other key lab values.
- Biometric measures include: blood pressure, weight, body mass index, body fat%, and waist measure.
- **Additional Testing Options:** Thyroid Screen (TSH): recommended for women and men age 50+. Prostate (PSA): recommended for males ages 50+ or earlier if there is a family history of prostate cancer. Both screens are available at no additional cost.
- Allow approximately 15 minutes to complete the screening.

### How do I schedule my health screening appointment?

**Please contact Kerry Hagemeyer at (402) 821-2374, Bruce Filipi or Kory Mullen to schedule your screening appointment or if you are not able to attend the health screening.**

**Deadline to Sign Up: Friday, February 7th**

### Why do I need to fast?

- The blood profile requires fasting so that your screening results provide you with the most accurate picture of your current health status. **Avoid eating or drinking anything other than water for 8-10 hours before your appointment.**
- Drink plenty of water the day before the screening so you are well hydrated and it will make it easier to give a blood sample. You can drink water and take medications (with water) the morning of your health screening. Please - no coffee, gum or tobacco use before your screening.

### How much does it cost?

The screening is **FREE** for all employees. For employees who are on our insurance plan, Madonna will file an electronic medical claim for the lab work. This service is covered under the routine preventative benefit that is included in our BCBS insurance plan. You will receive an EOB (Explanation of Benefits) from BCBS listing the lab services provided and associated costs. Dr. Stalder from Madonna, will be listed as the physician. Please know that the EOB is not a bill and the lab cost is covered 100% through our preventative services benefit. You do not need to do anything with the EOB—it is a standard procedure when a medical claim is submitted.

### Who will see my results?

Your results are for your eyes only. Madonna Fit for Work will ensure that your personal health information is kept confidential. You will receive your own personal Health Risk ScoreCard that is based on your lab results and biometric measures. The Health Risk ScoreCard is scientifically linked to how likely you are to develop diabetes, metabolic syndrome or heart disease in the next 10 years. Saline County will be provided a composite group report to help guide future wellness programming efforts and to help measure changes in health risks for their employees.

### Will my health screening results be sent to my physician?

If you would like Madonna Fit for Work to fax a copy of your screening results to your physician—please bring the name of your physician and a fax number to your screening appointment.

### When will I get my results?

You will receive your wellness packet in early March. Individual wellness packets include a copy of your lab report, your new Health Risk ScoreCard, Your Health, Your Choice Education brochure and a personal wellness goal sheet.





# Body Mass Index and Risks of Overweight

BMI TABLE

WEIGHT (lb)

|       | 120 | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240 | 250 | 260 | 270 | 280 | 290 | 300 | 310 | 320 | 330 |
|-------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 4'5"  | 30  | 33  | 35  | 38  | 40  | 43  | 45  | 48  | 50  | 53  | 55  | 58  | 60  | 63  | 65  | 68  | 70  | 73  | 75  | 78  | 80  | 83  |
| 4'6"  | 29  | 31  | 34  | 36  | 39  | 41  | 43  | 46  | 48  | 51  | 53  | 56  | 58  | 60  | 63  | 65  | 68  | 70  | 72  | 75  | 77  | 80  |
| 4'7"  | 28  | 30  | 33  | 35  | 37  | 40  | 42  | 44  | 47  | 49  | 51  | 54  | 56  | 58  | 61  | 63  | 65  | 68  | 70  | 72  | 75  | 77  |
| 4'8"  | 27  | 29  | 31  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 49  | 52  | 54  | 56  | 58  | 61  | 63  | 65  | 67  | 70  | 72  | 74  |
| 4'9"  | 26  | 28  | 30  | 33  | 35  | 37  | 39  | 41  | 43  | 46  | 48  | 50  | 52  | 54  | 56  | 59  | 61  | 63  | 65  | 67  | 69  | 72  |
| 4'10" | 25  | 27  | 29  | 31  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 50  | 52  | 54  | 57  | 59  | 61  | 63  | 65  | 67  | 69  |
| 4'11" | 24  | 26  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 49  | 51  | 53  | 55  | 57  | 59  | 61  | 63  | 65  | 67  |
| 5'0"  | 23  | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47  | 49  | 51  | 53  | 55  | 57  | 59  | 61  | 63  | 65  |
| 5'1"  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 45  | 47  | 49  | 51  | 53  | 55  | 57  | 59  | 61  | 62  |
| 5'2"  | 22  | 24  | 26  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44  | 46  | 48  | 49  | 51  | 53  | 55  | 57  | 59  | 60  |
| 5'3"  | 21  | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 37  | 39  | 41  | 43  | 44  | 46  | 48  | 50  | 51  | 53  | 55  | 57  | 59  |
| 5'4"  | 21  | 22  | 24  | 26  | 28  | 29  | 31  | 33  | 34  | 36  | 38  | 40  | 41  | 43  | 45  | 46  | 48  | 50  | 52  | 53  | 55  | 57  |
| 5'5"  | 20  | 22  | 23  | 25  | 27  | 28  | 30  | 32  | 33  | 35  | 37  | 38  | 40  | 42  | 43  | 45  | 47  | 48  | 50  | 52  | 53  | 55  |
| 5'6"  | 19  | 21  | 23  | 24  | 26  | 27  | 29  | 31  | 32  | 34  | 36  | 37  | 39  | 40  | 42  | 44  | 45  | 47  | 49  | 50  | 52  | 53  |
| 5'7"  | 19  | 20  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 35  | 36  | 38  | 39  | 41  | 42  | 44  | 46  | 47  | 49  | 50  | 52  |
| 5'8"  | 18  | 20  | 21  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 34  | 35  | 37  | 38  | 40  | 41  | 43  | 44  | 46  | 47  | 49  | 50  |
| 5'9"  | 18  | 19  | 21  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 34  | 36  | 37  | 38  | 40  | 41  | 43  | 44  | 46  | 47  | 49  |
| 5'10" | 17  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 33  | 35  | 36  | 37  | 39  | 40  | 42  | 43  | 45  | 46  | 47  |
| 5'11" | 17  | 18  | 20  | 21  | 22  | 24  | 25  | 27  | 28  | 29  | 31  | 32  | 34  | 35  | 36  | 38  | 39  | 41  | 42  | 43  | 45  | 46  |
| 6'0"  | 16  | 18  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 31  | 33  | 34  | 35  | 37  | 38  | 39  | 41  | 42  | 43  | 45  |
| 6'1"  | 16  | 17  | 19  | 20  | 21  | 22  | 24  | 25  | 26  | 28  | 29  | 30  | 32  | 33  | 34  | 36  | 37  | 38  | 40  | 41  | 42  | 44  |
| 6'2"  | 15  | 17  | 18  | 19  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 30  | 31  | 32  | 33  | 35  | 36  | 37  | 39  | 40  | 41  | 42  |
| 6'3"  | 15  | 16  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 28  | 29  | 30  | 31  | 33  | 34  | 35  | 36  | 38  | 39  | 40  | 41  |
| 6'4"  | 15  | 16  | 17  | 18  | 20  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 29  | 30  | 32  | 33  | 34  | 35  | 37  | 38  | 39  | 40  |
| 6'5"  | 14  | 15  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27  | 29  | 30  | 31  | 32  | 33  | 34  | 36  | 37  | 38  | 39  |
| 6'6"  | 14  | 15  | 16  | 17  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 27  | 28  | 29  | 30  | 31  | 32  | 34  | 35  | 36  | 37  | 38  |
| 6'7"  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 32  | 33  | 34  | 35  | 36  | 37  |
| 6'8"  | 13  | 14  | 15  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 28  | 29  | 30  | 31  | 32  | 33  | 34  | 35  | 36  |
| 6'9"  | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  | 32  | 33  | 34  | 35  |
| 6'10" | 13  | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26  | 27  | 28  | 29  | 30  | 31  | 32  | 34  | 35  |

Less risk

More risk

HEIGHT (ft/in)



# NIRMA Online Classes

You will receive 25 Wellness Points for each of the following online NIRMA classes that you successfully pass.

We will be adding eligible classes throughout the year, so watch your monthly newsletter. You can only receive the 25 Wellness Points for each class once during the year. If you do not PASS a class the first time, you can always retake it, but you will not receive the points until you successfully pass the class.

The following classes are offered for **FREE** until March 31, 2014:

***Eating Right for Health and Fitness***  
***High Blood Pressure—Reducing Your Risks***  
***Stress and Your Health***  
***Understanding Carpal Tunnel Syndrome***

## Upcoming Walk/Runs



Looking to run/walk/jog a 5K in 2014. This is a Great (FREE) App to Download to Get You Started.

| Race                  | Race Date        | Distance        | Location |
|-----------------------|------------------|-----------------|----------|
| Cupid's Undie Run     | 2/15/2014        | Novelty 1 Mile  | Omaha    |
| Color Run             | 5/17/2014        | 5K              | Lincoln  |
| Glow Run 5K           | 5/24/2014        | 5K              | Lincoln  |
| Homestead Days Run    | TBD (June)       | 10K, 2M         | Beatrice |
| Mud, Sweat & Beers    | 6/7/2014         | 7K Trail Run    | Ashland  |
| Midsummer Night Trail | 7/12/2014        | 4M Trail Run    | Hastings |
| Lincoln Mile          | 7/13/2014        | 1M              | Lincoln  |
| Duck 'N Dumpling Run  | 8/2/2014         | 10K, 2M Fun Run | Wilber   |
| Thunder Run           | 8/9/2014         | 5K, 1M          | Lincoln  |
| Polka Run             | TBD (Septemeber) | 5K, Kids 1 Mile | Wilber   |
| Run or Dye            | TBD (October)    | 5K              | Lincoln  |
| Doane Glow Run?       | TBD (October)    | 5K              | Crete    |
| Governor's Cup        | 10/19/2014       | 15K, 5K, 1M     | Lincoln  |
| Holiday Run           | 12/7/14          | 5K              | Lincoln  |
| Jingle Jog            | 12/13/2014       | 5K, 1 Mile      | Lincoln  |

This is just a short list. There are many more events in the area and will posted in upcoming newsletters as information becomes available. [www.nebraskarun.org/races/schedule](http://www.nebraskarun.org/races/schedule) or [www.runningintheusa.com/race/list](http://www.runningintheusa.com/race/list)



# SALINE COUNTY WELLNESS NEWSLETTER

## Love Yourself Enough to Work Harder in 2014

### 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 EDUCATIONAL CLASS

Our Monthly Education Class featuring Tom Sorenson will be

### Financial Health, Planning & Saving

5:30 pm, Monday, March 24th at the Extension Office

Presentation will NOT be taped. 25 Wellness Points for Class Attendance

### BLOOD TEST RESULTS:

The Aggregate Report Results & Graphs are listed in this newsletter.

#### TAI CHI CLASS



Tai Chi Class starting Tuesday, April 1st.  
Classes will run every Tuesday for 12  
weeks from 5:30 to 6:30 pm. Cost is  
\$24.00 for the 12-week session.  
Amy Hansen is the instructor.

If you have any questions or would like to sign  
up, please contact Amy Hansen at 402-821-3330.

#### Walking/Dancing/Toning DVD Class

Every Monday and Thursday, County  
Employees are getting together and  
exercising to Walking, Dancing or Toning  
DVDs at the Saline County Fitness Center  
(Upstairs). Anyone is welcome to join  
them!!! They usually meet for an hour  
starting shortly after 5:00. Contact  
Kathy @ 821-2588 or Judy @ 821-2111.

**SICK  
CARE**

vs.

**HEALTH  
CARE**



**WHICH WILL YOU CHOOSE?**



## Level Up 30 Day Challenge



### Day 1

2 tricep dips  
10 m/climbers  
10 crunches

### Day 2

4 tricep dips  
10 m/climbers  
20 crunches

### Day 3

6 tricep dips  
10 m/climbers  
30 crunches

### Day 4

8 tricep dips  
10 m/climbers  
40 crunches

### Day 5

10 tricep dips  
10 m/climbers  
50 crunches

### Day 6

12 tricep dips  
20 m/climbers  
60 crunches

### Day 7

14 tricep dips  
20 m/climbers  
70 crunches

### Day 8

16 tricep dips  
20 m/climbers  
80 crunches

### Day 9

18 tricep dips  
20 m/climbers  
90 crunches

### Day 10

20 tricep dips  
20 m/climbers  
100 crunches

### Day 11

22 tricep dips  
30 m/climbers  
110 crunches

### Day 12

24 tricep dips  
30 m/climbers  
120 crunches

### Day 13

26 tricep dips  
30 m/climbers  
130 crunches

### Day 14

28 tricep dips  
30 m/climbers  
140 crunches

### Day 15

30 tricep dips  
30 m/climbers  
150 crunches

### Day 16

32 tricep dips  
40 m/climbers  
160 crunches

### Day 17

34 tricep dips  
40 m/climbers  
170 crunches

### Day 18

36 tricep dips  
40 m/climbers  
180 crunches

### Day 19

38 tricep dips  
40 m/climbers  
190 crunches

### Day 20

40 tricep dips  
40 m/climbers  
200 crunches

### Day 21

42 tricep dips  
50 m/climbers  
210 crunches

### Day 22

44 tricep dips  
50 m/climbers  
220 crunches

### Day 23

46 tricep dips  
50 m/climbers  
230 crunches

### Day 24

48 tricep dips  
50 m/climbers  
240 crunches

### Day 25

50 tricep dips  
50 m/climbers  
250 crunches

### Day 26

52 tricep dips  
60 m/climbers  
260 crunches

### Day 27

54 tricep dips  
60 m/climbers  
270 crunches

### Day 28

56 tricep dips  
60 m/climbers  
280 crunches

### Day 29

58 tricep dips  
60 m/climbers  
290 crunches

### Day 30

60 tricep dips  
60 m/climbers  
300 crunches

by Nefertiti Fitness and more

## Best Workout DVDs

Fitness Magazine-February 2014 Issue

Their posse of 220-plus testers tried just about every new workout DVD out there to find the best body transformers.

### BURN



**Piloxing System**



**The Biggest Loser: 8-Minute Body Blasters**



**Denise Austin: Burn Fat Fast Latin Dance**

### BURN & FIRM



**Jillian Michaels Yoga Inferno**



**Focus T25**



**Sexy Abs Cardio Sculpt**

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The following classes are offered for **FREE** until March 31, 2014:

***Eating Right for Health and Fitness***

***High Blood Pressure—Reducing Your Risks***

***Stress and Your Health***

***Understanding Carpal Tunnel Syndrome***



Below we have listed the aggregate blood reports for the last 3 years. On the next 5 pages, we have listed the composite report and graphs from the 2014 health fair. Everyone should have received their individual blood test and health risk score card. If you have any questions about these reports, please contact Kerry at 402-821-2374. If you have any concerns about your results, PLEASE discuss these concerns with your doctor. Although we did send the results to your doctor, do NOT assume that your doctor reviewed the report. Many times it is put in your file, but your doctor has not reviewed it. PLEASE make sure that you follow up with your doctor if you have any areas that were in an abnormal range or if your health risk score card puts you in the HIGH RISK Category!!! REMEMBER--This is your starting point. You have until next year's blood test to lower your number of high risk categories and your BMI in order to earn points for the wellness challenge. If you have any questions about the point system, call or send Kerry an email at [kerryh@diodecom.net](mailto:kerryh@diodecom.net) or Kory at [nurse@sclec-ne.org](mailto:nurse@sclec-ne.org)

| SALINE COUNTY EMPLOYEE 2012, 2013 & 2014 AGGREGATE REPORTS |                             |                   |                   |                   |                   |                   |                   |
|--|-----------------------------|-------------------|-------------------|-------------------|-------------------|-------------------|-------------------|
| Measure  | National Guideline Standard | 2012              |                   | 2013              |                   | 2014              |                   |
|  |                             | % of Participants | # of Participants | % of Participants | # of Participants | % of Participants | # of Participants |
| <b>Systolic BP (SBP)</b>                                   |                             |                   | TOTAL 108         |                   | TOTAL 98          |                   | TOTAL 129         |
| normal SBP   | ≤ 120 mmHg                  | 17.6%             | 19                | 18.4%             | 18                | 24.0%             | 31                |
| borderline high SBP  | 121-139 mmHg                | 38.9%             | 42                | 35.7%             | 35                | 71.3%             | 92                |
| high SBP   | ≥ 140 mmHg                  | 43.5%             | 47                | 45.9%             | 45                | 4.7%              | 6                 |
| <b>Diastolic BP (DBP)</b>                                  |                             |                   | TOTAL 108         |                   | TOTAL 98          |                   |                   |
| normal DBP   | ≤ 80 mmHg                   | 36.1%             | 39                | 30.6%             | 30                |                   |                   |
| borderline high DBP  | 81-89 mmHg                  | 25.9%             | 28                | 28.6%             | 28                |                   |                   |
| high DBP   | ≥ 90 mmHg                   | 38.0%             | 41                | 40.8%             | 40                |                   |                   |
| <b>Uncontrolled BP</b>                                     | ≥ 140/90 mmHg               | 33.00%            | 35                | 36.73%            | 36                |                   |                   |
| <b>Fasting Glucose (FBG)</b>                               |                             |                   | TOTAL 113         |                   | TOTAL 99          |                   | TOTAL 129         |
| normal   | ≤ 100 mg/dL                 | 72.6%             | 82                | 68.7%             | 68                | 87.6%             | 113               |
| borderline   | 101-125 mg/dL               | 21.2%             | 24                | 24.2%             | 24                | 12.4%             | 16                |
| high   | ≥ 126 mg/dL                 | 6.2%              | 7                 | 7.1%              | 7                 |                   |                   |
| <b>Total Cholesterol</b>                                   |                             |                   | TOTAL 113         |                   | TOTAL 99          |                   | TOTAL 129         |
| desirable  | ≤ 200 mg/dL                 | 77.0%             | 87                | 66.7%             | 66                | 62.8%             | 81                |
| borderline high  | 201-239 mg/dL               | 20.4%             | 23                | 28.3%             | 28                | 32.6%             | 42                |
| high   | ≥ 240 mg/dL                 | 2.7%              | 3                 | 5.1%              | 5                 | 4.7%              | 6                 |
| <b>LDL Cholesterol</b>                                     |                             |                   | TOTAL 110         |                   | TOTAL 97          |                   | TOTAL 129         |
| ideal (Individuals with CVD)*                              | < 70 mg/dL                  | 6.36%             | 7                 | 9.28%             | 9                 |                   |                   |
| optimal  | < 100 mg/dL                 | 40.0%             | 44                | 43.3%             | 42                |                   |                   |
| near above optimal   | 100-129 mg/dL               | 41.8%             | 46                | 32.0%             | 31                | 76.0%             | 98                |
| borderline high  | 130-159 mg/dL               | 15.5%             | 17                | 19.6%             | 19                | 18.6%             | 24                |
| high   | 160-189 mg/dL               | 0.9%              | 1                 | 5.2%              | 5                 | 5.4%              | 7                 |
| very high  | ≥ 190 mg/dL                 | 1.8%              | 2                 | 0.0%              | 0                 |                   | 0                 |
|  |                             |                   |                   | 100.0%            |                   |                   |                   |
| <b>Triglycerides</b>                                       |                             |                   | TOTAL 113         |                   | TOTAL 99          |                   | TOTAL 129         |
| normal   | < 150 mg/dL                 | 67.3%             | 76                | 63.6%             | 63                | 76.7%             | 99                |
| borderline high  | 150-199 mg/dL               | 14.2%             | 16                | 12.1%             | 12                | 8.5%              | 11                |
| high   | 200-499 mg/dL               | 18.6%             | 21                | 23.2%             | 23                | 14.7%             | 19                |
| very high  | ≥ 500 mg/dL                 | 0.0%              | 0                 | 1.0%              | 1                 |                   | 1                 |
| <b>HDL Cholesterol (Men)</b>                               |                             |                   | TOTAL 55          |                   | TOTAL 50          |                   |                   |
| ideal  | ≥ 50 mg/dL                  | 34.5%             | 19                | 34.0%             | 17                |                   |                   |
| normal   | 40-49 mg/dL                 | 29.1%             | 16                | 36.0%             | 18                |                   |                   |
| low (high risk)  | < 40 mg/dL                  | 36.4%             | 20                | 30.0%             | 15                |                   |                   |
| <b>HDL Cholesterol (Women)</b>                             |                             |                   | TOTAL 58          |                   | TOTAL 49          |                   |                   |
| ideal  | ≥ 60 mg/dL                  | 36.2%             | 21                | 34.7%             | 17                |                   |                   |
| normal   | 50-59 mg/dL                 | 22.4%             | 13                | 24.5%             | 12                |                   |                   |
| low (high risk)  | < 50 mg/dL                  | 41.4%             | 24                | 40.8%             | 20                |                   |                   |
| <b>BMI (BODY MASS INDEX)</b>                               |                             |                   | TOTAL 110         |                   | TOTAL 96          |                   | TOTAL 129         |
| under healthy weight                                       | <19%                        | 0.0%              | 0                 | 0.0%              |                   |                   |                   |
| healthy weight   | 19-25%                      | 20.0%             | 22                | 19.8%             | 19                | 17.8%             | 23                |
| overweight   | 26-30%                      | 40.9%             | 45                | 28.1%             | 27                | 34.1%             | 44                |
| obese  | >30                         | 39.1%             | 43                | 45.8%             | 44                | 48.1%             | 62                |

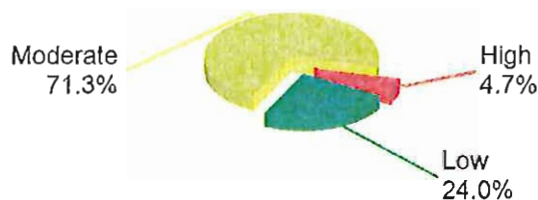
# Saline County Composite 2014 Health Risk Indicators

## Biometric Measures

### Systolic Blood Pressure

| Risk               | %      | n   |
|--------------------|--------|-----|
| Low Risk (<120)    | 24.0%  | 31  |
| Moderate (120-139) | 71.3%  | 92  |
| High (≥140)        | 4.7%   | 6   |
| Total              | 100.0% | 129 |

### Systolic Blood Pressure



### Systolic Blood Pressure:

High systolic blood pressure increases heart health risks & stroke issues as well as metabolic syndrome and diabetes complications.

### Waist

| Risk                 | %      | n   |
|----------------------|--------|-----|
| Low Risk (<35w,<40m) | 37.2%  | 48  |
| High (≥35w,≥40m)     | 62.8%  | 81  |
| Total                | 100.0% | 129 |

### Waist



### Waist Measure:

Elevated waist measures greatly increase heart health risks. Combined efforts of weight loss, food choices, activity and stress management will impact measures.

### BMI - Body Mass Index

| Risk             | %      | n   |
|------------------|--------|-----|
| Low Risk (<25)   | 17.8%  | 23  |
| Moderate (25-29) | 34.1%  | 44  |
| High (≥30)       | 48.1%  | 62  |
| Total            | 100.0% | 129 |

### BMI



### Body Mass Index:

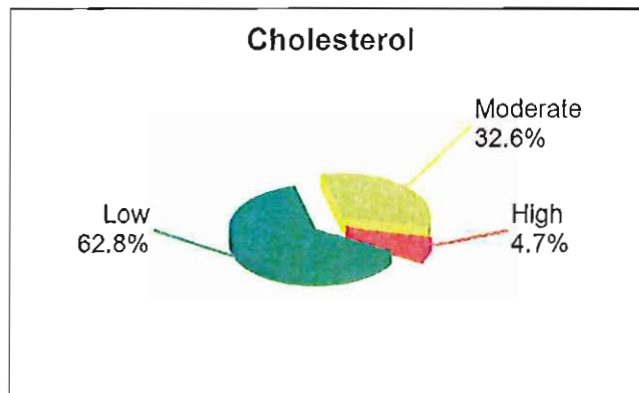
Indicates the % of your staff battling weight issues of overweight and morbid obesity. Combined with waist, data indicates staff at risk of health complications related to weight.



# Saline County Composite 2014 Health Risk Indicators

## Lipid Profile

| Cholesterol        |        |     |
|--------------------|--------|-----|
| Risk               | %      | n   |
| Low Risk (<200)    | 62.8%  | 81  |
| Moderate (200-239) | 32.6%  | 42  |
| High (≥240)        | 4.7%   | 6   |
| Total              | 100.0% | 129 |

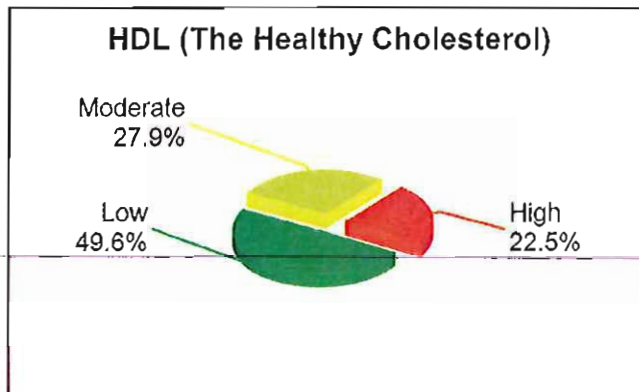


### Cholesterol:

Total value of both healthy and lousy cholesterol. Value is more powerful when combined with HDL and LDL in predicting risk.

Impacted by weight loss, nutrition, activity, stress, and medications.

| HDL (The Healthy Cholesterol) |        |     |
|-------------------------------|--------|-----|
| Risk                          | %      | n   |
| Low Risk (≥50)                | 49.6%  | 64  |
| Moderate (40-49)              | 27.9%  | 36  |
| High (<40)                    | 22.5%  | 29  |
| Total                         | 100.0% | 129 |

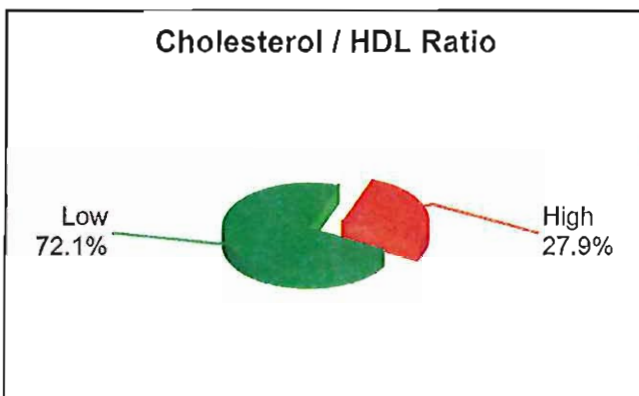


### HDL Cholesterol:

The higher your HDL, the lower your heart risk. HDL can be increased mainly through activity.

Food choices and medications can have some impact.

| Cholesterol / HDL Ratio  |        |     |
|--------------------------|--------|-----|
| Risk                     | %      | n   |
| Low Risk (≤ 4.4w, ≤5.0m) | 72.1%  | 93  |
| High (≥4.5w, ≥5.1m)      | 27.9%  | 36  |
| Total                    | 100.0% | 129 |



### Chol/HDL Ratio:

This ratio is an excellent indicator of heart health risk.

The lower the ratio, the better for your health.

# Saline County Composite 2014 Health Risk Indicators

## Lipid Profile Continued

| LDL (The Lousy Cholesterol) |        |     |
|-----------------------------|--------|-----|
| Risk                        | %      | n   |
| Low Risk (<130)             | 76.0%  | 98  |
| Moderate (130-159)          | 18.6%  | 24  |
| High (≥160)                 | 5.4%   | 7   |
| Total                       | 100.0% | 129 |

### LDL (The Lousy Cholesterol)



### LDL Cholesterol:

The cholesterol you want to lower, as it increases heart and stroke risks.

Food choices and cholesterol lowering medications have the biggest impact.

## Triglycerides & Blood Sugar Values

| Triglycerides      |        |     |
|--------------------|--------|-----|
| Risk               | %      | n   |
| Low Risk (<150)    | 76.7%  | 99  |
| Moderate (150-199) | 8.5%   | 11  |
| High (≥200)        | 14.7%  | 19  |
| Total              | 100.0% | 129 |

### Triglycerides



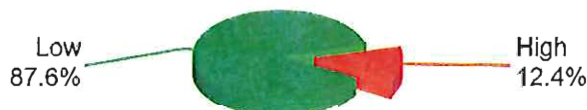
### Triglycerides & Glucose:

Impacts health risks related to heart disease, stroke, metabolic syndrome and diabetes among others.

Impacted by nutrition, activity, stress and medications.

| Glucose         |        |     |
|-----------------|--------|-----|
| Risk            | %      | n   |
| Low Risk (<100) | 87.6%  | 113 |
| High (≥100)     | 12.4%  | 16  |
| Total           | 100.0% | 129 |

### Glucose



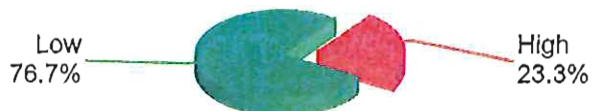
# Saline County Composite 2014 Health Risk Indicators

## Lifestyle Habit & Gender Breakdown

### Tobacco Use

| Risk      | %      | n   |
|-----------|--------|-----|
| Non Users | 76.7%  | 99  |
| Users     | 23.3%  | 30  |
| Total     | 100.0% | 129 |

### Tobacco Use



### Tobacco Use:

Increases health risk and insurance costs. Taking action to help support tobacco use reduction can help impact health costs for your company.

### Gender

| Risk  | %      | n   |
|-------|--------|-----|
| M     | 49.6%  | 64  |
| F     | 50.4%  | 65  |
| Total | 100.0% | 129 |

### Gender

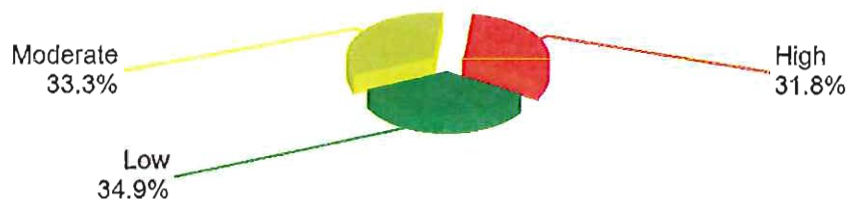


## Cumulative Health Risk Scores

### Health Risk Categories

| Risk               | %      | n   |
|--------------------|--------|-----|
| Low Risk (<16 pts) | 34.9%  | 45  |
| Moderate (17-25)   | 33.3%  | 43  |
| High (≥26)         | 31.8%  | 41  |
| Total              | 100.0% | 129 |

### Health Risk Categories



### Higher Risk Associates:

Likely to have overall higher medical costs and increased chance of injury, heart disease, stroke, diabetes and other health issues. Impacted by nutrition, activity, and medications.

© Madonna Fit For Work 2014



# Saline County Composite 2014 Health Risk Indicators

## Metabolic Syndrome Risks

### Metabolic Syndrome

| Risk        | %      | n   |
|-------------|--------|-----|
| At Risk     | 23.3%  | 30  |
| Not at Risk | 76.7%  | 99  |
| Total       | 100.0% | 129 |

### Metabolic Syndrome



### Metabolic Syndrome:

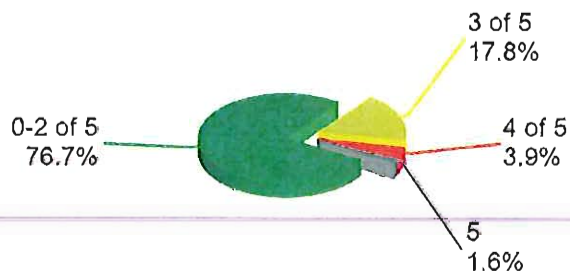
Metabolic syndrome is a serious health condition.

Individuals with multiple high risks are at higher risk for developing heart disease, stroke, and Type II diabetes.

### Metabolic Risk Factors

|          | %      | n   |
|----------|--------|-----|
| 0-2 of 5 | 76.7%  | 99  |
| 3 of 5   | 17.8%  | 23  |
| 4 of 5   | 3.9%   | 5   |
| 5        | 1.6%   | 2   |
| Total    | 100.0% | 129 |

### Metabolic Risk Factors



### Metabolic Syndrome Risk Factors:

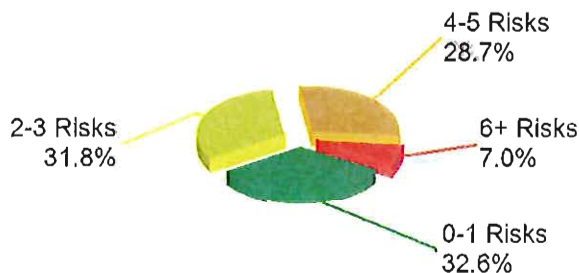
- Blood Pressure  $\geq 130/85$
- Triglycerides  $\geq 150$
- Glucose  $\geq 100$
- HDL  $< 50$  women
- HDL  $< 40$  men
- Waist  $\geq 35$  women
- Waist  $\geq 40$  men

## Overall Health Risk Factors

### Health Risk Factors

|           | %      | n   |
|-----------|--------|-----|
| 0-1 Risks | 32.6%  | 42  |
| 2-3 Risks | 31.8%  | 41  |
| 4-5 Risks | 28.7%  | 37  |
| 6+ Risks  | 7.0%   | 9   |
| Total     | 100.0% | 129 |

### Health Risk Factors



### Health Risk Factors:

Criteria used to identify high risk individuals includes four or more of the 10 overall health risk factors measured in this report.



## **Love Yourself Enough to Work Harder in 2014**

**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 EDUCATIONAL CLASS**

Our Monthly Education Class featuring Maximized Living will be

#### **Lose 20 in 30**

**5:30 pm, Tuesday, April 22nd at the Extension Office**

Presentation will be taped. 25 Wellness Points for Class Attendance or watching video

### **NIRMA ONLINE CLASSES**

You will receive 25 Wellness Points for each NIRMA Online Class that you successfully complete. If you do not successfully pass the class the first time, you can retake the class. You will not receive the 25 points until the class is successfully completed.

**The following classes are offered FREE from April 1 - June 30:**

**Walking Your Way to Health & Fitness  
Understanding Pre-Diabetes  
Diabetic Emergencies**





# "Lucky 7" Poker Challenge

The "Lucky 7 Poker Challenge" will start on March 31<sup>st</sup> and run through May 18<sup>th</sup>. There will actually be two options for this poker challenge. Option 1: will be a walk/run challenge and Option 2: will be a wellness challenge similar to the current Crazy 8 challenge.

**OPTION 1:** The participant will walk or run at least 7 miles per week to obtain a Poker card.

**OPTION 2:** The participant will have to attain 300 points each week to obtain a Poker card.

Here are the categories and points associated:

1. Water - 1 point for each 8 oz glass of water
2. Exercise - 5 points for each 15 minutes worked out - maximum of 1 hr per day
3. Sleep - 1 point for each night of sleep 7 or more hours
4. Fruits/Vegetables - 1 point for each serving of fruits or vegetables
5. Stress Relief - 1 point for each day you do something to relieve stress
6. Alcohol - 10 points per day if you do not drink alcohol and 0 points if you do drink alcohol. \*\*  
*This part has changed from the previous challenge.*
7. Caffeine - 10 points per day if you do not have any type of caffeine (ie. Pop/tea/coffee/chocolate) and 0 points if you do have caffeine.
8. Tobacco/Nicotine/Illegal Substance - 10 points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do have tobacco/nicotine/illegal substance.

Participants will choose which option they are going to participate in and continue with that option for the full 7 weeks. They are not allowed to switch challenges once they begin.

The challenge will run from Monday thru Sunday. Participants will be required to bring in their sheet with totals to Sharon, Kory or Bruce by the following Wednesday. Once a participant chooses who they turn in their numbers to, they must stick with that person for the full challenge. When numbers are verified, the participant will draw a poker card. This card will be recorded on a spreadsheet for the end of the challenge.

The participant will then be required to turn in the final numbers by May 21<sup>st</sup> at 4 p.m. After all cards have been drawn, the committee will review the "hands" and determine the Best and Worst poker hand for each option during one of their meetings. Those winners will then receive a "Movie Night Out" for 2 at the Isis Theater in Crete. Each Participant will need to complete the weekly challenges at least 5 out of the 7 weeks to qualify for this challenge and to qualify for the 25 wellness points.



# lucky 7 Poker Challenge



Record how many miles you walk or run each day

| Option 1 | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | Total |
|----------|--------|---------|-----------|----------|--------|----------|--------|-------|
| Week 1   |        |         |           |          |        |          |        |       |
| Week 2   |        |         |           |          |        |          |        |       |
| Week 3   |        |         |           |          |        |          |        |       |
| Week 4   |        |         |           |          |        |          |        |       |
| Week 5   |        |         |           |          |        |          |        |       |
| Week 6   |        |         |           |          |        |          |        |       |
| Week 7   |        |         |           |          |        |          |        |       |

Record your daily points

| Option 2 | Water | Exercise | Fruits/<br>Veggies | Stress<br>Relief | Alcohol | Caffeine | Tobacco | Total |
|----------|-------|----------|--------------------|------------------|---------|----------|---------|-------|
| March 31 |       |          |                    |                  |         |          |         |       |
| April 1  |       |          |                    |                  |         |          |         |       |
| April 2  |       |          |                    |                  |         |          |         |       |
| April 3  |       |          |                    |                  |         |          |         |       |
| April 4  |       |          |                    |                  |         |          |         |       |
| April 5  |       |          |                    |                  |         |          |         |       |
| April 6  |       |          |                    |                  |         |          |         |       |
| Week 1   |       |          |                    |                  |         |          |         |       |
| April 7  |       |          |                    |                  |         |          |         |       |
| April 8  |       |          |                    |                  |         |          |         |       |
| April 9  |       |          |                    |                  |         |          |         |       |
| April 10 |       |          |                    |                  |         |          |         |       |
| April 11 |       |          |                    |                  |         |          |         |       |
| April 12 |       |          |                    |                  |         |          |         |       |
| April 13 |       |          |                    |                  |         |          |         |       |
| Week 2   |       |          |                    |                  |         |          |         |       |
| April 14 |       |          |                    |                  |         |          |         |       |
| April 15 |       |          |                    |                  |         |          |         |       |
| April 16 |       |          |                    |                  |         |          |         |       |
| April 17 |       |          |                    |                  |         |          |         |       |
| April 18 |       |          |                    |                  |         |          |         |       |
| April 19 |       |          |                    |                  |         |          |         |       |
| April 20 |       |          |                    |                  |         |          |         |       |
| Week 3   |       |          |                    |                  |         |          |         |       |



# Lucky 7 Poker Challenge



Record your daily points

| Option 2      | Water | Exercise | Fruits/<br>Veggies | Stress<br>Relief | Alcohol | Caffeine | Tobacco | Total |
|---------------|-------|----------|--------------------|------------------|---------|----------|---------|-------|
| April 21      |       |          |                    |                  |         |          |         |       |
| April 22      |       |          |                    |                  |         |          |         |       |
| April 23      |       |          |                    |                  |         |          |         |       |
| April 24      |       |          |                    |                  |         |          |         |       |
| April 25      |       |          |                    |                  |         |          |         |       |
| April 26      |       |          |                    |                  |         |          |         |       |
| April 27      |       |          |                    |                  |         |          |         |       |
| <b>Week 4</b> |       |          |                    |                  |         |          |         |       |
| April 28      |       |          |                    |                  |         |          |         |       |
| April 29      |       |          |                    |                  |         |          |         |       |
| April 30      |       |          |                    |                  |         |          |         |       |
| May 1         |       |          |                    |                  |         |          |         |       |
| May 2         |       |          |                    |                  |         |          |         |       |
| May 3         |       |          |                    |                  |         |          |         |       |
| May 4         |       |          |                    |                  |         |          |         |       |
| <b>Week 5</b> |       |          |                    |                  |         |          |         |       |
| May 5         |       |          |                    |                  |         |          |         |       |
| May 6         |       |          |                    |                  |         |          |         |       |
| May 7         |       |          |                    |                  |         |          |         |       |
| May 8         |       |          |                    |                  |         |          |         |       |
| May 9         |       |          |                    |                  |         |          |         |       |
| May 10        |       |          |                    |                  |         |          |         |       |
| May 11        |       |          |                    |                  |         |          |         |       |
| <b>Week 6</b> |       |          |                    |                  |         |          |         |       |
| May 12        |       |          |                    |                  |         |          |         |       |
| May 13        |       |          |                    |                  |         |          |         |       |
| May 14        |       |          |                    |                  |         |          |         |       |
| May 15        |       |          |                    |                  |         |          |         |       |
| May 16        |       |          |                    |                  |         |          |         |       |
| May 17        |       |          |                    |                  |         |          |         |       |
| May 18        |       |          |                    |                  |         |          |         |       |
| <b>Week 7</b> |       |          |                    |                  |         |          |         |       |

"One should always play fairly when one has the winning cards".



# ADVANCED WORKSHOP



## LOSE 20 IN 30

THE WEIGHT LOSS CHALLENGE

### WEIGHT LOSS THAT WORKS

Join your co-workers and thousands of people across the country as we lose the crash diets, gym binges and guilt that fuel typical weight loss plans. We will replace them with a practical, deprivation-free nutrition plan, an exercise program that fits into your busy schedule and a level-headed approach to developing real health that lasts all year!

**Don't miss out on an amazing opportunity to maximize your life!**

- Unlock the real key to weight loss: **hormones.**
- Get in amazing shape in only **12 minutes a day.**
- Bust the "weight loss diet" myths with a practical results-driven **nutrition plan.**
- Join the **20 in 30** Weight Loss Challenge.

#### WORKSHOP INFO

**DATE:** Tuesday, April 22nd

**TIME:** 5:30-6:30PM

**LOCATION:** Extension Office

#### REGISTER NOW

**CONTACT:** Sharon Jelinek

**PHONE:** 402.821.2588

**EMAIL:** [sjelinek@diodecom.net](mailto:sjelinek@diodecom.net)

306 W 3<sup>rd</sup> St Wilber, NE | Extension Office

April 22nd, 2014

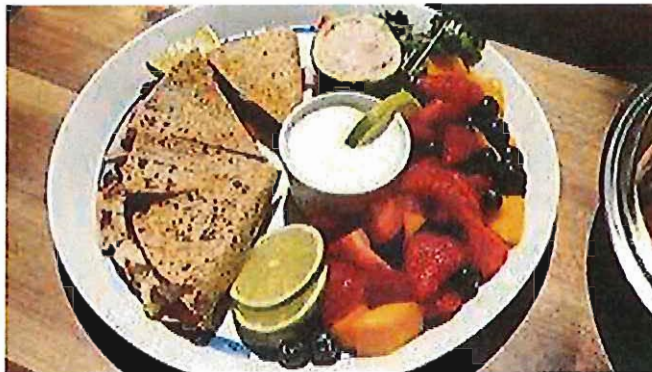
EVENTS & RESOURCES POWERED BY



MaximizedLiving



# Backyard Quesadilla with Fiesta Fruit Salad



## INGREDIENTS

### For the fruit salad:

1 fresh mango, peeled, pitted and cut in ½ inch cubes  
½ cup fresh blueberries  
2 tablespoons fresh lime juice

1 ½ cups fresh strawberries, sliced  
1 tablespoon dark honey

### For the quesadilla:

1 whole wheat tortilla  
½ medium green Bell pepper, seeded and diced  
1 garlic clove, minced  
1 ounce chicken breast (boneless and skinless), diced

1 cup white onion, chopped  
½ medium red Bell pepper, seeded and diced  
½ tablespoon cooked black beans  
1 slice reduced fat Provolone cheese

### Garnishes:

2 tablespoons fat free salsa verde  
2 tablespoons light sour cream

## DIRECTIONS

### Fruit Salad:

In a medium mixing bowl, combine the fruit. In a small bowl, stir the honey and lime juice together. Pour over the fruit and toss gently. There will be about 3 cups of fruit salad. Set aside while preparing quesadilla.

### Quesadilla:

Place medium nonstick sauté pan over medium high heat. Add diced onion and bell peppers and cook for three to four minutes or until vegetables are soft, stirring regularly.

Add diced chicken and garlic and cook for a few minutes longer, stirring until chicken is just cooked and no longer pink. Add black beans and stir to combine.

Place tortilla on a sheet pan and carefully spoon the chicken mixture over it. Top with cheese and bake in preheated oven for about 7 minutes or until the cheese is melted.

Remove from oven and allow to cool for one to two minutes. Fold quesadilla in half and cut into four wedges.

Transfer to a dinner plate and place salsa and sour cream on the side. Add ¾ cup of the fruit salad. Serve immediately.

### Nutritional information (per serving):

|                    |                  |                              |                   |                 |
|--------------------|------------------|------------------------------|-------------------|-----------------|
| Serving size: 404g | Calories 280     | Fat calories 50              | Total fat 6 grams | Sat fat 2 grams |
| Cholesterol 10 mg  | Sodium 280 mg    | Total carbohydrates 47 grams | Fiber 8 grams     | Iron 6%         |
| Sugars 27 grams    | Protein 12 grams | Vitamin A 40%                | Vitamin C 230%    | Calcium 15%     |

# the LiveWell! newsletter

ON-LINE  
HEALTH MAGAZINE

# EatWell



**EatWell • MoveWell • WorkWell**

Partnering with businesses to help people

**LiveWell!**

We make more than 200 food-related decisions daily, and aren't aware of 90 percent of them, according to Brian Wansink, Ph.D. and former director of the Cornell University Food and Brand Lab.

For breakfast alone, we may choose how much milk to pour on cereal, whether to have a second piece of toast, how much sugar to add to our cereal, and so on. "Most of us don't overeat because we're hungry," says Dr. Wansink in his book, *Mindless Eating: Why We Eat More Than We Think*. We overeat, according to Wansink, because of such influences as family, friends, packaging, plate size, convenience, and container type.

Wansink's studies suggest we can eat 20 percent more without being aware of it. Becoming more "mindful" about even one eating practice can be significant. Eating an excess of 100 calories daily can result in a weight gain of 10 pounds a year!

Take this 5-question quiz to learn more about Dr. Wansink's research on mindless eating.

**Question 1: How much more soup did people eat when their soup bowl kept filling up without their knowledge?**

- A. 13 %
- B. 53%
- C. 73%

**Question 2: How did the size of plate or bowl influence the amount of food people ate?**

- A. Size of plate or bowl made no difference in the amount they ate.
- B. People ate more from a large plate or bowl.
- C. People ate more from a small plate or bowl.

**Question 3: How did the number of chocolates people ate from covered, desktop candy dishes compare when the dishes were clear vs. when the dishes were white?**

- A. They ate the same amount from both dishes.
- B. They ate more from the white dish.
- C. They ate more from the clear dish.

**DO YOU  
KNOW  
How Much  
You REALLY Eat?**

by Alice Henneman, MS, RD,  
UNL Lancaster County Extension

**Question 4: People ate more candy from which candy dish location?**

- A. Corner of desk
- B. Top left-hand desk drawer
- C. On a file cabinet six feet from the desk

**Question 5: The grocery shopper & food preparer can influence the household's food intake by what percentage?**

- A. 26%
- B. 61%
- C. 72%

Now check to see how well you did and get some pointers for improving eating habits.

**Answer 1: C.** The people with the bottomless soup bowls *thought* they ate the same amount as the people eating from the regular bowls. **In reality, they ate an average of 73 percent (and 113 calories!) more.**

**Plan:** It's important to see the total amount you're eating. It's easy to overeat when we keep reaching into a bag or container and never see how much we're really putting into our mouths. We're likely to eat more than we realize if we keep dipping into a bag, so remove the amount of food you plan to eat from the bag **BEFORE** you start eating.

Continued on page 2.

Thank you to our  
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UNIVERSITY OF  
**Nebraska**  
Lincoln | EXTENSION





ON-LINE  
HEALTH MAGAZINE

Fruits and vegetables are broken down in color categories – red, green, blue/purple, yellow/orange, and white. All fruits and vegetables are healthy to eat. Eating colorful fruits and vegetables daily helps us benefit from phytochemicals which offer protection against disease.

Phytochemicals act as antioxidants, stimulate detoxification enzymes, stimulate the immune system, positively affect hormones, and act as antibacterial or antiviral agents. Studies show they may also reduce the risk of cataracts, diverticulosis, lung disease and bone loss.

At the 2,000 calories per day level, a person should eat 2 ½ cups of vegetables and 2 cups of fruits. For more specifics about how many cups of fruits and vegetables you need at other calorie levels, check [www.mypyramid.gov](http://www.mypyramid.gov).

One cup of vegetables is equivalent to two cups raw, leafy greens and one cup tomato or mixed vegetable juice. While two cups of "raw" spinach are equivalent to one cup of vegetables, once spinach is cooked, one cup of cooked spinach counts as one cup. One cup of fruit is equivalent to one-half cup dried fruit and one cup juice. Make sure to select 100% fruit juice. Whole or cut-up fruits are sources of dietary fiber; fruit juices contain little or no fiber. Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

The following websites are excellent sources for more information on fruits and vegetables, their benefits and how to include them in your daily diet.

<http://www.mypyramid.gov>

<http://www.fruitsandveggiesmatter.gov>

<http://www.fruitsandveggiesmorematters.gov>



## Do You Know How Much You REALLY Eat?

**Answer 2: B. As the size of the dish increased, the size of their servings tended to increase.** For example, people ate an average of 31 percent more ice cream when they scooped ice cream into larger bowls resulting in 137 more calories. People also unknowingly drank more liquid from short wide tumblers than from tall skinny glasses.

**PLAN:** The larger dish and wider glassware made servings look smaller by comparison, resulting in people helping themselves to more food. Changing the shape of your glassware and size of your plates, etc. may be enough to help you significantly reduce your calorie intake.

**Answer 3: C.** Staff with clear desktop dishes ate 71 percent more (77 more calories each day) than staff that ate candies from white dishes. That increased calorie intake could lead to over five pounds of extra weight in a year.

**PLAN:** We tend to eat more of visible foods because we think about them every time we see them. Eventually, our resistance is likely to weaken. Store foods like candy out of sight or in non-clear containers to keep from overindulging.

**Answer 4: A.** People tended to eat the most when it was more convenient. They ate an average of nine candies when the candy dish was on their desk, compared to six candies when in the desk drawer, and only four candies when they had to walk six feet. When people had to walk a distance for a piece of candy, they had more time to think twice and talk themselves out of it.

**PLAN:** If you have a food you'd like to eat less of, make it less convenient to eat. Move it to a harder-to-reach cupboard shelf, store it in the basement, or just don't bring it into the house.

**Answer 5: C.** The household grocery shopper and food preparer is the "nutritional gatekeeper." They can influence everyone's food intake as much as 72 percent.

**PLAN:** If you are a "nutritional gatekeeper," be aware of your influence on your family's eating habits. Make less healthy foods inconvenient to eat and healthy foods more convenient. Promote reasonable portion sizes through the size and shape of dinnerware. Encourage people to measure out and see the total amount they're eating rather than eating directly from a container.







## Saline County Wellness Newsletter

# Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Vicki Rethmeier and Tom Sweeney

## Nutrition and Fitness Discussion

5:30 pm, Tuesday, May 27th at the Extension Office

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

## NIRMA ONLINE CLASSES

The following classes are offered FREE from April 1 - June 30: (25 WELLNESS POINTS)

**Walking Your Way to Health & Fitness**

**Understanding Pre-Diabetes**

**Diabetic Emergencies**

### 20 minute

### Circuit Workout

# 4 sets

#### 1. high knees

60 seconds



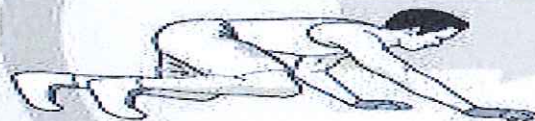
#### 2. squats

60 seconds



#### 6. bear crawl

20 seconds



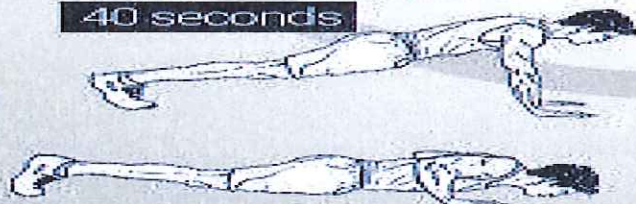
#### 3. forward lunges

60 seconds



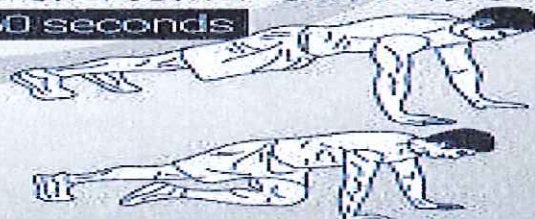
#### 5. push ups

40 seconds



#### 4. cross-body mountain climbers

60 seconds





# Free Body Pump/Body Flow Class

Saturday, April 26 8:30 AM--Body Pump, 9:30 AM--Body Flow (Wilber Physical Therapy)

**All Fitness Levels Welcome**

**Fun, Prizes, And GREAT Workout!! Free Guest Event**

Tennis  
Shoes



## Rehab for Dirty Sneakers:

1. Remove Sock Liner (If Possible)
2. Spot Clean with a Mixture of Warm Water and a Little Mild Soap or Laundry Detergent.
3. Use a Damp Sponge to Remove Any Extra Soap.
4. Repeat the Process with Sock Liner
5. Let Both Air-Dry. To Speed Up the Process, Stuff Shoes with Newspaper.

## Did You Know?

**Juggling pairs = one-third fewer injuries.**  
**Runners who swapped out their shoes regularly, wearing an average of 3.6 different styles during one 22-week training period, reduced their risk of injury by 39 percent compared with those who stuck with the same pair.**





# HEALTH AT A GLANCE

## **TAKING ON TOBACCO...Are You Ready?**

### **ACROSS THE UNITED STATES:**

Nearly 1/2 million people (440,000) die each year from tobacco related diseases  
Tobacco use is the number one cause of preventable death in the United States

### **HOW IS NEBRASKA DOING?**

20% of Nebraska adults (age 18 and above) use tobacco

24% of Nebraska adults are former tobacco users

15% of Nebraskans under age 18 years of age smoke (or chew)

2,000 kids under age 18 become daily smokers each year

### **IS TOBACCO MAKING YOU SICK?**

Tobacco Use Increases Your Risk Of:

- Heart disease and stroke by 4 times of that of a non-smoker
- Lung cancer (for men) by 23 times of that of a non smoker
- Lung cancer (for women) by 13 times of that of a non smoker
- Dying from chronic obstructive lung diseases by 13 times of that of a non smoker

Your blood pressure & triglycerides increase with tobacco use & your healthy cholesterol (HDL) goes down...you want this number to increase.

### **BENEFITS OF SAYING GOODBYE TO TOBACCO:**

Nearly 3 out of 4 tobacco users want to quit. Are you one of them?

No matter how long you have smoked (or chewed) your health will improve once you quit. You will feel better, cough less, smell better, save money, have more energy and your risk of developing cancer and heart disease will drop -- a lot!

### **HELPFUL TIPS FOR QUITTING:**

- Track your current tobacco use (for at least one week)
- Identify your tobacco triggers
- Reduce tobacco use each week
- Establish a quit date
- Select a nicotine replacement product
- Work through each craving
- Take One Day at a Time

### **KEY WEBSITES & APPS:**

- QuitNow.net
- SmokeFree.ne.gov
- Centers for Disease Control (CDC.gov)
- American Heart Association (heart.org)
- American Cancer Society (cancer.org)
- MyQuit Coach Livestrong (iPhone) or Quit Smoking (Android)

#### **GREAT AMERICAN SMOKEOUT**

Thursday, November 21, 2013

By going tobacco free for 24 hours you save enough money to buy 1.5 gallons of gas and save more than 3 hours of your time. You will also save \$1,938 (per year) if you smoke one pack a day.





# READY TO QUIT SMOKING? IS CHANTIX RIGHT FOR YOU?

## What is CHANTIX?

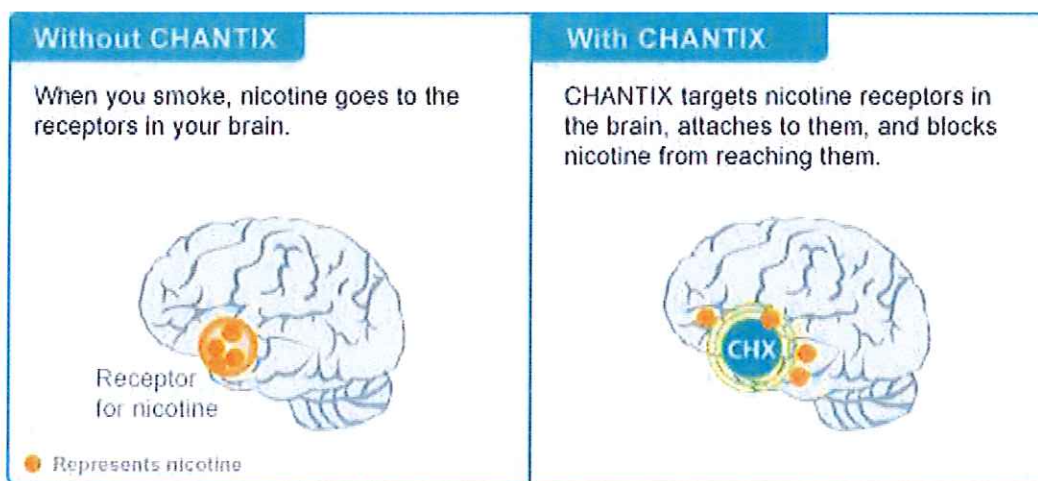
CHANTIX is a prescription medicine that, along with support, helps adults 18 and over stop smoking. You may benefit from quit-smoking support programs and/or counseling during your quit attempt. It's possible that you might slip up and smoke while taking CHANTIX. If you do, you can stay on CHANTIX and keep trying to quit.

**Over 9 million people in the U.S. have received a CHANTIX prescription.\***

If you're a smoker, your doctor may have already told you about the risks of smoking. But did you know that they have information about quit-smoking treatment options, as well?

CHANTIX contains no nicotine. You may wonder how a non-nicotine pill could help you quit smoking. Well, first you have to know how nicotine works.

There are receptors for nicotine in your brain. When you smoke, the nicotine you inhale attaches to these receptors. This sends a message to a different part of your brain to release a chemical called dopamine. Dopamine gives you a feeling of pleasure. But it does not last long. That's why your body craves more nicotine. This can become a vicious cycle.



CHANTIX is different from most other quit-smoking products. It targets nicotine receptors in the brain, attaches to them, and blocks nicotine from reaching them. By activating these nicotine receptors, it is also believed that CHANTIX causes less dopamine – compared to nicotine – to be released.

**Prescription**-- CHANTIX is only available by prescription so you must speak to your doctor before using it as a treatment for quitting smoking. To get started on the road to quitting smoking with CHANTIX, it's important that you speak to your doctor. They can tell you if CHANTIX is right for you.

**Health Insurance**—If you are covered by Blue Cross Blue Shield of Nebraska, Chantix is FREE. BCBS of NE covers up to 8 prescriptions per calendar year for Chantix.

**Side Effects**—The most common side effects of CHANTIX include nausea (30%), sleep problems, constipation, gas and/or vomiting. If you have side effects that bother you or don't go away, tell your doctor. You may have trouble sleeping, vivid, unusual or strange dreams while taking CHANTIX. Use caution driving or operating machinery until you know how CHANTIX may affect you.

CHANTIX is one option, and if you're considering taking it to quit smoking, you should talk to your doctor. Discuss your medical history and available quit-smoking treatment options to see if CHANTIX is right for you.

**1000 Wellness Points awarded at the end of the year if you are tobacco/nicotine/illegal substance free for 6 months or more!!**

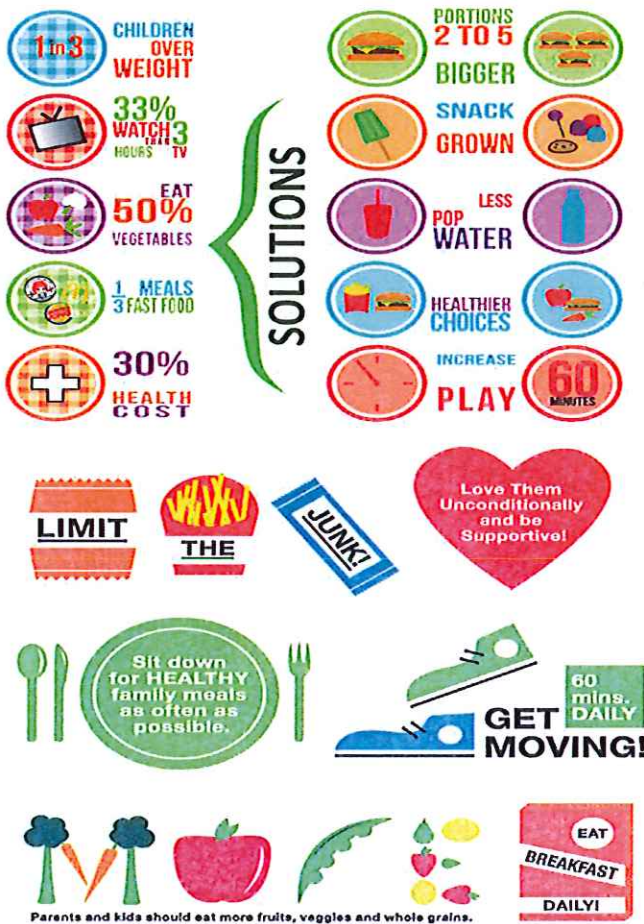


# CHILDHOOD OBESITY



If you are a parent, a grandparent, or simply know a child that you care about, it is important to be aware of the increased risk of cardiovascular disease that childhood obesity presents. Studies show that children who are obese are likely to carry that obesity through to adulthood and, consequently, are at a greater risk of developing heart disease.

The National Center for Health Statistics publishes data that indicate the percentage of obese children is increasing at an alarming rate. Major contributors to this disturbing trend are an increase in high fat diets among children and a corresponding decrease in exercise levels. Children and adolescents who consume large amounts of snack and "junk" foods have less energy and desire to exercise and compound the damage that high fat consumption does to their cardiovascular system. As they move into their teens, many young people believe that cigarette smoking will enable them to control their weight, thereby adding another substantial risk factor to their profile.



## CHILDHOOD OBESITY



*"Americans need to understand that overweight & obesity are literally killing us"*  
 -SECRETARY TOMMY G. THOMPSON



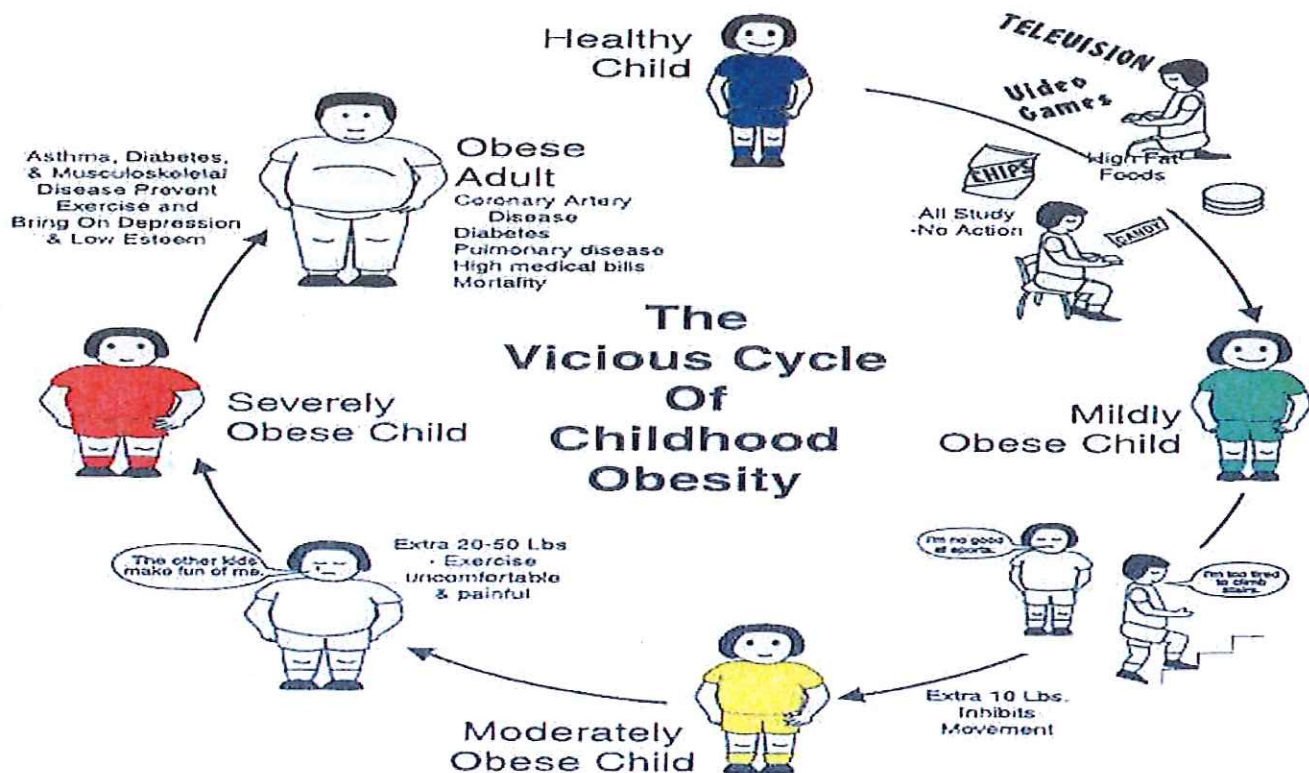


Helping children maintain an appropriate body weight is one of the best lifelong gifts an adult can give to a young person. As with most things in life, moderation is the key. Making lifestyle alterations that focus on small but permanent changes usually works better than short-term measures that are seldom sustained.

- Reducing dietary fat consumption is key to a heart-healthy lifestyle for children. This doesn't mean that favorite foods must be eliminated from a child's diet, only that their intake should be controlled. Paying attention to the nutrition information available on most foods will help moderate the amount of fat in a diet. If children are taught to read this information, it will enable them to assume a level of personal responsibility for their health. By consuming smaller and less frequent servings of foods containing saturated fat, cholesterol, and sodium, cravings can be satisfied while diet and weight are maintained.
- Creating an environment that encourages and supports physical activity will result in children spending less time being sedentary and more time being active. Even modest levels of exercise are beneficial. In addition to building and maintaining healthy bones, muscles and joints, physical exercise improves a child's psychological well-being, disposition, and overall health.
- Adults that interact with children can be instrumental in helping them develop healthy lifestyles by being positive role models. Healthful eating habits and an active lifestyle that includes regular physical activity as practiced by adults will have a positive effect on children.

The growing number of obese children in the United States presents a serious long-term health risk. More and more young people are being diagnosed with cardiovascular disease, diabetes, and high blood pressure. Experts warn that this trend will continue, predisposing today's youth to a cardiovascular event in their adulthood. By helping children eat right, exercise often, and avoid becoming overweight, adults can make a significantly positive contribution to future generations.

Healthy Living, Bryan Health





# Grilled Chicken and Mango Salad



Time prep: 25 min

total: 40 min

servings total: 4 servings

1 cup prepared GOOD SEASONS Italian Dressing Mix, divided  
4 small boneless skinless chicken breast halves (1 lb.)  
1 cup sliced fresh strawberries

6 cups torn fresh spinach  
2 mangos, peeled, sliced  
½ cup sliced red onions

## Make It

**HEAT** greased grill to medium. Pour 1/2 cup dressing over chicken in shallow glass dish; turn chicken over to evenly coat both sides of each breast. Refrigerate 15 min. Remove chicken from marinade; discard marinade. **GRILL** chicken 5 to 7 min. on each side or until cooked through (165°F). Slice chicken. **COVER** platter with spinach; top with chicken, fruit, onions and remaining dressing.

## Kraft Kitchens Tips

### Variation

Prepare using 1 pkg. (10 oz.) salad greens and substituting seedless red grapes for the strawberries.

### Storage Know-How

Keep strawberries refrigerated and wash just prior to use. Discard any molding berries.

# Grilled Chicken or Turkey Wrap



### Ingredients:

1 Flatout Wrap (Multi-Grain With Flax)  
2 ounce of smoked turkey (Plainville) or chicken  
1/2 slice sharp american cheese  
2 slices cooked bacon\*\* (Applegate farms)  
1 tablespoon Ranch yogurt dressing (Wegman's Brand)  
2 Tomato Slices  
Romaine Lettuce or Baby Spinach



# Easy Grilled Chicken Salads



Time prep: 5 min      total: 19 min      servings total: 4 servings

Take 4 small boneless skinless chicken breasts (1 lb.) and mix & match your recipe from these options ...

| salad green options | KRAFT Dressing choices                     | add-in possibilities  |
|---------------------|--|---|
| spinach             | Light Raspberry Vinaigrette<br>Reduced Fat | 1 mango, seeded, chopped; 1 avocado, pitted, chopped; 1 small red onion, chopped  |
| iceberg blend       | Peppercorn Ranch                           | 1 can (11 oz.) whole kernel corn, drained; 1/4 cup TACO BELL® Thick & Chunky Salsa; 1/2 cup KRAFT Four Cheese Mexican Style Shredded Cheese; 1/4 cup crushed tortilla chips |
| romaine blend       | Classic Caesar                             | 1/2 cup KRAFT Shredded Parmesan Cheese, 1/4 cup OSCAR MAYER Real Bacon Bits   |
| mixed lettuce blend | Greek Vinaigrette                          | 1 pkg. (4 oz.) ATHENOS Traditional Crumbled Feta Cheese; 1/2 cup sliced cucumber; 1 small red onion, chopped; 1 medium tomato, chopped; 1/2 cup pitted black olives         |

## Then follow our 3 simple steps:

**PREHEAT** grill to medium-high heat. Pour 1/4 cup **KRAFT Dressing** over chicken in shallow dish; cover and marinate 5 min. Remove chicken from dressing; discard dressing. Grill chicken 6 to 7 min. on each side or until chicken breasts are tender and no longer pink in centers (170°F). **TOSS** 1 bag (10 oz.) **salad greens** with **add-ins** and additional 1/3 cup **KRAFT Dressing**. Spoon evenly onto 4 dinner plates. **TOP** each salad with 1 chicken breast, sliced.

## Kraft Kitchens Tips

**Substitute** Prepare as directed, using KRAFT Light Dressing.

**Easy Cleanup** For no-mess marinating, place chicken breasts and dressing in a resealable plastic bag, then marinate as directed. Discard bag after use.

**Creative Leftovers** Spoon leftovers into flour tortilla shell for a wrap the next day.





## Saline County Wellness Newsletter

# Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Stacey Brandt (Wilber Physical Therapy)

## Body Pump & Body Flow

5:30 pm, Thursday, June 19th at Wilber Physical Therapy

Wilber Physical Therapy, 209 W. 3rd Street, Wilber, NE 68465

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

**Please contact Linda Kastanek at 402-821-2374 to sign up for these classes**

30 minute body pump class and 30 minute body flow, short education class to follow

## NIRMA ONLINE CLASSES

The following classes are offered FREE from April 1 - June 30: (25 WELLNESS POINTS EACH)

### Walking Your Way to Health & Fitness

### Understanding Pre-Diabetes

### Diabetic Emergencies

# 7 Side Effects of Soda

Phosphoric Acid - Weakens bones and rots teeth

Excessive artificial sweeteners makes you crave more

Carmel Color - Made From the chemical caramel, is purely cosmetic, it doesn't add flavor yet is tainted with carcinogens

Formaldehyde - Carcinogen, it is not added in soda but when you digest aspartame, it will break down into 2 amino acids and methanol = Formic acid + Formaldehyde (diet sodas)



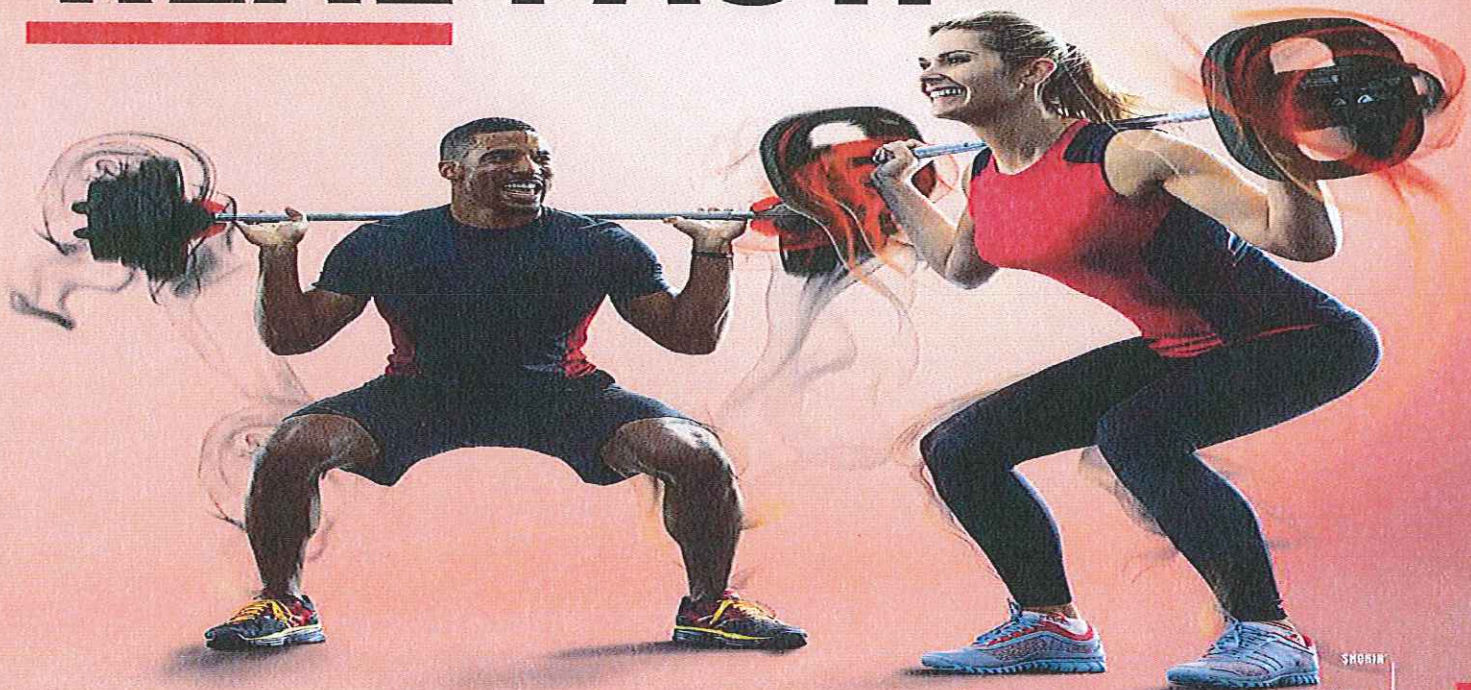
High Fructose Corn Syrup is a Concentrated form of sugar, Fructose derived from corn. It increases body fat, cholesterol and triglycerides and it also makes you hungry.

Potassium Benzoate = preservative that can be broken down to benzene in your body. Keep your soda in the sun and benzene = Carcinogen

Food Dyes = impaired brain function, hyperactive behavior, difficulty focussing, lack of impulse control



# REAL RESULTS, REAL FAST.



## **LES MILLS BODYPUMP™** **THE WORLD'S MOST POPULAR BARBELL CLASS**

[lesmills.com/bodypump](http://lesmills.com/bodypump)

RESULTS START HERE - JOIN A CLASS TODAY

SHORTEN  
AVERAGE OF  
**560**  
CALORIES

SUBSTRATE

COUCH POTATO

**BODYPUMP™**, the original LES MILLS™ barbell class, will sculpt, tone and strengthen your entire body, fast! Great bodies aren't born, they are transformed, using the proven BODYPUMP™ formula: THE REP EFFECT™ a breakthrough in resistance workout training. Focusing on low weight loads and high repetition movements, you'll burn fat, gain strength and quickly produce lean body muscle conditioning. BODYPUMP™ is one of the world's fastest ways to get in shape as it challenges all of your major muscle groups while you squat, press, lift and curl. The cutting-edge BODYPUMP™ choreography, and chart-topping music is refreshed every three months, so with your choice of weight and highly-trained instructors you can get [the group effect](#) and the results you've been looking for!

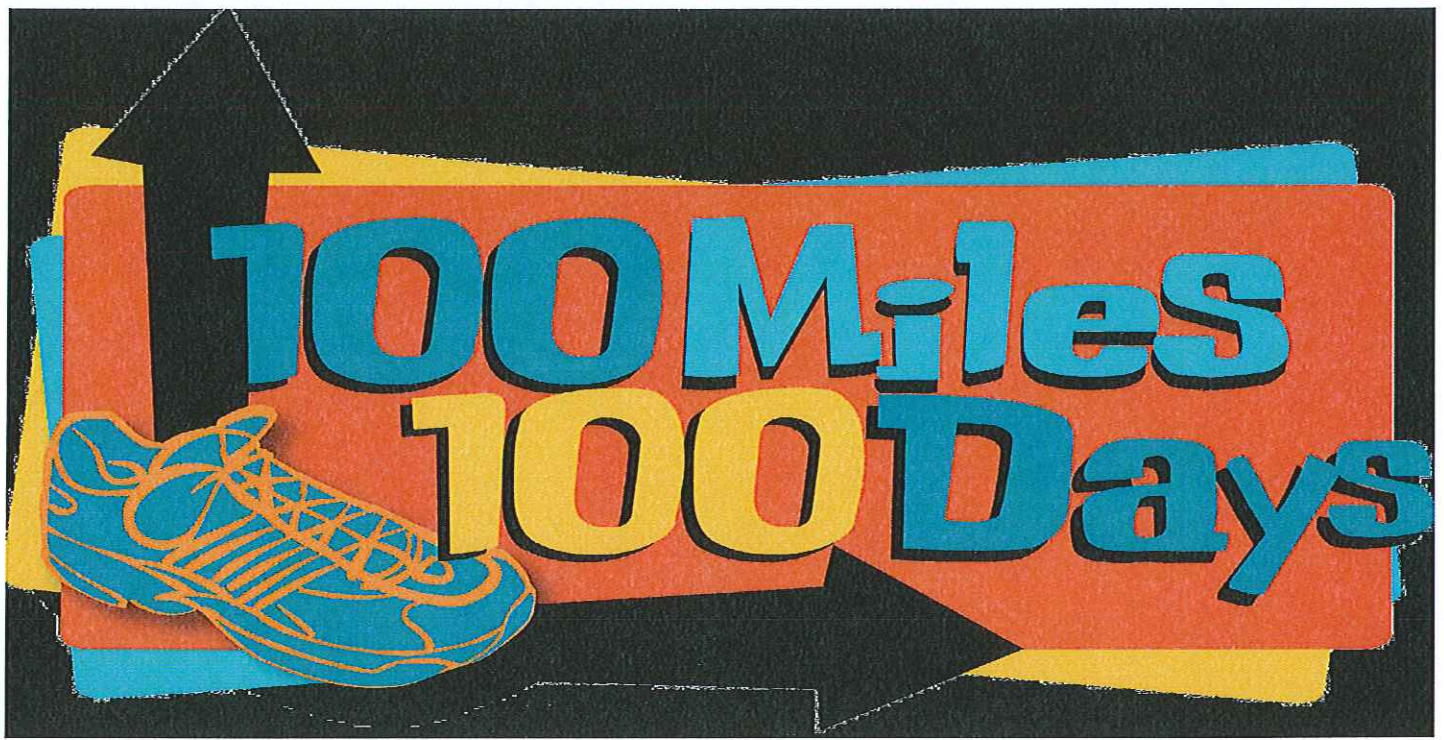
**BODYFLOW™** is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance. Like all the LES MILLS™ programs, a new BODYFLOW™ class is released every three months with new music and choreography.

### Body Pump/Body Flow Schedule in Wilber

**\$80 for a 12-punch card**

|                                     |                 |           |          |                 |           |
|-------------------------------------|-----------------|-----------|----------|-----------------|-----------|
| Monday                              | 5:30 to 6:30 PM | Body Pump | Thursday | 5:45 to 6:30 AM | Body Pump |
| Tuesday                             | 5:45 to 6:30 AM | Body Pump | Friday   | 6:15 to 7:15 AM | Body Pump |
| Wednesday 5:30 to 6:30 PM Body Flow |                 |           |          |                 |           |





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

Walk, Run, Jog or Bike 100 Miles in 100 Days!

(If Biking, must ride two miles to equal 1 mile to record)

**Starts June 1<sup>st</sup>/ends September 8<sup>th</sup>**

**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!!!**

**25 WELLNESS POINTS FOR COMPLETING 100 miles**



**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 Friday, September 12. THANKS!

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

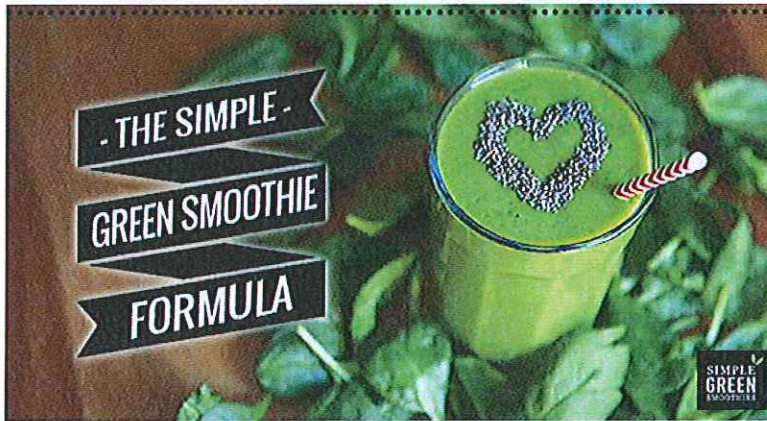
| DATE         | MILES | DATE    | MILES        | DATE      | MILES        | DATE        | MILES        |
|--------------|-------|---------|--------------|-----------|--------------|-------------|--------------|
| June 1       |       | July 1  |              | August 1  |              | September 1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

***Do Nothing and Nothing Will Change!!!!***



# Green Smoothie Recipes

**Green Smoothie Formula—2 Cups Leafy Greens + 2 Cups Liquid Base + 3 Cups Ripe Fruit**



**2 CUPS**  
LEAFY GREENS

**2 CUPS**  
LIQUID BASE

**3 CUPS**  
RIPE FRUIT

|             |               |           |
|-------------|---------------|-----------|
| SPINACH     | WATER         | BANANA    |
| KALE        | COCONUT WATER | MANGO     |
| ROMAINE     | COCONUT MILK  | BERRIES   |
| BOK CHOY    | ALMOND MILK   | ORANGE    |
| SWISS CHARD |               | AVOCADO   |
| COLLARDS    |               | PEACH     |
| DANDELION   |               | PEAR      |
|             |               | APPLE     |
|             |               | PINEAPPLE |
|             |               | GRAPES    |

1. BLEND LEAFY GREENS & LIQUID BASE TOGETHER FIRST.  
2. ADD FRUITS AND BLEND AGAIN.

\*Use at least one frozen fruit to chill smoothie  
\*\*This formula yields about 32 ounces and serves 2

**BOOST IT!**

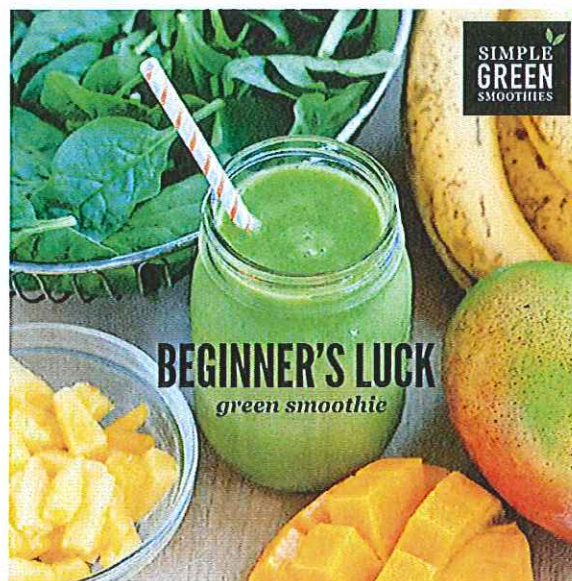
|               |                     |             |
|---------------|---------------------|-------------|
| CHIA SEEDS    | HEMP SEEDS          | CACAO       |
| COCONUT OIL   | HEMP PROTEIN POWDER | CINNAMON    |
| ALMOND BUTTER | FLAX SEEDS          | ACAI POWDER |

— SIMPLEGREENSMOOTHIES.COM —

## Green smoothie blending tips:

- Tightly pack 2 cups of leafy greens in a measuring cup and then toss into blender.
- Add 2 cups of water (or milk) and blend together until all leafy chunks are gone.
- Add 3 cups of fruit and blend again until smooth. Use at least one frozen fruit to chill your smoothie. If you aren't a big fan of bananas, feel free to substitute with another fruit, like extra mangos. You can even freeze the bananas first to reduce the flavor and also add some extra chill to your smoothie.
- Pour into a mason jar (or cute cup of your choice).
- Gulp or sip like a rawkstar!





### **Beginner's Luck** ( Serves 2)

\*2 cups Spinach, fresh (tightly packed)   \*2 cups Water   \*1 cup Mango   \*1 cup Pineapple   \*2 Bananas

### **Almond Butter Cup** (Serves 2)

\*2 cups Spinach, fresh   \*2 cups Almond Milk   \*2 Bananas   \*3 tablespoons Cacao   \*2 Tablespoons Almond Butter

### **Sweet Dream** (Serves 2)

\*2 cups Spinach, fresh   \*2 cups Almond Milk   \*2 Cups Mango   \*1 Banana   \*2 Tablespoons Almond Butter  
\*1 teaspoon cinnamon   \*1/4 teaspoon cayenne pepper

### **Cherry Tart** (Serves 2)

\*2 cups Spinach, fresh   \*2 cups Water   \*1 Cup Pineapple   \*1 Cup Cherries   \*1 Banana

### **Pina Colada** (Serves 2)

\*2 cups Spinach, fresh   \*1 1/2 cups Almond Milk, unsweetened   \*1/2 cup Coconut Water  
\*3 Cups Pineapple, Fresh   \*2 Tablespoons Coconut Flakes, unsweetened

### **Almond Butter & "Jelly"** (Serves 2)

\*2 cups Spinach, fresh   \*2 cups Almond Milk, unsweetened   \*2 cups Red Grapes  
\*2 Bananas   \*4 Tablespoons Almond Butter

### **Strawberry Peach Refresher** (Serves 2)

\*2 cups Bok Choy, fresh   \*2 cups Almond Milk, unsweetened   \*1 Cup Strawberries   \*2 Cups Peaches



# 11 Amazing Reasons YOU Should Lift Weights

*Scared of strength training? Before you shy away from lifting weights for good, check out the myriad of things it can do for your health.*



**A complete workout plan should include strength training. Find out how strength training can really benefit you physically and emotionally.**

If you knew that a certain type of **exercise** could benefit your heart, improve your balance, **strengthen** your bones, and help you lose weight as it made you look and feel better, wouldn't you want to get started? Well, studies show that strength training can do all of that and more. Strength training is not just about bodybuilders lifting weights in a gym. It can benefit people of all ages and may be particularly important for people with health issues such as arthritis or a **heart condition**.

If you ever shy away from strength training because you're concerned about "bulking up," don't, says Joseph Ciccone, DPT, CSCS, associate director of ColumbiaDoctors Midtown Orthopaedics Sports Therapy in New York City. Women simply lack the testosterone needed to create bulky muscles, so strength training will just make your body long and lean. Here are more terrific reasons to add strength training to your weekly workout routine:

**It makes for stronger bones:** As Smith says, lifting weights can help you build better bone as well as muscle. After menopause, women lose 1 to 2 percent of their bone mass each year. Researchers in Spain's Canary Islands reviewed a number of studies on the effects of weight lifting and resistance training and concluded that even a relatively small amount can enhance bone density in women. They also found that resistance training has another benefit for women's health: It can reduce their risk for fractures, which is a concern in postmenopausal women.

**It charges your metabolism:** Resistance training can increase the rate at which you burn calories for fuel by at least 15 percent, according to the U.S. Centers for Disease Control and Prevention. In fact, increasing your body's muscle mass is the **only true way to boost your metabolism**, and burning calories is key to losing and maintaining a healthy weight. You burn calories during strength training, and your body continues to burn calories after strength training, a process called "physiologic homework." More calories are used to make and maintain muscle than fat, and in fact strength training can boost your metabolism by 15 percent — that can really jumpstart a weight loss plan.

**It reduces your type 2 diabetes risk:** Here's another reason to become best friends with dumbbells and weights: even a modest amount of resistance training can significantly reduce your chances of developing type 2 diabetes, research done at the Harvard School of Public Health and the University of Southern Denmark found. In the study, participants who lifted weights for 30 minutes a day, five days a week, reduced their risk for type 2 diabetes by more than a third. When they combined resistance training with aerobic exercise, their risk was lowered even more, to almost 60 percent less. And for the 14 million Americans that already have type 2 diabetes, strength training along with other healthy lifestyle changes, can help improve glucose control.

**It boosts brain power:** As you age, lifting weights can maintain more than muscle mass: It also helps your brain. A study done at the Vancouver Coastal Health Research Institute at the University of British Columbia found that older women who lifted weights twice a week for six months showed improvements in their ability to perform memory tasks. Researchers from Japan also found that older adults who performed a combination of aerobic, balance, and muscle strength training exercises for a year did better on memory tests than the group that didn't.

**It's good for heart health:** When it comes to heart health, cardio workouts get all the attention — but resistance training matters, too. Researchers at Syracuse University found that resistance training improved blood flow to the limbs better than aerobic exercises in their male subjects. They also found that the cardiovascular benefits of resistance training lasted longer.

**It prevents falls:** Strength training has benefits that go well beyond the appearance of nicely toned muscles. Your balance and coordination will improve, as will your posture. Older people who engaged in a regular balance and strength training routine reduced their risk for falling by nearly a third, researchers at the University of Sydney in Australia found. They also improved their ability to perform routine activities of daily living, such as shopping and dressing. Strength training helps prevent injury by working the stability muscles in your core, ankles, and hips, explains Anja Garcia, RN, MSN, an AFAA-certified trainer for DailyBurn.com.

**It relieves stress:** If you need more benefits of strength training before adding it to your fitness routine, here's one that's good for body and soul: Weight lifting can be a stress reliever. "I don't know a single person who doesn't have stress in their life," Ciccone says. "Lifting weights helps reduce stress because it gives you an outlet." Resistance training also helps your body maintain healthy levels of the stress hormone cortisol, he adds.

**It can help you stave off chronic disease:** Another of the many benefits of strength training is that it can improve or sometimes reverse symptoms of **chronic diseases like rheumatoid arthritis and fibromyalgia**. If you have arthritis, strength training can be as effective as medication in decreasing arthritis pain. When researchers at the School of Public Health at the University of Maryland analyzed studies on this topic, they found strong evidence that resistance training is an effective countermeasure for pain, inflammation, muscle weakness, and fatigue.

**It can lessen pain:** Would you lift weights as part of your fitness plan if you knew it would help you feel better at work? Researchers at the University of Copenhagen in Denmark found that resistance training helped reduce musculoskeletal pain in women with office jobs. The women who showed the most improvement performed 10 to 15 repetitions of resistance training exercises for 16 weeks and did exercises that gradually increased the stress placed on their bodies.

**Strength Training makes you Stronger and Fitter:** Strength training is also called resistance training because it involves strengthening and toning your muscles by contracting them against a resisting force. There are two types of resistance training:

- **Isometric resistance** involves contracting your muscles against a non-moving object, such as against the floor in a push-up.
- **Isotonic strength training** involves contracting your muscles through a range of motion as in weight lifting.

Both make you stronger and can get you into better shape. Remember that with strength training your muscles need time to recover, so it should only be done on alternate days. Always take some time to warm up and cool down after strength training.

**Strength Training Boosts Energy Levels and Improves Your Mood:** Strength training will elevate your level of endorphins (natural opiates produced by the brain), which will make you feel great. As if that isn't enough to convince you, strength training has also been shown to be a great antidepressant, to help you sleep better, and to improve your overall quality of life.

## Resistance Training: How to Add It to Your Fitness Routine

For the best results, Ciccone recommends that you perform resistance training exercises at least three times a week for 30 to 60 minutes each session. But you may only need to strength train for 15 minutes if you keep the intensity high and don't take a break between reps. **Morning or night** doesn't matter, he says, along as you fit in the workout.

### Strength Training: Getting Started

"Please don't limit yourself to thinking that lifting weights, expensive machines, or gym membership is the only way to do strength training," says Tuttle. "Pushups, jump squats, lunges, and mountain climbing are all examples of exercises that provide strength training."

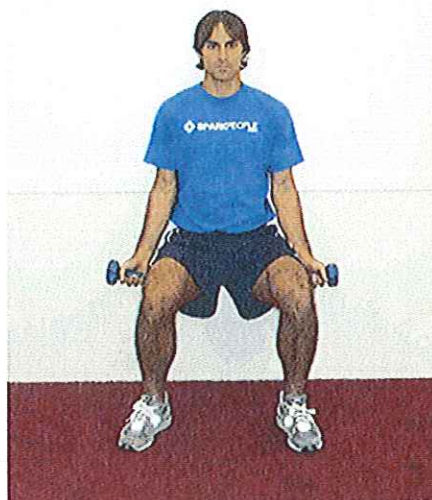
If you have any health issues, ask your doctor what type of strength training is best to meet your needs and abilities. You can also work with a fitness expert to design a strength-training program that will be safe and effective for you. If you are doing more technical strength training work with dumbbells or if you are learning a new move, take it a little slower to stay safe and make sure that you get the form right before you kick it up a notch. Another Great option is Body Pump.

### Body Pump Schedule in Wilber \$80 for a 12-punch card

|           |                 |           |
|-----------|-----------------|-----------|
| Monday    | 5:30 to 6:30 PM | Body Pump |
| Tuesday   | 5:45 to 6:30 AM | Body Pump |
| Wednesday | 5:30 to 6:30 PM | Body Flow |
| Thursday  | 5:45 to 6:30 AM | Body Pump |
| Friday    | 6:15 to 7:15 AM | Body Pump |



## Wall Sit with Dumbbell Bicep Curls



### Starting Position

Lean against a solid wall, with your feet out in front of you approximately 12 inches and shoulder width apart. Hold dumbbells to your side, palms facing forward.

### Action

Slowly lower your body from the hips until you reach 90 degrees at the knees. Hold that position. Holding elbows into your body, slowly curl dumbbells upward at the same time. Make sure to keep your shoulders still and just bend at your elbows. Squeeze at the top and return to the starting position. Try doing 2 sets with 10-12 repetitions.

### Selecting Proper Weight

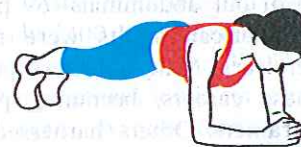
A common question when it comes to weight training is "How do I select the proper weight?" Although the amount of weight will vary from person to person, the feeling you experience will be similar. A good starting point is two sets of 12 repetitions (resting 30-60 seconds in between sets). The 12th repetition should be the last one you can do with proper form. If you cannot reach 12 without a significant struggle, the weight is too heavy. If you can continue past 12 without a problem, the weight is too light. The feeling you experience should fall somewhere in the middle- it is a challenge, but not so difficult that you risk injury. It is better to start with a light weight and add more as you become stronger and the exercises become easier. After three or four weeks, you might notice some exercises becoming easier. At this point it is a good idea to increase the weight, in small increments of 2-5 pounds. This way your muscles will continue to be challenged without being overworked.

## Get Back in Shape—Fast!

**Want to get fit quickly?** Try interval training—short bursts of intense activity that build strength and endurance faster than more moderate activity does, says Chris Jordan, an exercise physiologist and creator of the popular *7-Minute Workout*. Jordan's idea is simple but powerful: Work hard for 30 seconds, then rest for 15, cycling through a series of 12 basic, no-equipment-required moves, alternately working your total body, upper body, lower body and core. (Download the free app at [7minuteworkout.jnj.com](http://7minuteworkout.jnj.com).) Need a simpler plan? Try the four exercises at right (same 30/15-second cycle, and be sure to check with your doctor first). "You'll feel better the very first day and every time you exercise," says Jordan. —S.M.



**PUSH-UPS** Start with counter-top push-ups, or knees bent if full-body push-ups are too hard.



**PLANKS** Hold yourself off the floor, forearms flat on the ground, back flat, with tight abdominals.



**JUMPING JACKS** You can also run in place or step up and down off a stair.



**SQUATS** Sit back until your thighs are parallel to the floor. Rise and repeat.





## Saline County Wellness Newsletter

# Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Dr. Brent Ruiz

## General Wellness

**5:30 pm, Wednesday, July 16th at Extension Office**

Brent Ruiz, PhD, has been involved in Wellness and Performance Enhancement his entire professional career. Dr. Ruiz works with primary care physicians in the community as a resource in the development of individualized Wellness plans to lessen the co-morbidity present in most overweight patients. Dr. Ruiz not only works with individuals but has developed and coordinated Wellness/Prevention programs for corporations and their employees in order to lessen healthcare costs and improve productivity. Dr. Ruiz also works with local athletes and coaches to improve athletic performance and lessen the chance of injury. Dr. Ruiz has worked with all ages and abilities from youth to college and even professional athletes.

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

## Water Aerobics at Wilber Pool

The Wilber Swimming Pool is offering Water Aerobics on Monday, Wednesdays and Fridays. Classes are from 7:00-7:30 am and 8:00-8:30 pm. 1/2 hour lap swimming available afterwards. For More information call Morgan Tranmer or Chelsea Burger at the pool at 402-821-2026.

Classes not offered on nights when they have pool parties.

### Top 10 Fitness Facts



1. Exercise Boosts Brainpower
2. Movement Melts Away Stress
3. Exercise Gives You Energy
4. It's Not That Hard to Find Time for Fitness
5. Fitness Can Help 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



# 2 Moves To Slim Your Waist

By [Denise Austin](#)

Snug tops and low-riding pants make the need to lose love handles and have a lean waist more apparent than ever. But there's an even better reason to aspire to a trim midsection: your health. A waistline of 35 or more inches puts women at risk for life-threatening conditions such as heart disease and diabetes. Smart eating, aerobic exercise, and ab-tightening moves such as the ones below will help you lose love handles and keep you out of the danger zone.

The moves target the obliques on the sides of your torso. Do two or three sessions a week, with a rest day between workouts.

## Seated Knee Drop



Keeping your spine straight, sit back on your sit bones with your knees bent and feet flat on the floor, ankles touching. Place your hands on the floor behind you for balance.



Contract your abdominal muscles, and lower your legs to the left until they are about 6 inches from the floor, keeping your ankles pressed together and your shoulders forward. Your feet will roll, but they should stay on the floor. Hold for a second, and then use your abs to slowly pull your legs up and over to the right. Don't let your knees simply fall to the side; keep the move controlled. Repeat from side to side for 1 minute.

## Side Crunch



Lie on your right side with your legs extended. Wrap your right forearm across your waist and rest your right hand on the left side. Bring your left hand behind your head, so your left elbow points toward the ceiling. An easier version: Don't lift your leg; lift your upper body only.



Using the obliques on your left side (not your right arm), pull in your abs and lift your right shoulder off the floor about 2 to 3 inches, while raising your left leg about 12 inches. Hold for 2 seconds, and then slowly return to the starting position. Start with 5 to 8 reps on each side, and work up to 12 to 15. Do one or two sets with 1 minute of rest in between.

# 4 Healthy Grilling Secrets

## 1. Remove fat

Trim meats and allow excess marinade to drip off before grilling to reduce smoke.

## 2. Think thin

Smaller, thinner cuts cook faster, reducing the time spent near the flames. Keep food at least 6" from the heat source and turn frequently. A few light grill marks are fine, but don't go past that point. Avoid overcooking, and remove any charred bits before eating.

## 3. Skimp on sugar

Use vinegar- or citrus-based marinades; mixes with a lot of sugar or honey lead to charring. Baste with barbecue sauce in the last few minutes of cooking, and reduce the heat, if necessary, to prevent sugar-containing rubs from burning.

## 4. Use herbs

Adding an antioxidant-rich fresh herb, such as rosemary, to your marinade may offer another layer of protection.

# Grilling Recipes

## All-Purpose Rub

Works with just about anything, including poultry, meat, fish, and vegetables.

- 1 Tbsp dried thyme
- 2 tsp dried oregano
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne

Whisk together all ingredients and 1/4 tsp each salt and pepper. (Makes 1/4 cup.)

## Sweet and Spicy Dry Rub

Delicious on steak and pork tenderloin.

- 2 Tbsp chili powder
- 1 Tbsp dark brown sugar
- 1 Tbsp ground coffee
- 1 tsp cumin
- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 tsp cayenne

Whisk together all ingredients and 1/4 tsp each salt and pepper. (Makes 1/3 cup.)



## Italian-Style Marinade

Marinate steak, pork, or chicken at least 2 hours or overnight.

- 1/4 c red wine vinegar or balsamic vinegar
- 1/4 c coarsely chopped fresh basil leaves (optional)
- 1 1/2 Tbsp olive oil
- 1 Tbsp Dijon mustard
- 1 Tbsp minced garlic
- 1/2 tsp red-pepper flakes

Whisk together all ingredients and 1/4 tsp each salt and pepper in shallow dish. (Makes 1/2 cup.)

## Asian BBQ Sauce

Pairs well with salmon, tuna, shrimp, chicken, pork tenderloin, and ribs.

- 1/3 c hoisin (Chinese barbecue) sauce
- 1/4 c chopped cilantro
- 2 Tbsp fresh lime juice
- 1 Tbsp low-sodium tamari
- 1 Tbsp finely grated fresh ginger
- 1 Tbsp minced garlic

Whisk together all ingredients and 1/4 tsp each salt and pepper in small bowl. (Makes 1/2 cup.)

## Smokin' BBQ Sauce

Good with chicken, beef brisket, and ribs.

- 1 lg onion, chopped
- 1 Tbsp minced garlic
- 1 Tbsp canola oil
- 1 c ketchup
- 1 c brewed black coffee
- 1/4 c cider vinegar
- 2 Tbsp molasses
- 1 Tbsp canned chipotle in adobo (optional)
- 1 tsp cumin

Cook onion and garlic in oil in saucepan over medium heat until soft. Stir in remaining ingredients. Season. Simmer, stirring, until thickened, 10 minutes. (Makes 2 cups.)

## Citrus Marinade

Marinate chicken at least 2 hours or overnight; shrimp or salmon, 15 minutes.

- 1/2 c fresh orange juice
- 2 Tbsp fresh lime juice
- 2 Tbsp chopped fresh rosemary
- 1 Tbsp minced garlic
- 1 Tbsp honey
- 1 Tbsp olive oil

Whisk together all ingredients and 1/4 tsp each salt and pepper in dish. (Makes 3/4 cup.)

# What sugar does to your body

**Women'sHealth**

Here's what happens to your system when you eat something packed with the sweet stuff.

By Gretchen Voss



The instant something sweet touches your tongue, your taste buds direct-message your brain: deeee-lish. Your noggin's reward system ignites, unleashing dopamine. Meanwhile, the sugar you swallowed lands in your stomach, where it's diluted by digestive juices and shuttled into your small intestine. Enzymes begin breaking down every bit of it into two types of molecules: glucose and fructose. Most added sugar comes from sugar cane or sugar beets and is equal parts glucose and fructose; lab-concocted high-fructose corn syrup, however, often has more processed fructose than glucose. Eaten repeatedly, these molecules can hit your body...*hard*.

## Glucose

It seeps through the walls of your small intestine, triggering your pancreas to secrete insulin, a hormone that grabs glucose from your blood and delivers it to your cells to be used as energy.

But many sweet treats are loaded with so much glucose that it floods your body, lending you a quick and dirty high. Your brain counters by shooting out serotonin, a sleep-regulating hormone. Cue: sugar crash. Insulin also blocks production of leptin, the "hunger hormone" that tells your brain that you're full. The higher your insulin levels, the hungrier you will feel (even if you've just eaten a lot). Now in a simulated starvation mode, your brain directs your body to start storing glucose as belly fat.

Busy-beaver insulin is also surging in your brain, a phenomenon that could eventually lead to Alzheimer's disease. Out of whack, your brain produces less dopamine, opening the door for cravings and addiction-like neurochemistry.

Still munching? Your pancreas has pumped out so much insulin that your cells have become resistant to the stuff; all that glucose is left floating in your bloodstream, causing prediabetes or, eventually, full-force diabetes.

## Fructose

It, too, seeps through your small intestine into the bloodstream, which delivers fructose straight to your liver.

Your liver works to metabolize fructose--i.e., turn it into something your body can use. But the organ is easily overwhelmed, especially if you have a raging sweet tooth. Over time, excess fructose can prompt globules of fat to grow throughout the liver, a process called lipogenesis, the precursor to nonalcoholic fatty liver disease.

Too much fructose also lowers HDL, or "good" cholesterol, and spurs the production of triglycerides, a type of fat that can migrate from the liver to the arteries, raising your risk for heart attack or stroke.

Your liver sends an S.O.S. for extra insulin (yep, the multitasker also aids liver function). Overwhelmed, your pancreas is now in overdrive, which can result in total-body inflammation that, in turn, puts you at even higher risk for obesity and diabetes.



# The 5 Phases of How to Quit Sugar for Good

Suspect you're hooked on the sweet stuff? It's time to restore your brain to its pre-sugar-fiend state. Resetting your palate and eradicating cravings isn't easy, but it is possible. Instead of quitting cold turkey, try this five-phase plan adapted from *Why Diets Fail: Because You're Addicted to Sugar*, by Nicole Avena, Ph.D.

## PHASE 1: Eliminate Sugary Beverages

If you're anything like the average gal, you slurp down nearly 40 pounds (70,000 calories!) of liquid sugar per year. Sipping sweet, fiberless beverages (think soft drinks, sweetened waters, coffee drinks) spikes your insulin levels and cues major cravings. Over a period two weeks, cut out all such drinks. If straight H<sub>2</sub>O bores you, sip seltzer water or unsweetened teas or coffee.

## PHASE 2: Quit Sugary Junk Foods

Cakes, cookies, candy bars—give 'em the heave-ho. Also press pause on secretly sugary fare such as granola bars. When you can, opt for fresh food over processed snacks—nearly 80 percent of the latter contains loads of added sugar. First, ID the foods you have the hardest time avoiding (um, cupcakes?) and quit those first, one at a time. Over the next two weeks, edit out all sugary junk. Sub in fruit when your cravings start up.

## PHASE 3: Reduce Simple Carbs

Chances are, by this point you've halved your sugar dependence—and shed some serious pounds. Next, tackle simple carbs, which act just like straight sugar in your body. Make a list of the refined foods you typically eat (e.g., crackers, white breads, white pastas) and, again, reduce them one by one over the next two weeks. Try starting with pastas: Instead of making two cups of spaghetti, make one cup and top it with a protein-packed lean meat; the next time around, replace that remaining cup with a veggie such as spaghetti squash.

## PHASE 4: Sleuth for Hidden Sugars

This one's the trickiest and could take a full two weeks to master. Because hidden sugars are, well, hidden, you could still be ingesting lots of sweet stuff. Keep a critical eye on ingredient labels on condiments, sauces, and salad dressings—all [sneaky sugar sources](#). Also, be leery of "sugar-free" offerings; many are packed with simple carbs instead.

## PHASE 5: Keep It Up (Realistically!)

It's all right to indulge every now and then, but pay close attention to your cravings. A slice of cake might be okay for one woman, but it could push another woman over the addictive edge. If a sweet snack leaves you yearning for more or, worse, bingeing, you'll know you're particularly vulnerable to sugar's powerful lure. Major bright side: Once you've kicked the habit and your taste buds are back to normal, fruits will taste supersweet and satisfying—and massive amounts of added sugar will taste like what they are: sickeningly sweet.



## Chili and Lime Cucumbers



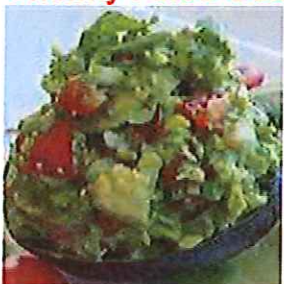
### INGREDIENTS:

1 small cucumber  
1 tablespoon chili powder  
Juice of 1 lime

### DIRECTIONS:

1. Slice cucumber into thin slices
2. Drizzle with lime juice
3. Sprinkle with chili powder
4. Refrigerate for a couple hours or overnight.
5. Serve!

## Chunky Paleo Guacamole



Rated: ★★★★★

Submitted By: sammyc14

Photo By: Baking Nana

Prep Time: 30 Minutes

Ready In: 30 Minutes

Servings: 6

"This chunky guacamole is paleo-friendly and delicious!"

### INGREDIENTS:

2 ripe avocados, peeled and pitted  
1 lime, juiced  
1 jalapeno pepper, diced  
1 clove garlic, minced

1/2 small onion, minced  
1 Roma tomato, seeded and diced  
1 tablespoon chopped fresh cilantro  
salt and ground black pepper to taste

### DIRECTIONS:

1. Place avocados in a bowl. Squeeze lime juice on top and roughly smash with a fork until thoroughly mashed. Add jalapeno pepper, garlic, onion, tomato, cilantro, salt, and pepper; gently combine with a fork.

## Hummus



### INGREDIENTS:

1 pound sweet potatoes, peeled and cut into 1-inch pieces  
1 can (19.5 ounces) chickpeas, drained and rinsed  
1/4 cup fresh lemon juice (from 1 lemon)  
1/4 cup tahini  
2 tablespoons olive oil  
2 teaspoons ground cumin  
1 garlic clove, chopped  
Coarse salt and ground pepper  
Whole-wheat pita and crudites such as red pepper and broccoli

### DIRECTIONS:

1. Set a steamer basket in a large pot. Fill with enough water to come just below basket; bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Transfer to a food processor.
2. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool; refrigerate, in an airtight container, up to 1 week. Serve with pita and crudites.

## Savory Yogurt Dip



Season 1/4 cup low-fat yogurt with salt, pepper, 1/2 teaspoon lemon juice, 1 tablespoon chopped fresh herbs (dill, basil, cilantro) or a few pinches of dried oregano, and 1/4 teaspoon lemon zest. Serve with raw vegetables. Serves 1 (40 calories, plus veggies).



## Corn Dip with Tomato & Basil



### INGREDIENTS:

1 3/4 cups fresh corn kernels (from 2 ears)  
or frozen kernels  
1/3 cup 2 percent milk  
1/3 cup silken tofu  
1 tablespoon fresh lime juice  
1/4 teaspoon coarse salt

Freshly ground pepper  
8 cherry tomatoes, quartered, or 2 medium  
tomatoes, coarsely chopped  
1/3 cup fresh basil leaves, thinly sliced  
3 cups baked white -corn chips (6 ounces)

### DIRECTIONS:

1. Cook corn and milk in a skillet over medium-high heat until corn is tender, 7 to 9 minutes. Let cool completely.
2. Puree 2/3 cup corn mixture, the tofu, lime juice, and salt in a food processor; season with pepper. Transfer to a serving bowl, and stir in remaining corn mixture, the tomatoes, and basil. Serve with chips.

Cook's Note--Dip can be refrigerated in an airtight container up to 1 day.

## Sun Dried Tomatoes and Artichoke Dip



### INGREDIENTS:

1 box (9 ounces) frozen artichokes, thawed  
and chopped  
1/2 cup feta, crumbled  
1 garlic clove  
2 teaspoons fresh lemon juice  
1/2 cup sun-dried tomatoes (oil-packed),  
chopped, plus more for garnish  
1/4 cup pine nuts, toasted  
1/2 cup basil leaves, torn  
Coarse salt and ground pepper  
Whole-wheat baguette slices, for serving

### DIRECTIONS:

1. In the bowl of a food processor, combine 1/2 cup artichokes, 1/4 cup feta, garlic, lemon juice, and 2 teaspoons water; puree until smooth.
2. In a medium bowl, combine tomatoes, pine nuts, basil, remaining chopped artichokes, remaining 1/4 cup feta, and reserved artichoke puree; season with salt and pepper. Garnish with sun-dried tomatoes, if desired, and serve on baguette slices. Store in an airtight container and refrigerate for up to three days.

### Cook's Note

Enjoy the tasty, unexpected flavors of this recipe immediately, or allow the dip to mellow overnight.

## Avocado Deviled Eggs



### INGREDIENTS:

6 peeled hard boiled eggs  
1 ripe avocado peeled and pit removed  
1 1/2 teaspoons fresh lime juice  
2-3 tablespoons mayonnaise (light or  
regular)  
1/2 teaspoon freshly chopped parsley  
1/8 teaspoon ground mustard  
Salt and pepper to taste

### DIRECTIONS:

1. Cut eggs lengthwise and remove yolks. Set aside.
2. In a medium bowl combine egg yolks, avocado, lime juice, mayonnaise, parsley, ground mustard and mash using a potato masher or two forks until nice and creamy. Alternatively you can add all the ingredients in a food processor and blend. Season with salt and pepper to taste.
3. Add mixture into egg whites with a spoon or pastry bag and garnish with a chopped parsley. This recipe can also be modified to use only half the eggs yolks and still combine the remaining ingredients for a lighter version.





## Saline County Wellness Newsletter

# Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Craig Bontrager, Burkley Wellness Center, Fairbury, NE

## "Normal People" Exercise

5:30 pm, Tuesday, August 19th, in the Assembly Room at the Courthouse

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

**Just because you didn't track it, doesn't mean it didn't happen.**

**If you bite it, write it!! Log your food each day and stay within your recommended caloric intake.**

## NIRMA ONLINE CLASSES

The following classes are offered FREE from July 1 - September 30: (25 WELLNESS POINTS EACH)

**Understanding Depression and Bipolar Disorder**

**Generational Differences**

**Managing Risk in an Aging Workforce**

**Dealing with Heat Stress**

**Preventing Accidents in the Workplace**

**Fit Tip! Don't skip meals! When you skip meals, your metabolism slows down and you're not burning calories like you should. Your body thinks that you're starving so when you eat again, your body stores away more than usual resulting in more fat!**

THE 2-DAY RULE  
NEVER GO FOR MORE  
THAN TWO DAYS  
WITHOUT  
WORKING-OUT



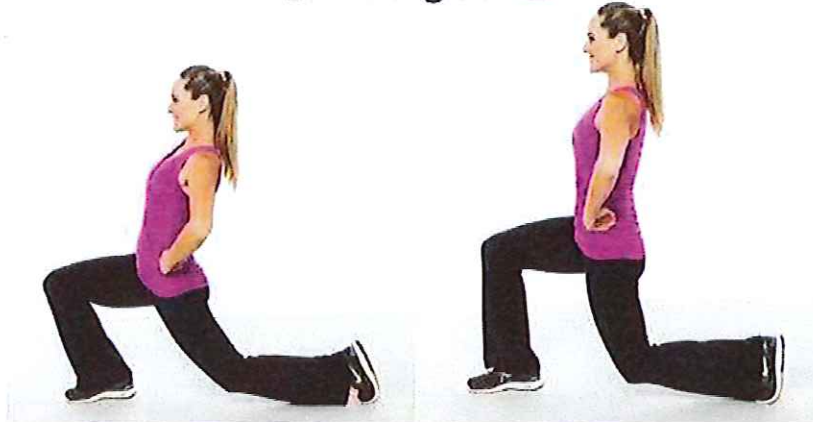
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## Exercises You're Doing Wrong

☹ Plank ☺



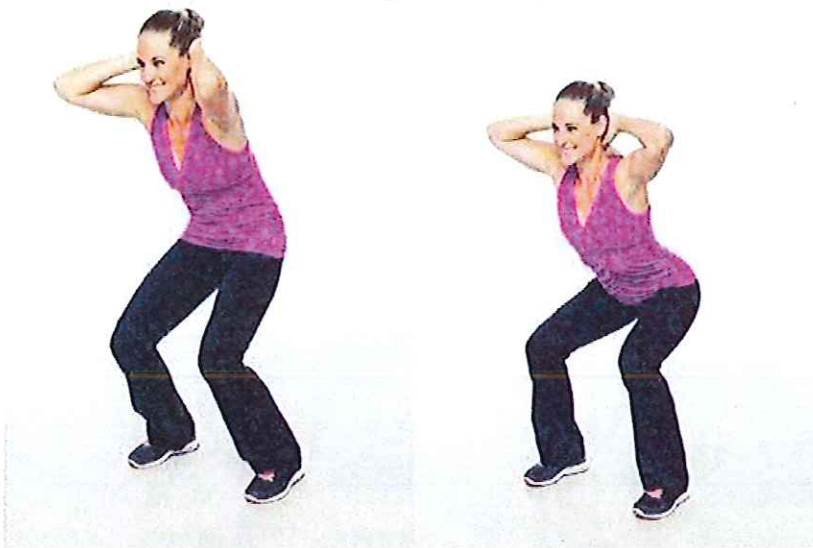
☹ Lunges ☺



☹ Crunches ☺



☹ Squats ☺



☹ Push-Ups ☺



# How to Get the Protein You Need

## The Power of Protein

Calories aren't the only thing you need to watch as you get older. Protein is important because it helps keep your muscles strong. You need muscles for strength and balance, as well as for everything from walking up stairs to carrying groceries. Protein also keeps your heart strong and boosts your immune system to keep you from getting sick.



## How Much Protein Do You Need?

Women should get 46 grams of protein a day. Men need 56 grams. People with some conditions like kidney disease may need less. Spreading your protein throughout the day helps keep you full so you eat fewer calories. Here's how to make sure you get a healthy variety of proteins every day.

## Red Meat

Beef, pork, and lamb are protein powerhouses, but some cuts can be high in artery-clogging fat and cholesterol. Pick lean options like round and loin (sirloin, tenderloin, and top round), and ground beef that has 5% or less fat. When eating red meat, have moderate portion sizes. A 3-ounce serving of meat (the size of a deck of cards) has about 21 grams of protein.



## Poultry and Eggs

Choose lean poultry like skinless chicken breasts and turkey cutlets. A 3-ounce chicken breast has 31 grams, more than half the protein you need each day. An egg has 6 grams. Research suggests that an egg a day doesn't raise heart disease chances in healthy people. But if you have high cholesterol, heart disease, or diabetes, you should limit your cholesterol intake and not eat more than three egg yolks a week (the whites are OK).

## Seafood

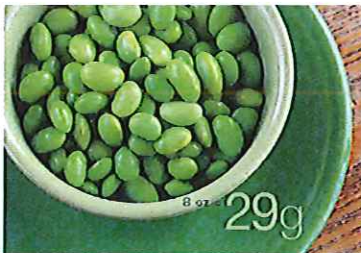
Besides being a great protein source, seafood is low in saturated fat and high in omega-3 fatty acids, nutrients that protect your heart. A 3-ounce salmon steak has about 17 grams of protein. Other high-protein, heart-healthy choices include tuna, sardines, and trout. Try to eat 4 ounces of seafood twice a week.

## Dairy

Dairy foods are full of muscle-building protein. They also help lower blood pressure and cut your risk of diabetes. One cup of skim milk has 8 grams of protein. If you want even more, try fat-free Greek yogurt. One serving can have up to 18 - 20 grams of protein -- double the amount of traditional yogurt. Shoot for three servings of fat-free or low-fat dairy products every day.

## Soybeans

Soybeans have a lot of protein. You can eat the beans (edamame), drink soy milk, use soy paste (miso) in sauces and soups, or eat meat alternatives and tofu. One cup of cooked edamame packs 29 grams of protein, more than a steak. One cup of soy milk has almost as much protein as regular milk. Considering taking soy supplements or powders? Even if they claim to be natural, they can be an issue if you are on hormone therapy or have had breast cancer. Check with your doctor.



## Vegetables and Beans

You can get plenty of protein from plant-based sources like vegetables and beans. Beans -- including red, black, and kidney -- can have up to 18 grams of protein per cup. A cup of cooked peas has 9 grams of protein, and a medium baked potato has 4 grams.

## Protein Drinks

It's always best to get protein from food. But if you're not getting enough from your diet, protein powders, bars, and supplements may help. You can also try making your own protein drink. Blend fat-free Greek yogurt, soy or skim milk, and fruit. For even more protein, add a tablespoon of peanut butter.



# 30 Days of Healthy Snacks!

Stuck in a snack food rut? Try a different (healthy) snack every day of the month with this printable calendar!

**1** Dip apple slices into a spoonful of peanut butter. Sprinkle each slice with raisins and/or coconut.

**2** Make your own trail mix with your favorite nuts, dried fruits, and cereals. Separate the batch into plastic baggies for instant portion control.

**3** Make a mini antipasto plate using small servings of low-fat cheese, deli turkey, olives, and whole-wheat crackers.

**4** Top low-fat or fat-free cottage cheese with almonds and blueberries. Great for breakfast, too!



**5** Heat air-popped popcorn and top with your favorite seasonings. Try herbs and a sprinkling of Parmesan cheese, or a light dusting

**6** Skip the additives and make your own homemade granola bars using oats, dried fruit and nuts.



**7** Make a smoothie with berries, milk or juice, and a handful of crushed ice. Add a scoop of cottage cheese for a protein boost.

**8** Feeling indulgent? Pair three dried figs with a tablespoon of dark chocolate chips.

**9** Whip up an egg white omelet packed with your favorite veggies and herbs.



**10** Top a small bowl of whole-grain cereal with a sliced banana and skim milk.

**11** Make yourself a mini veggie tray with carrots, celery, cucumbers and cherry tomatoes. Dip into hummus or any other low-fat dip.

**12** Top no-sugar added applesauce with walnuts and a dash of cinnamon.

**13** Try a small bowl of oatmeal sprinkled with chopped almonds and strawberries for a fiber-rich snack.

**14** Pair half a grapefruit with one hard-boiled egg for a boost of vitamins and protein.

**15** Top fat-free or low-fat cottage cheese with pineapple and macadamia nuts.

**16** Chew on turkey jerky with a side of grapes.

**17** If you like creamy snacks and crunchy snacks, enjoy the best of both worlds with cucumber slices and an ounce of Gouda cheese.

**18** Try some unshelled edamame sprinkled with a bit of sea salt. This snack will slow you down since you have to work to get it



**19** Soup isn't just for lunch anymore. Try a cup of veggie soup for a quick and filling snack.

**20** Feeling fancy? Top half a mini bagel with an ounce of smoked salmon.

**21** Slice a sweet potato into strips. Drizzle with olive oil and bake in the oven for homemade sweet potato fries.



**22** Dip a serving of whole-wheat pretzel rods in spicy mustard.

**23** Sprinkle dried unsweetened coconut on top of a small can of pineapple (in its own juice).

**24** Have a slice of whole-wheat toast spread with a spoonful of almond butter.

**25** Enjoy pear slices with a cup of chai tea made with skim milk.

**26** Spread a light English muffin with fat-free cream cheese and sugar-free jam.

**27** Top half of a small baked sweet potato with cottage cheese and cinnamon.

**28** Make your own tortilla chips by slicing whole-grain tortillas into wedges and baking them. Serve with homemade salsa

**29** Savor a square of dark chocolate with a few cherries for a sweet pick-me-up.



**30** Top whole-wheat crackers with hummus and slices of cucumber, radish, or any other crunchy veggie.





# Compare Before You Wear: The Most Popular Fitness Trackers

Lately, it seems like no outfit is complete without a wearable fitness tracker. With sleek designs and bright colors, the latest and greatest in self-quantifying technology are making their presence known on arms everywhere. Interested in joining the fitness-tracking pack? We've rounded up 10 of the most popular fitness trackers to help you compare features and prices. Read on to find the right fit for you, then check out [which trackers are the most accurate here!](#)

## Fitbit Flex



The [FitBit Flex](#) (\$100) is a slim, minimalistic wristband. It tracks your activity level, sleep quality, calories burned, and distance traveled; you can program the lights on the band to indicate real-time progress on hitting your goals. The Flex also vibrates to wake you up and wirelessly syncs to automatically update your stats whenever it's in close range of the included Bluetooth-enabled wireless dongle, which plugs into your computer's USB port; you can also wirelessly sync to your iPhone, iPad 3, iPad Mini, or Samsung Galaxy. It syncs wirelessly with MyFitnessPal to monitor calorie intake and you are compared to your friends' stats. If you like the features of the FitBit Flex but don't want to wear a wristband, then try the FitBit [One](#) or [Zip](#). Another FitBit Flex sibling, the [FitBit Force](#) (currently unavailable), is a similar-looking tracker. However, in February, the [Force was recalled](#) due to an allergic reaction some users experienced when wearing the band. Like the Fitbit Flex, the Force tracks steps, calories, and distance as well as sleep stats; unlike the Flex, the Force also can gauge how many stairs you've climbed and elevation, and it features a display, as well. The water-resistant Force syncs wirelessly and automatically to your iOS or Android phone or computer, so you can view your stats on an app or browser. Since the current Force has been recalled, keep an eye out for the next-generation model of the band soon.

## Nike+ FuelBand SE



The [Nike+ Fuelband SE](#) (\$150) includes a few extra features from the previous FuelBand. Like the older model, the FuelBand SE tracks calories, steps, and [Nike](#) Fuel points, but the new model now also tracks sleep. It also aims to improve calorie burn and Fuel point accuracy with a new feature that allows you to log different types of workout sessions (such as yoga or weight lifting). The water-resistant Fuelband SE syncs automatically with the iPhone app, so you don't have to push a button to upload data as you do with the older model. Neither the FuelBand SE nor FuelBand is compatible with Android devices.



### **Polar Loop**



The waterproof [Polar Loop](#) (\$110) tracks your steps and calories; after syncing via Bluetooth or USB cable, the iPhone-only app also features an Activity Guide that tells you specific things you can do to help you meet your daily goal (for example, going on a 20-minute walk). If you're sitting down for a while, the app will also remind you to get moving. On the bracelet, the display shows the words "Up," "Walk," or "Jog" depending on your activity intensity; you can also sync a heart-rate sensor to the tracker to help you more accurately track your movement.

### **Bowflex Boost**



The [Bowflex Boost](#) (\$50) has all the same basic features of any fitness tracker but at a more affordable price. It tracks calories, steps, and distance as well as sleep stats, all of which sync wirelessly and automatically with its accompanying iPhone app (it's not compatible with Android devices). There's no display, but red, yellow, and green lights let you know whether or not you've hit your goals.

### **BodyMedia Fit Link**



The [BodyMedia Fit LINK](#) (\$119) isn't as sleekly designed as the other trackers, but it has staying power for two reasons: it's simple, and it works. Wear the band on your upper arm throughout the day to track calories burned, exercise intensity, steps taken, and sleep quality. You can also keep track of everything you're eating using the online weight management system. At the end of the day, upload your activity stats to see if you burned more calories than consumed. One big downside of this tracker is that after a free six-month membership, a \$7 per month subscription is required to access the data it collects. The BodyMedia syncs wirelessly with smartphones and also plugs into your Mac or PCs to download and view data.

### **Jawbone UP24**



Like the Jawbone Up before it, the [Jawbone UP24](#) (\$150) is all about tracking your activity — like walking, pace, distance, and calories burned — and continues tracking your behavior after you're fast asleep. After syncing the UP24 wirelessly with your iOS or Android device, you can check all your data and make new goals through the app. You can also program in other stats manually, like workouts, mood, and meals (the UP24 also syncs with third-party apps like MyFitnessPal). The small bracelet can also be programmed to vibrate at an optimal time during your sleep cycle to wake you up or even during the day to remind you to get up and move. The UP24 has a battery life of about seven days before needing to be recharged.

### **Garmin Vivofit**



For a tracker you never have to take off, try the [Garmin Vivofit](#) (\$130). Its battery lasts for over a year and is waterproof, meaning you can keep it on while you take a shower. The Vivofit tracks steps, distance, calories, and sleep and can also track workout details when paired with a heart-rate monitor (sold separately). An activity bar will show you whether you've been sitting for too long. The Vivofit syncs wirelessly with its free iOS or Android app as well as your computer.

### **MisFit Shine**



If you like your fitness trackers sleek and minimal, then the [MisFit Shine](#) (\$120) may be for you. The Shine conceals its technology in a metallic orb (choose from four different colors) and tracks steps, calories, and sleep. It can also track activities (running, cycling, and swimming). The circular, waterproof Shine can be worn on your wrist, clipped to your clothing, or worn as a necklace, depending on which accessory you buy, and includes a watch battery that lasts about four months. The lights on the Shine can tell you how much progress you've made that day, but for more detailed information, you'll need the free iOS or Android app; the Shine syncs with the app when you place it on your phone.



## Striiv Play



The **Striiv Play** (\$70) is a pedometer that turns your day into a video game. Paired with its iPhone app, the Striiv Play gives you customized challenges to meet through the day, like taking 200 steps in 15 minutes or going the distance of a marathon. The Play tracks your steps taken, distance, stairs, and calories burned, and the iOS app syncs wirelessly with MyFitnessPal to monitor calorie intake.

## Withings Pulse



The lightweight **Withings Pulse** (\$100) clips onto your clothing and measures steps, distance, elevation, calories, and sleep (it comes with a wrist strap, so you can wear it while you sleep). When you run, the Pulse shows you how long and how far you've gone. The Pulse stands out from the rest, however, with an additional metric: place a finger on the back of the Pulse, and it'll tell you your heart rate. Then, sync data wirelessly to your iOS or Android phone with the free Withings app. The Pulse has a battery life of about two weeks before needing to be recharged.

## Which Fitness Tracker is the Most Accurate?

| RANK | TRACKER                                   | ERROR RATING |
|------|---|--------------|
| 1.   | <b>BodyMedia FIT</b> (\$119)              | 9.3 percent  |
| 2.   | <b>Fitbit Zip</b> (\$60)                  | 10.1 percent |
| 3.   | <b>Fitbit One</b> (\$100)                 | 10.4 percent |
| 4.   | <b>Jawbone UP24</b> (\$150)               | 12.2 percent |
| 5.   | <b>Actigraph wGT3X-BT Monitor</b> (\$225) | 12.6 percent |
| 6.   | <b>Directlife</b> (\$199)                 | 12.8 percent |
| 7.   | <b>Nike FuelBand SE</b> (\$149)           | 13.0 percent |
| 8.   | <b>Basis B1 Band</b> (\$199)              | 23.5 percent |





## Saline County Wellness Newsletter

# Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Amy Hanson, Saline County Aging Services:

## "Everything I Need To Know About Retiring But Didn't Know Who To Ask"

5:30 pm, Thursday, September 18th, at the Extension Office

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video



### Join Every Move Today

Earn Rewards while getting fit!!!

[www.everymove.org](http://www.everymove.org)

Rewards include sportswear, donating to charities, shoes, drinks, gift cards, etc.

Current rewards include (over 45 rewards to choose from):

\* \$50 off a Treadmill, Elliptical or Stationary Bike

\* \$10 Cabela's Gift Card

\* \$10 off a Fitbit Fitness Tracker

\* 63% off the Healthy & Hearty Combo at Omaha Steaks

\*\*\* If you don't find what you are looking for, make a request!

\* Plated.com--pre-portioned ingredients & recipe delivered

\* 50% off Complete Nutrition Items

\* One month FREE to Anytime Fitness

\* Donate to Fred Hutchinson Cancer Research

\*\*\* Automatically syncs with your fitbit!!

## NIRMA ONLINE CLASSES

The following classes are offered FREE from July 1 - September 30: (25 WELLNESS POINTS EACH)

**Understanding Depression and Bipolar Disorder**

**Generational Differences**

**Managing Risk in an Aging Workforce**

**Dealing with Heat Stress**

**Preventing Accidents in the Workplace**

## Looking For Healthy Recipes?????

Check out the Saline County Wellness Website

[www.co.saline.ne.us/wellness](http://www.co.saline.ne.us/wellness)

Still mad you "only" lost  
1 pound??





# Retirement, Social Security, Medicare

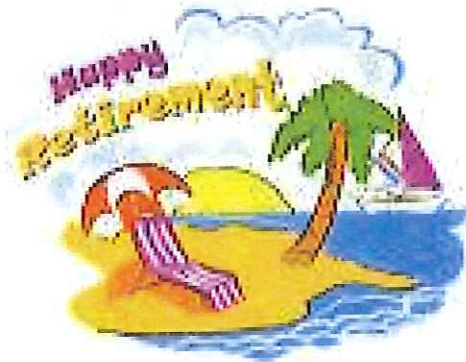
**Are you, your spouse, or someone you know...**

Wondering what you need to know about retirement?

Planning to delay retirement?

Preparing to retire?

Wondering whether to take Social Security early or wait?



Saline County Aging Services  
will present a discussion on:

## ***"Everything I Need To Know About Retiring But Didn't Know Who To Ask"***

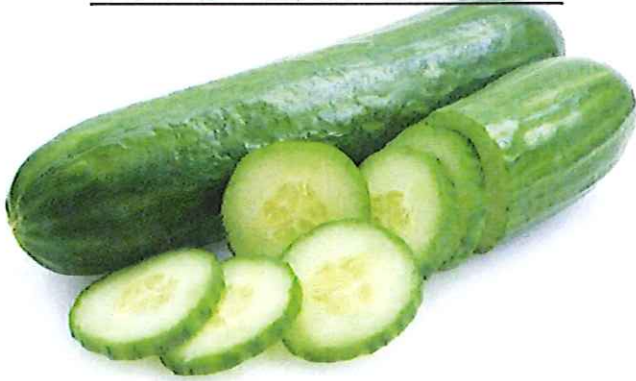
Topics discussed include:

- Medicare A, B and D in a nutshell
- Working Past Retirement Age
- Delaying Medicare without penalties
- The one thing I absolutely HAVE to know/do before turning 65
- How taking Social Security is affected by employment

The presentation will be followed by a Q&A session.

**Presentation September 18, 2014  
5:30 PM at the Saline County Extension Office  
FREE to all county employees and spouses  
(Or bring a friend or relative)**

## CUCUMBER TIPS & TRICKS



### **CUCUMBER TIPS & TRICKS THAT YOU DON'T WANT TO MISS!!**

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. For a pick me up in the afternoon... Put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours. Slice some and put in your water bottle.
3. If you rub a cucumber slice along your bathroom mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.
4. Place a few slices of cucumber in a small pie tin and your garden will be free of pests all season long. The chemicals in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.
5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemical in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!
6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wake up refreshed and headache free.  
Cucumbers contain enough sugar, B vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!
7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries by European trappers, traders and explorers for quick meals to thwart off starvation.
8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.
9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!
10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.
11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemical will kill the bacteria in your mouth responsible for causing bad breath.
12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.





## Zucchini Noodles (Zoodles) with Lemon-Garlic Spicy Shrimp

Servings: 1 • Size: 1 zucchini + shrimp • Old Points: 5 pts • Points+: 6 pts  
Calories: 235.5 • Fat: 9 g • Carb: 14.5 g • Fiber: 4 g • Protein: 25 g • Sugar: 4 g  
Sodium: 179 mg (without salt) • Cholesterol: 173 g

### Ingredients:

- 1 1/2 teaspoons olive oil
- pinch crushed red pepper flakes
- 4 oz peeled and deveined shrimp
- 2 cloves garlic, sliced thin and divided
- 1 medium zucchini, spiralized
- pinch salt and fresh black pepper
- 1/4 lemon
- 1/4 cup halved grape tomatoes

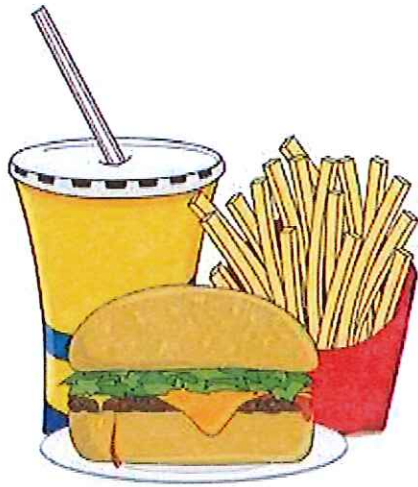
### Directions:

Heat a medium nonstick skillet over medium-high heat. Add 1 teaspoon of the oil and crush red pepper flakes, add the shrimp and season with pinch salt and pepper; cook 2 to 3 minutes. Add half of the garlic and continue cooking 1 more minute, or until the shrimp is cooked through and opaque. Set aside on a dish.

Add the remaining 1/2 teaspoon oil and garlic to the pan, cook 30 seconds then add the zucchini noodles and cook 1 1/2 minutes. Add the shrimp and tomatoes to the pan and squeeze the lemon over the dish. Remove from heat and serve.



## FAST FOOD CHOICES



Most Americans are aware that a steady diet of fast food is not conducive to good health. Foods that are high in fat, cholesterol, sodium, and calories adorn the menus of fast food restaurants, and contribute to the increasing prevalence of cardiovascular disease in America. Still, most of us find ourselves consuming these foods, at least occasionally, in large part because they are quick, inexpensive, and—yes—they taste good. Is there a way to eat healthier at a fast food restaurant?

The answer is yes. Most of the major fast food chains publish nutrition information about their products and have it available in the restaurant and on their web sites. By educating yourself to the content of a restaurant's offerings, you can make choices that will leave you feeling content and not guilty. Let's take a look at some of this information...

It is recommended that the average American adult consume about 2000 calories per day. Within this recommendation, it is suggested that fat account for no more than 65 grams, saturated fat be less than 20 grams, and sodium be below 2400 milligrams. Cholesterol intake should be less than 300 milligrams, and it must be remembered that foods that are high in fat and cholesterol are doubly dangerous to health. If all these calculations are confusing, don't be concerned. Federally mandated guidelines on nutrition information will enable you to quickly see the content of products and determine the relative values of each.

As we've said before, calories, cholesterol, fat, and sodium (salt) are the major culprits in bad nutrition, and they figure prominently in fast food. Using the recommendations below, you can easily see how certain items are cardiovascular event waiting to happen:

| Restaurant/Item                             | Calories | Fat | Saturated Fat | Cholesterol | Sodium |
|---|----------|-----|---------------|-------------|--------|
| Daily Recommended Allowance                 | 2000     | 65g | 20g           | 300mg       | 2400mg |
| McDonald's/Big Mac                          | 590      | 34g | 11g           | 85mg        | 1090mg |
| McDonald's/Qtr Pounder w/ Cheese            | 530      | 30g | 13g           | 95mg        | 1301mg |
| Burger King/Whopper w/ Cheese               | 780      | 47g | 17g           | 105mg       | 1390mg |
| Burger King/DbI Whopper w/ Cheese           | 1020     | 65g | 25g           | 170mg       | 1460mg |
| Arby's Beef 'N Cheddar                      | 480      | 24g | 8g            | 90mg        | 1240mg |
| Arby's Giant Roast Beef                     | 480      | 23g | 10g           | 110mg       | 1440mg |
| Wendy's/Big Bacon Classic                   | 580      | 30g | 12g           | 100mg       | 1460mg |
| Jack in the Box/Bacon Ultimate Cheeseburger | 1020     | 71g | 26g           | 210mg       | 1740mg |
| Jack in the Box/Jumbo Jack with Cheese      | 640      | 38g | 15g           | 105mg       | 1340mg |

We looked at some of the items available in fast food restaurants that contain enormous levels of fat, sodium, and cholesterol. We also included some tips on how to eat healthier at fast food establishments. We'll look at how smaller portions and wiser choices can assist you. It stands to reason that the bigger the portion, the greater the concentration of substances best avoided. For example, the chart below uses information provided on the Burger King web site to give you an idea how the size of a sandwich and the various additions alter the nutritional value.

| Restaurant/Item             | Calories | Fat | Saturated Fat | Cholesterol | Sodium |
|-----------------------------|----------|-----|---------------|-------------|--------|
| Daily Recommended Allowance | 2000     | 65g | 20g           | 300mg       | 2400mg |
| Whopper with cheese         | 780      | 47g | 17g           | 105mg       | 1390mg |
| Whopper                     | 680      | 39g | 12g           | 80mg        | 940mg  |
| Whopper Jr. with Cheese     | 460      | 27g | 10g           | 60mg        | 740mg  |
| Whopper Jr.                 | 410      | 23g | 7g            | 50mg        | 520mg  |
| Cheeseburger                | 370      | 18g | 9g            | 55mg        | 750mg  |
| Hamburger                   | 320      | 14g | 6g            | 45mg        | 530mg  |



As you can see, the addition of that one slice of cheese makes a large difference, as does the size of the sandwich. You can consume a hamburger and a medium order of French fries and still take in less fat than is in a Whopper alone.

Many fast food restaurants have tried to provide healthier choices and diversify their menu offerings by including salad bars and baked potatoes. On the surface these may appear to be healthier, but their nutritional value can be quickly eroded by the addition of cheese, bacon bits, sour cream, and dressings that contain high levels of fat and sodium. Salad dressings such as thousand island, ranch, bleu cheese, and creamy Italian are particularly heavy. As an example, a two-ounce serving of Arby's buttermilk ranch dressing derives 97% of its 360 calories from fat and contains an astounding 39 grams of fat—more than half the amount a person should consume in a day and as much as a Whopper.

In order to limit fat, cholesterol, and sodium intake when ordering fast foods, a good rule of thumb is to choose the more basic options on the menu. A simple hamburger, or even a cheeseburger, will always be more heart friendly than a colossus loaded with cheese, mayonnaise, pickles, and "secret sauce". Consider the following:

- A standard Taco Bell taco contains 18% of a person's recommended daily fat intake, a Double Decker Taco Supreme 32%
- There are 10mg of cholesterol in one slice of "Thin 'n Crispy" Pizza Hut cheese pizza while one slice of "Meat Lover's" pizza contains 35mg
- A six-inch Subway turkey breast sandwich has only 1 gram of saturated fat while a six-inch "Caesar Italian BMT" has ten times that amount.
- Because French fries are fried in vegetable oil, they are often described as being "cholesterol free". This may be true, but that frying process adds saturated fat which promotes heart disease in the same way as cholesterol. There are 1.5 grams of saturated fat in a small order of McDonald's French fries as compared to 5 grams in a "Super Size" order
- Eliminating the mayonnaise on sandwiches can make a real difference. The Burger King Whopper with mayonnaise has 39 grams of fat but only 22 grams without. McDonald's Chicken McGrill's 18 grams of fat can be reduced to just 7 grams by leaving off the mayo.

In today's fast-paced society, fast food is an attractive dining option in many cases. With regard to maintaining a healthy cardiovascular lifestyle, it is important for consumers to know that on any restaurant's menu there are some items that are good, some that are bad, and then some that are downright terrible.

- Steer clear of anything that has bacon on it.
- Don't order sandwiches that are "double", "big", or "jumbo."
- Avoid the cheese—one slice of American cheese has 70 calories and 6 grams of fat.
- Condiments other than ketchup and mustard tend to be mayonnaise-based, and are almost exclusively composed of fat.
- Use ketchup, mustard, and pickles sparingly—they have high sodium content.
- Chicken and fish sandwiches are generally healthier than hamburgers especially if they are grilled, not fried.
- French fries are deceptive—they contain large amounts of fat, calories and sodium. Order a small portion, do not add extra salt, and remember that ketchup is high in sodium.

Moderation is the key when dining at fast food restaurants. They need not be completely avoided, but as part of a healthy lifestyle they shouldn't be an everyday habit. By knowing the nutrition content of what you're consuming, you can make smart choices and still enjoy the convenience of these quintessentially American institutions.

If you would like more information, please call our nutrition counselors at (402) 483-8590 or learn about the program on <http://www.bryanhealth.org>. You should also talk to your physician about your diet. If you do not have a physician, please call our referral center at (402) 483-8590 or <http://www.bryanhealth.com/FindaPhysician> to visit our Physician Finder to find a physician that is right for you.

Healthy Living,  
Bryan Health



# WE CHALLENGE YOU! catch 88

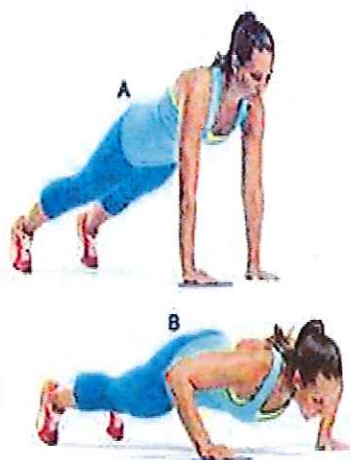
## 30-DAY SQUAT CHALLENGE

|              |              |
|--------------|--------------|
| Day 1: 50    | Day 16: Rest |
| Day 2: 55    | Day 17: 150  |
| Day 3: 60    | Day 18: 155  |
| Day 4: Rest  | Day 19: 160  |
| Day 5: 70    | Day 20: Rest |
| Day 6: 75    | Day 21: 180  |
| Day 7: 80    | Day 22: 185  |
| Day 8: Rest  | Day 23: 190  |
| Day 9: 100   | Day 24: Rest |
| Day 10: 105  | Day 25: 220  |
| Day 11: 110  | Day 26: 225  |
| Day 12: Rest | Day 27: 230  |
| Day 13: 130  | Day 28: Rest |
| Day 14: 135  | Day 29: 240  |
| Day 15: 140  | Day 30: 250  |



## BEGINNER PUSH-UP CHALLENGE

|              |              |
|--------------|--------------|
| Day 1: 5     | Day 16: 20   |
| Day 2: 5     | Day 17: 20   |
| Day 3: 6     | Day 18: 20   |
| Day 4: 6     | Day 19: 25   |
| Day 5: 7     | Day 20: 25   |
| Day 6: 7     | Day 21: 30   |
| Day 7: 10    | Day 22: Rest |
| Day 8: 10    | Day 23: 30   |
| Day 9: 10    | Day 24: 35   |
| Day 10: 15   | Day 25: 35   |
| Day 11: 15   | Day 26: 40   |
| Day 12: 15   | Day 27: 40   |
| Day 13: Rest | Day 28: 45   |
| Day 14: 18   | Day 29: 45   |
| Day 15: 18   | Day 30: 50   |



## 30-DAY PLANK CHALLENGE

|                 |                 |
|-----------------|-----------------|
| Day 1: 20 sec   | Day 16: 2 min   |
| Day 2: 20 sec   | Day 17: 2 min   |
| Day 3: 30 sec   | Day 18: 2.5 min |
| Day 4: 30 sec   | Day 19: Rest    |
| Day 5: 40 sec   | Day 20: 2.5 min |
| Day 6: Rest     | Day 21: 2.5 min |
| Day 7: 45 sec   | Day 22: 3 min   |
| Day 8: 45 sec   | Day 23: 3 min   |
| Day 9: 1 min    | Day 24: 3.5 min |
| Day 10: 1 min   | Day 25: 3.5 min |
| Day 11: 1 min   | Day 26: Rest    |
| Day 12: 1.5 min | Day 27: 4 min   |
| Day 13: Rest    | Day 28: 4 min   |
| Day 14: 1.5 min | Day 29: 4.5 min |
| Day 15: 1.5 min | Day 30: 5 min   |



## 30-DAY CRUNCH CHALLENGE

|              |              |
|--------------|--------------|
| Day 1: 25    | Day 16: Rest |
| Day 2: 30    | Day 17: 100  |
| Day 3: 35    | Day 18: 105  |
| Day 4: Rest  | Day 19: 110  |
| Day 5: 40    | Day 20: Rest |
| Day 6: 45    | Day 21: 115  |
| Day 7: 50    | Day 22: 120  |
| Day 8: Rest  | Day 23: 125  |
| Day 9: 60    | Day 24: Rest |
| Day 10: 65   | Day 25: 130  |
| Day 11: 70   | Day 26: 135  |
| Day 12: Rest | Day 27: 140  |
| Day 13: 80   | Day 28: Rest |
| Day 14: 90   | Day 29: 145  |
| Day 15: 95   | Day 30: 150  |





# Battle of the sweeteners!

Americans eat too much sugar, experts say—but not all the alternatives are better for you. Here's the lowdown on the real stuff, and the most buzzed-about swaps. BY MARYGRACE TAYLOR

## BASICS

### SUGAR



- A simple carbohydrate made from sugarcane or sugar beets
- One teaspoon—which is equivalent to 4 grams—has 15 calories

### SACCHARIN



- A sugar- and calorie-free sweetener made from a chemical compound
- 300 to 450 times sweeter than sugar, with a slightly bitter aftertaste
- Besides Sweet 'N Low, saccharin is sold as the brand SugarTwin

### STEVIA



- A sugar- and zero-calorie sweetener extracted from a South American plant
- 200 to 300 times sweeter than sugar, with a slight licorice aftertaste
- Found in sodas and juices, plus in granulated form (Pure Via and Truvia)

### SUCRALOSE



- An artificial sweetener that starts out as table sugar, undergoes a chemical process, and comes out 600 times sweeter and without any calories
- Also known as Splenda

### AGAVE NECTAR



- A syrup made from the agave plant
- One teaspoon has more calories (20) and more sugar content (4.7 grams) than plain white sugar
- Tastes slightly sweeter than sugar; dark varieties have a caramel flavor

### ASPARTAME



- An artificial sweetener with 4 calories per teaspoon, but found in such small amounts in diet soda, NutraSweet, and Equal that you'll see zero calories on labels
- 200 times sweeter than sugar
- Doesn't work well in baked goods

### MONK FRUIT EXTRACT



- A sugar- and calorie-free sweetener extracted from the Chinese loo han fruit
- 150 to 300 times sweeter than sugar
- Found in some herbal teas and mixed with other natural sweeteners in the granulated blend Nectresse

## THE LOWDOWN

"Americans consume over 19 teaspoons of added sugar daily, but the American Heart Association says women should only eat six teaspoons," says registered dietitian Andrea Giancoli.

Studies in the 1970s linked saccharin to cancer, but the research was debunked, and the FDA and the National Cancer Institute agree it's safe; still, experts don't know how it may affect pregnancy.

Swap for sugar or find it in a blend made with other sweeteners (so baked goods brown better). It's FDA-approved as a sweetener, but whole-leaf stevia hasn't been deemed safe during pregnancy.

For baking, use only a half cup of Splenda for one cup of sugar, and check your brownies or cookies a few minutes before the recipe suggests. Health-wise, it has a clean track record.

Agave's glycemic index is lower than sugar's, so it might help you in terms of avoiding a sugar high and crash. But its calorie count versus sugar's doesn't make it ideal for weight loss.

Aspartame is deemed safe by the FDA and the National Cancer Institute. Still, a study of more than 3,000 women linked diet soda (but not regular soda) with kidney decline.

Monk fruit is a nice swap for sugar: It's safe, tastes good, and is calorie-free. Because it's so much sweeter than sugar, check the package instructions when swapping it in recipes.





# Saline County Wellness Newsletter

## Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Greg Hasenohr, First State Bank Nebraska:

### "Home Financing"

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

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

## FOOD CRAVINGS

stepintomygreenworld.com



| YOUR CRAVING               |   | WHAT YOU NEED |   | WHAT TO EAT INSTEAD   |
|----------------------------|---|---------------|---|---|
| CHOCOLATE                  | → | MAGNESIUM     | → | Nuts, seeds, veggies & fruits                                 |
| SUGARY FOODS               | → | CHROMIUM      | → | Broccoli, grapes, cheese, chicken                             |
|                            | → | CARBON        | → | Fresh fruits  |
|                            | → | PHOSPHORUS    | → | Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains |
|                            | → | SULPHUR       | → | Cranberries, horseradish, cabbage, cauliflower                |
|                            | → | TRYPTOPHAN    | → | Cheese, raisins, sweet potatoes, spinach                      |
| BREAD, PASTA & OTHER CARBS | → | NITROGEN      | → | High protein foods: meat, fatty fish, nuts, beans, chia seeds |
| OILY FOODS                 | → | CALCIUM       | → | Organic milk, cheese, green leafy vegetables                  |
| SALTY FOODS                | → | CHLORIDE      | → | Fatty fish, goat milk   |
|                            | → | SILICON       | → | Cashews, nuts, seeds  |

Source:  
Coaching &  
Weight  
Management

## NIRMA ONLINE CLASSES

The following classes are offered FREE from Oct 1 - December 31: (25 WELLNESS POINTS EACH)

**Sleep and Your Health**

**Smoking Cessation**

**Understanding Nutritional Information & Labels**

## 100 Miles in 100 Days Winners

Congratulations to the following people for walking, running or biking 100 Miles in 100 Days. Each participant received a \$10 gift certificate from Subway AND 25 Challenge points!!!

\*Sharon Jelinek

\*Kathy Nienaber

\*Marvin Kohout

\*Judy Florian

\*Tim McDermott

\*Kerry Hagemeyer

\*Daryl Fikar

\*Lyle Weber

\*Cindy Wollenburg

\*Bruce Filipi

\*Diane Krupicka

\*Kara Burda



# Flu Vaccination Clinic

## Friday, October 17

Public Health Solutions will be offering flu shot or flu mist vaccinations to all county employees and their family members. All participants are required to bring their insurance cards. PHS will bill any health insurance carrier. You do not need to be covered by the county's insurance in order to participate. However, if the flu shot or flu mist is not covered by your insurance provider, you are responsible for the \$30.00 fee per person. For all county employees/families covered by the county's insured (BCBS of NE), there is no charge for the flu shot or flu mist.

Public Health Solutions will be at the following locations on Friday, October 17:

Courthouse Assembly Room 7:30 am - 10 am

Law Enforcement Center 3:00 pm - 5:30 pm

If you have any questions, please contact Kerry or Kory or contact PHS directly at 402-826-6689 [swilliamson@phsneb.org](mailto:swilliamson@phsneb.org) and ask for Sonya.

Public Health Solutions will be offering the flu mist at the following schools on the following days:

|                 |                 |                |
|-----------------|-----------------|----------------|
| Crete           | Thursday/Friday | October 9 & 10 |
| Meridian        | Tuesday         | October 14     |
| Dorchester      | Tuesday         | October 14     |
| Friend          | Wednesday       | October 22     |
| Wilber-Clatonia | Friday          | October 24     |
| Tri County      | Wednesday       | October 29     |



## Upcoming Fun Run/Walks

Fall is a great time to get out and walk or run a 5K. Here is a list of Fun Runs/Walks in the area:



[www.clipartof.com](http://www.clipartof.com) • 1644460

- ✧ Crete Back Pack Program, Saturday, September 27, 2014  
Fun Run & Pancake Feed, \$25.00 Registration Fee  
Reg at 7:30 am/Run at 8:00 am at United Church of Christ
- ✧ Capital City Step Up for Down Syndrome Walk  
Saturday, Oct 4, 2014 9:30 am at Antelope Park
- ✧ Glow Doane Homecoming 5K, Saturday, October 4, 2014  
6:30pm Reg/Run at 7:30 pm at Stadium Drive  
\$30.00 entry fee (included Tshirt & glow gear)
- ✧ 4th Annual Pumpkin Run, Saturday, October 11 @ 9:00 am, Beatrice Family Chiropractic  
Benefits go to Make-A-Wish Foundation
- ✧ 9th Annual Monster Dash Fun Run, Saturday, October 18 at Roca Berry Farm, Roca, NE  
Reg 7:30 am/Run at 9:30 am, Benefits go to Child Advocacy Center  
\$25.00 for 5K, \$15.00 for 1 Mile
- ✧ Making Strides Against Breast Cancer, Sunday, October 26 Holmes Lake Park, 1:00 pm  
Benefits go to American Cancer Society





# BINGO Instructions



Mark each BINGO square that you complete in October



Turn in your October BINGO Sheet by Friday, November 7, 2014.



For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. (Your name will be entered into the drawing one time just for participating, even if you don't get a BINGO.) Therefore, your name can be entered up to thirteen times each month.



We will offer BINGO in October, November and December. Your name will go in to the drawing at the end of each month.



You must earn at least 1 "BINGO" each month in order to earn your 25 Challenge Points.



In January, two prizes will be awarded. One prize for the name that is drawn and one prize for the person who marked off the most squares over the 3 month period.

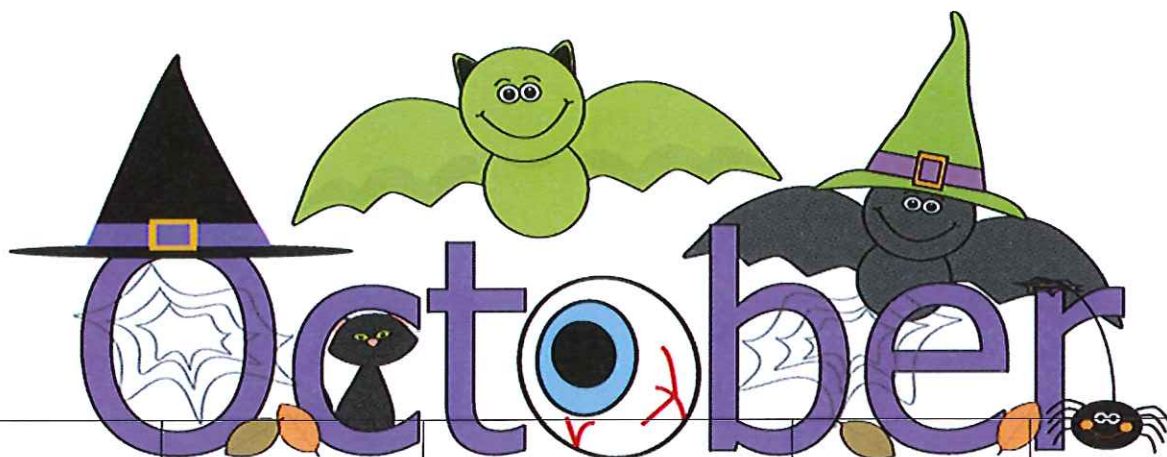


**PRIZES** are choice of: \*Massage \*Dinner & A Movie for 2 \*Hunting And/Or Fishing License

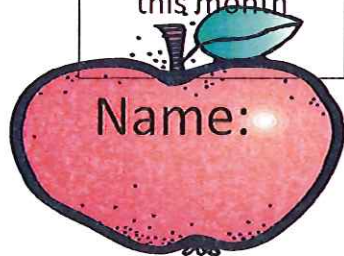


This Challenge is on the Honor System. If you cheat, you are only cheating yourself!!!



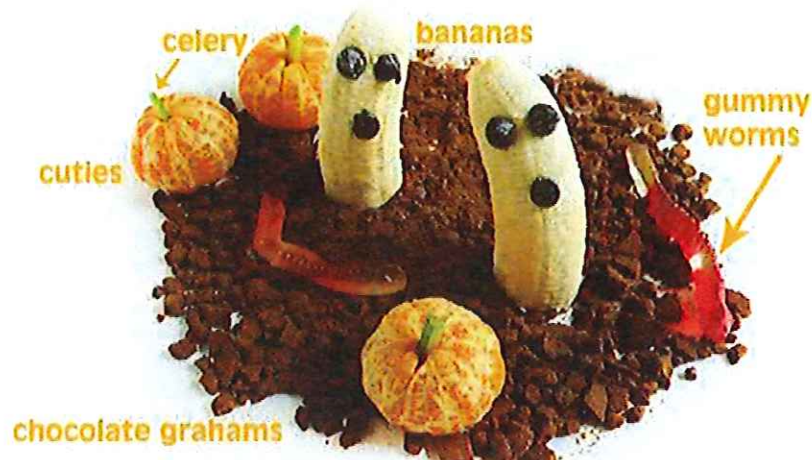


| B   | I  | N  | G   | O  |
|---|--|--|---|--|
| Take 1 hour for yourself once a week this month                                 | Keep a food journal for three consecutive days                       | Choose lean meat whenever you can. Its lower in saturated fat, cholesterol and calories  | Drink 64 ounces of water 10 days this month                 | 6 exercise sessions of 30 minutes or more this month   |
| Eat the daily recommended amount of fruits and veggies daily 3 times each week. | Eat 2 whole grains at least 1 day this month                         | Get outside and do some fall yard work at least once this month. Protect yourself by using proper lifting techniques               | Wear your pedometer and track your steps 8 times this month | Do not add extra salt to your food 4 times this month. |
| Walk up and down the stairs 5 times (at least 8 steps) 2 times this month       | Call a friend/family you haven't talked to for a while at least once | FREE   | Run or walk for 40 minutes 5 times this month               | Weigh yourself one day this month                      |
| Workout in the Saline County Fitness Center once a week this month              | Try and Share a new healthy "tailgate" recipe this month             | Try out <a href="http://www.mapmywalk.com">www.mapmywalk.com</a> or <a href="http://www.myfitnesspal.com">www.myfitnesspal.com</a> | Eat 3 different colored vegetables twice this month         | Get your flu shot or flu mist this month               |
| Do not use tobacco 5 days this month  | Stretch for 5 minutes at your desk 10 times this month               | Enjoy an apple while they're in season. There are more than 7,500 varieties to choose from!  | Make or buy some healthy treats for your Trick or Treaters  | Drink 2 glasses of milk 4 times this month             |





# SPOOKY FRUIT



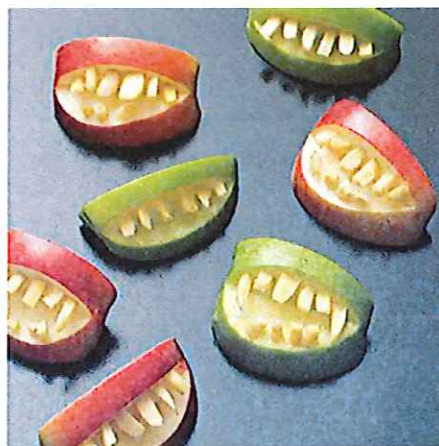
## Tangerine Pumpkins + Banana Ghosts

\*4 Bananas

\*1 Stalk Celery

\*24 Chocolate Chips, regular sized and mini

\*4 Tangerines or Clementines



## Apple Bites

\*Apples

\*Slivered almonds

If you're not going to serve them right away,  
baste the apples with orange juice to keep them from browning.



\*Vegetable Dip    \*4 Long Carrots    \*1 Medium Carrot

\*Softened Cream Cheese    \*5 Sliced-Almonds    \*Baby Carrots

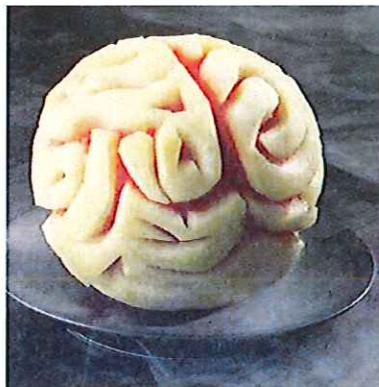
With a paring knife, cut a flat, shallow notch in the tip of each carrot. Then use a dab of dip or softened cream cheese to glue a sliced-almond fingernail atop each notch.



### **Pizza Mummies**

\*English muffins    \*Pizza sauce    \*Black olives    \*Green Onions    \*Cheese sticks or slices

Heat the oven to 350° F. Bake for about 10 minutes or until the cheese is melted and the muffin is toasty.



### **Melon Brain**

\*1 small seedless watermelon

Use a vegetable peeler to remove the entire green rind, exposing the inner white rind. Slice off the bottom of the melon to create a flat base that will keep it from rolling. With a toothpick, outline squiggly furrows that resemble the folded surface of a brain. Finally, carve narrow channels along the tracings with a sharp paring knife (a parent's job) to expose the pink fruit beneath the rind.





## HIGH BLOOD PRESSURE FACT SHEET

The heart pumps blood into the arteries and through the circulatory system. Blood pressure is the force of blood pushing against blood vessel walls. It's measured in the arteries and is recorded as two numbers, such as 122/78.

**SYSTOLIC PRESSURE** is the top, larger number. It is generated by the pressure in the arteries while the heart is contracting.

**DIASTOLIC PRESSURE** is the bottom, smaller number. It is pressure in the arteries while the heart is filling and resting between beats.

Medical scientists have determined a normal range for blood pressure. People whose blood pressure is consistently higher than this norm are said to have high blood pressure or have "hypertension".

High blood pressure means the heart is straining to pump blood. It is unhealthy because:

- 1) The heart can become enlarged, resulting in congestive heart failure.
- 2) The arteries can become scarred and less elastic. Hardened, narrowed arteries may be unable to carry the amount of blood the body's organs and tissues need to function.
- 3) Blood clots may form or lodge in a narrowed artery. Blood clots are one of several causes of heart attacks and strokes.

Most cases of high blood pressure (hypertension) have unknown causes. Although there may not be a single known cause for high blood pressure, there are a number of contributing factors we have control of and others we do not.

### **What is High Blood Pressure?**

- A blood pressure level of 140/90 or higher is considered high.
- About two-thirds of people over age 65 have high blood pressure.
- If your blood pressure is between 120/80-139/89, then you may have prehypertension. This means that you don't have high blood pressure now, but you are likely to develop it in the future unless you adopt a healthy lifestyle.

## High Blood Pressure Can Cause:



- Heart Attack
- Stroke
- Kidney Damage
- Heart Failure
- Damage to Eyes

## Blood Pressure Categories for Adults Age 18 and Older

| Category        | Systolic Pressure |     | Diastolic Pressure | How Often to Have Blood Pressure Checked   |
|-----------------|-------------------|-----|--------------------|--|
| <b>Healthy</b>  | Less than 120     | and | Less than 80       | Recheck Yearly   |
| <b>Elevated</b> | 120-139           | or  | 80-89              | Recheck Every 6 Months   |
| <b>High</b>     | 140-159           | or  | 90-99              | Recheck within 1 Month. If still High, Seek Medical Care Within 1 Month.                             |
|                 | 160-179           | or  | 100-109            | Seek Medical Care Within 1 Month   |
|                 | 180 or Higher     | or  | 110 or higher      | Seek Medical Care Immediately. If Immediate Access to Health Care Provider is Not Possible, Call 911 |

\*\*If Systolic and Diastolic Blood Pressure fall into different categories, the higher category is used to classify Blood Pressure.

If you are taking medicine for high blood pressure, your doctor may recommend a different schedule of visits.







# Saline County Wellness Newsletter

## Love Yourself Enough to Work Harder in 2014

### 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 Educational Class

Our Monthly Education Class featuring Dr. Scott W. Donkin, DC:

### "Sit Smarter, Not Harder"

**5:30 pm, Wednesday, November 12 at the Extension Office**

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

### NIRMA ONLINE CLASSES

The following classes are offered FREE from Oct 1 - December 31: (25 WELLNESS POINTS EACH)

**Sleep and Your Health**

**Smoking Cessation**

**Understanding Nutritional Information & Labels**

### Food Drive--November & December

Every year, Saline County has an annual food drive to help Saline County Aging Services & Blue River Family Resource Center stock up on supplies before the holidays. In addition, from November 3-21, counties in Nebraska compete against counties in Kansas to see which state can get the most items donated. Help us out by donating during those dates!!! And last, but not least, during the months of November and December, you can also earn Wellness Points by donating!!! Each time you make a donation in November and December, you will earn 1 Wellness Point for each item you donate.

You can drop off your donations at the following locations and there will be a sign up sheet for you to log the date, your name and the number of items you donated. Don't forget to log your wellness points in your Wellness Booklet as well.

If you have any questions, please do not hesitate to contact Linda at 402-821-2374.

\*Courthouse Assembly Room

\*Law Enforcement Mail Room

\*Extension Office Conference Room

\*Aging Services

Keep in mind that as we all start planning for the holiday season, there are many people less fortunate than us, that will be going without a nice Thanksgiving or Christmas meal. In addition, many people are looking for jobs this time of year. It is hard to get a job when you can't care for your basic personal hygiene needs. Aging Services is always in need of the following items:

\*Paper Towels

\*Deodorant

\*Conditioner

\*Laundry Soap

\*Bar Soap

\*Shampoo

\*Razors

\*Dish Soap

\*Toilet Paper (If you buy a big package it will be broken down for multiple households)

\*Tooth Paste

\*\*Look for email updates in the next two months listing the items that Aging Services is in need of.

Thank you for your thoughtful support!!! It is much appreciated!

### Saline County 4th Annual Health Fair

## COMING in FEBRUARY 2015

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

**Look for future notices on when the Health Fair will be offered**



# Top 5 Exercise and Weightlifting Myths:

## BUSTED!!

**Myth One.** To Lose Weight Fast, You Need to Diet and Do a lot of Aerobic Exercise

**Fact.** Traditional aerobic training only burns fat, but if you combine it with weight training, you get a double whammy effect: You shed fat and develop lean muscle at the same time, so you shape and tone faster! Aren't you in the game to look and feel as good as possible? You'll get the best results by lifting weights and watching what you eat.

**Myth Two.** The Best Way to Burn a lot of Fat and Calories is through Cardio Workouts

**Fact.** It's true that cardio exercise burns a lot of calories, but with conventional aerobic training, you stop burning calories when you stop working out. When you lift weights, you keep burning calories long after your workout has finished. It's the proven EPOC (Excess Post-exercise Oxygen Consumption), which is a fancy way of saying lifting weights helps you boost your metabolism and burn more calories.

**Myth Three.** Women Get Bulky if They Lift Weights

**Fact.** Ask any bodybuilder: If you want to get big, you have to lift big and eat big, using low reps and heavy weights. High repetitions with low weights helps maximize strength training without overbuilding the muscles. Muscle is critical in helping boost the metabolism to maximize fat loss. That's why lifting weights is crucial to your body transformation. However, you don't have to get "bodybuilder big" to reap the benefits. And truthfully, the vast majority of women simply don't have enough of the male hormone testosterone to get big muscles.

**Myth Four.** Gym Machines are Better For Strength Training than Free Weights or Barbells

**Fact.** Fancy gym equipment may be comfortable and sparkle like shiny bling-bling, but as far as performance goes, machines simply isolate the muscle, so you're not getting any combined synergy from all that effort. When you use free weights or barbell weights, you can use all your body's muscles to stabilize—so you're exercising not just the muscle that's lifting the weight, but the surrounding muscles, as well as your core and abs. That takes energy (AKA fat!)

**Myth Five.** Women and Men Need to Train Differently

**Fact.** There's absolutely no reason why women and men can't train the same way to reach their body transformation goals and get lean and strong. Men and women have different levels of the hormones that are responsible for muscle growth. The basics of weight training—like squats, lunges, curls, and dead lifts—are some of the best exercises for everyone!



# 10 Lifestyle Changes You Can Make To Lower Your Blood Pressure and Keep It Down

## 1. Lose extra pounds and watch your waistline

Blood Pressure often increases as weight increases. You and your doctor can determine your target weight and the best way to achieve it. Besides shedding pounds, carrying too much weight around your waist can put you at greater risk of high blood pressure.

- Men are at risk if their waist measurement is greater than 40 inches
- Women are at risk if their waist measurement is greater than 35 inches

## 2. Exercise Regularly

Regular physical activity—at least 30 to 60 minutes most days of the week—can lower your blood pressure. Talk to your doctor about developing an exercise program.

## 3. Eat a Healthy Diet

Eating a diet that is rich in whole grains, fruits, vegetables and low-fat dairy products and skimps on saturated fat and cholesterol can lower your blood pressure.

## 4. Reduce Sodium in Your Diet

- Limit Sodium to 2,300 milligrams (mg) a day or less
- 1,500 mg a day or less is appropriate for people 51 years of age or older

## 5. Limit the Amount of Alcohol You Drink

- Moderate amounts of alcohol can potentially lower your blood pressure. However if you drink more than moderate amounts, alcohol can actually raise blood pressure by several points.

Moderate amounts:

- 1 Drink a Day for Women
- 2 Drinks a Day for Men

## 6. Avoid Tobacco Products and Secondhand Smoke

Nicotine can raise your blood pressure for up to an hour after you smoke. Smoking throughout the day means your blood pressure may remain constantly high.

## 7. Cut Back on Caffeine

Doctors recommend you drink no more than 200 milligrams of caffeine a day (about 2 cups of coffee).

## 8. Reduce Your Stress

Once you know what's causing your stress, consider how you can eliminate or reduce stress (deep-breathing exercises, massage, yoga, meditation, and counseling are some ways to reduce stress).

## 9. Monitor Your Blood Pressure at Home and Make Regular Doctor's Appointments

Talk to your Doctor about home monitoring before getting started.

## 10. Get Support From Family and Friends



## **High Blood Pressure Foods Which Can Be Eaten Frequently:**

- Lean Cuts of Meat
- Chicken and Turkey (as long as the skin is removed)
- Fresh or Frozen Fish
- Skim Milk
- Loaf Breads, Dinner Rolls, English Muffins, Bagels and Pita Bread
- Cereals (as long as they are "low sodium" varieties)
- Plain Rice and Noodles
- Fresh or Frozen Vegetables and Canned Vegetables which have not had Salt Added
- Fruit
- Soups which are Low in Sodium
- Margarine and Vegetable Oils
- Spices, Herbs and Flavorings such as Parsley, Oregano, Onion Powder, Garlic Powder, Vinegar and Fruit Juices








## **High Blood Pressure Foods To Avoid or Limit:**

- Smoked or Cured Meats such as Bacon, Hot Dogs, Bologna, Corned Beef, Ham, Luncheon Meats and Sausage
- Canned Fish Such as Salmon, Tuna, Sardines and Mackerel. (Rinse Thoroughly Before Eating)
- Buttermilk
- Cheese and Cheese Spreads
- Salty Snacks such as Potato Chips, Pretzels, Nuts and Pork Rinds
- Quick Cooking Rice, Instant Noodles and Prepared Quick Meals such as Frozen Dinners, Pot Pies and Pizza
- Regular Canned Vegetables. (Rinse Thoroughly Before Eating)
- Pickled Foods Such as Relish, Pickles, Olives, Sauerkraut and Herrings
- Regular Canned Soups and Instant Soups
- Ketchup, Soy Sauce, Steak Sauce, Barbecue Sauce, Garlic Salt, Onion Salt, Bouillon Cubes, Meat Tenderizer and Monosodium Glutamate





# BINGO Instructions

-  Mark each BINGO square that you complete in November
-  Turn in your November BINGO Sheet by Friday, December 5, 2014. Also, turn in all Bingo Sheets including October to Kory or Sharon.
-  For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. (Your name will be entered into the drawing one time just for participating, even if you don't get a BINGO.) Therefore, your name can be entered up to thirteen times each month.
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-  **PRIZES** are choice of: \*Massage \*Dinner & A Movie for 2 \*Hunting And/Or Fishing License



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

# NOVEMBER

| B I N   |  |  | G   | O  |
|---|--|--|---|--|
| Read November Monthly Newsletter  | 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 education 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                           |
| Donate Food to the Food Drive at least 2 times this month                 | 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: \_\_\_\_\_







# Gobble It Up!!

*Is staying healthy even possible this season??  
Chew on these thanksgiving tips for a healthy holiday*



## **PORTION CONTROL**

Filling your plate with smaller portions will help you enjoy your holiday favorites and get seconds (within reason) guilt-free.



## **EMPTY CALORIES ADD UP**

We consume an average of 3,000 calories during our Thanksgiving meal so go easy on the wine and other drinks to save room for dessert.



## **REIGN IN YOUR SWEET TOOTH**

Sample multiple desserts to avoid eating more than your fill after a big Thanksgiving meal. Dessert may even be too much, so save some for later.



## **ENJOY GREAT COMPANY**

Holidays are about family and friends. Make sure and emphasize about spending quality time together outside the delicious meal.



*Happy Thanksgiving!!*







# Meringue-Topped Sweet Potato Casserole

This lightened-up take on the classic Thanksgiving sweet potato casserole is spiked with crushed pineapple and toasted pecans. We top it with an airy, slightly sweet meringue. You can pipe the meringue to make it look fancy or simply spread it neatly with a rubber spatula.

Makes: 10 servings, about 1/2 cup each

Active Time: 30 minutes

Total Time: 1 1/4 hours

**(UP TO 400 CALORIES LESS THAN TRADITIONAL SWEET POTATO CASSEROLES)**

## INGREDIENTS

### SWEET POTATO CASSEROLE

2 1/2 pounds sweet potatoes (about 3 medium), peeled and cut into 2-inch chunks  
2 tablespoons brown sugar  
1 tablespoon canola oil  
1 teaspoon vanilla extract  
1 8-ounce can of crushed pineapple, undrained

2 large eggs  
1/4 teaspoon ground cinnamon  
1 cup low-fat evaporated milk  
1/2 teaspoon salt  
1/2 cup chopped pecans, toasted (see Tip)

### MERINGUE TOPPING

4 teaspoons dried egg whites (see Note), reconstituted according to package directions, or 2 large pasteurized egg whites, at room temperature  
1/4 cup granulated sugar

## PREPARATION

Place sweet potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat to a simmer and cook until tender, 10 to 15 minutes. Drain well and transfer to a food processor. Process until smooth.

Preheat oven to 350°F. Coat an 8-inch-square (or similar 2-quart) broiler-safe baking dish (see Tip) with cooking spray.

Whisk whole eggs, brown sugar, cinnamon, oil, evaporated milk, vanilla and salt in a large bowl until smooth. Add the sweet potato; whisk until smooth. Stir in pineapple and its juice. Spread the mixture in the prepared baking dish. Sprinkle with pecans.

Bake the casserole until heated through and the edges are bubbling, 35 to 45 minutes. Set aside while you make the topping.

To prepare meringue topping: Position rack in top third of oven; preheat broiler. Beat egg whites in a medium bowl with an electric mixer at high speed until soft peaks form (see Tip). Beat in granulated sugar in a slow, steady stream. Continue beating until stiff peaks form.

Spoon the meringue into a gallon-size sealable bag. Seal the bag, pressing out as much air as possible. Cut a 1/2-inch hole in one corner. Pipe the meringue onto the casserole, making marshmallow-size dots. (Alternatively, use a pastry bag fitted with a 1/2-inch tip or spread the meringue over the casserole as if you were frosting a cake.) Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.

## TIPS & NOTES

**Make Ahead Tip:** Prepare through Step 4; cool, cover and refrigerate for up to 2 days. Reheat, covered, in the microwave on High, before finishing with Steps 5-6.

**Tips:** To toast chopped nuts, place in a small dry skillet and cook over medium-[low heat](#), stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

A broiler-safe baking dish is one made of metal or earthenware. Glass baking dishes, such as Pyrex, may shatter under the broiler.

To make soft peaks, beat egg whites with an electric hand mixer until they are stiff, but still soft enough to curl over when beaters are turned upside down.

**Note:** Pasteurized dried egg whites are a wise choice in recipes that call for uncooked egg whites. Look for brands like Just Whites in the baking section of most supermarkets.





# Saline County Wellness Newsletter

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**Smoking Cessation**

**Understanding Nutritional Information & Labels**

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Every year, Saline County does an annual food drive to help Aging Services & Blue River Family Resource Center stock up on supplies before the holidays. From November 3-21, counties in Nebraska competed against counties in Kansas to see which state could get the most items donated. Saline County donated 461 items. We will let you know who wins in the next newsletter. Each time you make a donation in December, you will earn 1 Wellness Point for each item you donate. You can drop off your donations at the following locations and there will be a sign up sheet for you to log the date, your name and the number of items you donated. Don't forget to log your wellness points for November & December in your Wellness Booklet as well. If you have any questions, please do not hesitate to contact Linda at 402-821-2374.

\*Courthouse Assembly Room

\*Extension Office Conference Room

\*Law Enforcement Mail Room

\*Aging Services

Keep in mind that as we all start planning for the holiday season, there are many people less fortunate than us, that will be going without a nice Christmas meal. In addition, many people are looking for jobs this time of year. It is hard to get a job when you can't care for your basic personal hygiene needs. Aging Services is always in need of the following items:

\*Paper Towels

\*Conditioner

\*Shampoo

\*Dish Soap

\*Tooth Paste

\*Deodorant

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\*Razors

\*Toilet Paper (if you buy a big package it will be broken down for multiple households)

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Thank you for your thoughtful support!!! It is much appreciated!



### Saline County 4th Annual Health Fair

## COMING in FEBRUARY 2015

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

**Look for future notices on when the Health Fair will be offered**

### Les Mills Body Pump Now Available at the Saline County Fitness Center

Looking for a new workout routine???? Les Mills Body Pump tapes and dumbbells available in the upstairs bedroom at the Saline County Fitness Center. Workout 3 times a week for Best Results!! 8 tapes to choose from.

**THE REP EFFECT™** uses lighter weights at a higher rate of repetition so you can get leaner—faster. This intense training technique accelerates your heart rate, burning up to 1,000 calories per workout and torching more fat to reveal gorgeous muscles and a sleek, sculpted body—fast. Workout 3 times a week!!!



# Gain the Confidence to Work Out

*Too embarrassed to exercise? You're far from alone. Try on these ideas to boost your confidence and reach your fitness goals.*



Lack of time, money, and motivation are the top three excuses people use not to exercise, a University of Pittsburgh study found. Other common roadblocks include embarrassment, fear, and distaste for exercise in general — hang-ups that can keep the people who need to exercise the most from breaking a sweat.

If you've been out of shape for awhile, you may lack the confidence to get started or be too self-conscious to work out in front of other people. And that can lead to a vicious cycle, because if you don't work out, you won't improve your shape and the way you feel about your body.

That's why the key to developing an active lifestyle is baby steps. "Remember that the journey of a thousand miles begins with a single step," says Jessica Smith, a certified wellness coach, personal trainer, group fitness instructor, and author of *Thin in 10*. "I began my own personal fitness journey over 40 pounds ago. Start with something you can do right now, with what you have. Go for a 10-minute walk — little changes really can change everything."

## Next Steps to Fitness

To be healthy, adults need a minimum of 2 hours and 30 minutes of moderate exercise or 1 hour and 15 minutes of vigorous exercise each week, plus two days of strength training, the U.S. Centers for Disease Control and Prevention says. Nowhere do those guidelines state you have to spend your weekly exercise time sweating in a crowded gym or being yelled at by a pricey personal trainer. All it takes to find a plan that works for your lifestyle is a little effort. Here are ways to get started.

**Think outside the gym.** Not ready to jump right into a gym workout? It's perfectly okay to get started in the privacy of your own home and work your way up to it. "There are so many great workout DVDs available now that it's easy to find a workout and instructor right for you," Smith says. "You may be more likely to work out if all you have to do is head down to the living room to do it." You can also start with walks around your neighborhood to get your body acclimated to exercise.

**Talk to a trainer.** The transition to a fitness center can be easier if you work with a trainer who can guide you. Paul Wintergerst, a certified personal trainer, nutrition consultant, and founder of PhatBurn, says this is the most important way to boost confidence when getting started at the gym. "A personal trainer will ensure that you start off on the right foot," he says. "It will also take the intimidation factor out of walking into the gym without knowing what to do. After a few personal training sessions, you will have a base and will start recognizing familiar faces in the gym, which will make you start to feel more at home."

**Dress the part.** One confidence-busting factor is that many people treat the gym not as a fitness opportunity, but as a fashion show. Resist getting caught up in that mindset, but do get workout wear that makes you feel comfortable, physically and emotionally. "Comfort is the key, but also, remember to find clothes that will be comfortable when you start sweating in them," Smith says. "Find materials that you like both wet and dry, because the goal is to get sweaty! Shoes are the super-key — if they don't fit well or feel comfy, you won't be able to focus on your workout."

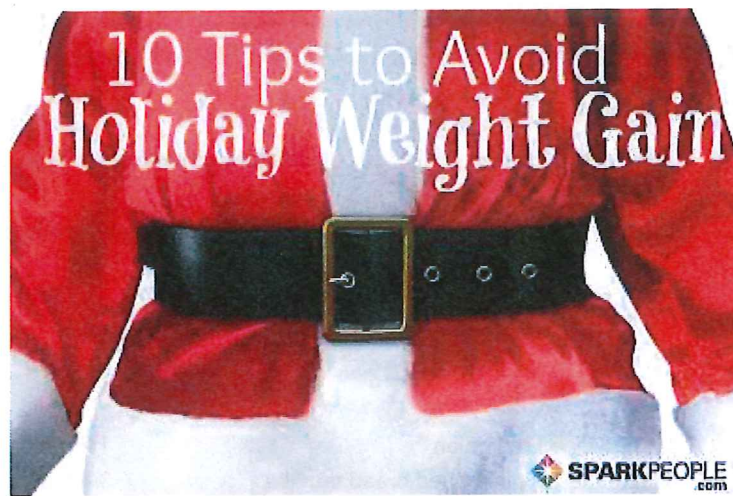
**Go with a buddy.** The old adage of strength in numbers is true when it comes to boosting your confidence in intimidating situations. Ask a friend who exercises if you can join him or her — you'll gain companionship and maybe learn a few things. "All the knowledge I have amassed in my fitness life has always been from training with people who do things differently than I do and just picking up tips from them here and there," Wintergerst says.

**Embrace the selfishness.** If you're out of shape, you might feel self-conscious as you walk into a fitness class, thinking that everyone is looking at you. But remember, each person goes to the gym to work on their bodies, not worry about examining anyone else. "I think it was Dr. Phil who said something like, you wouldn't care so much about what other people think if you knew how little they thought of you," Smith says. "The truth is, everyone has their own insecurities — even that woman with the 'perfect body.' No one is there to critique you. They are all too busy worrying about their own stuff." Remind yourself that everyone had a starting point at some time in their life.

**Immerse yourself in workouts you enjoy.** Finally, there's one surefire way to make all your fitness and gym insecurities melt away, and that's to choose an exercise that you are truly passionate about. All of a sudden, you won't care about anybody else at the gym, and your fitness level is sure to improve as a result. "If you genuinely enjoy an activity, you will be compelled to revisit it and participate on a more regular basis," says Hannah-Marie Williams, CPT, a certified personal trainer and exercise physiologist in New York. "The internal motivation to please yourself will be enough to keep you participating in regular exercise."

**Don't forget the Saline County Fitness Center is FREE and available 24 hours a day, 7 days a week.**





I don't want to be the Grinch who stole Christmas dinner, but we have to ask. Just when did holidays like Hanukkah and Christmas morph from messages of love and giving to ones of food and gorging?

Whether it's one, three or seven pounds, experience says that most of us will gain weight between now and New Year's Day. So it bears repeating that moderation is the key to enjoying a fun and healthy holiday season.

This year, shake off the ghosts of food-crammed Christmases past! Fill up instead on family and friendship rather than food and feasting. Make a concerted effort to fill your heart with love—not cholesterol—and you'll start the New Year with a brighter outlook instead of a desperate resolve to shed pounds!

So, in the tradition of giving, I'm offering you a very special gift: the **10 ways to avoid holiday weight gain**. It's one size fits all, so feast your eyes on this easy-to-follow advice *before* you feast on that second slice of Aunt Edna's holiday pie.

1. **Keep your eye on the prize...**a slimmer you! Mindful snacking is one way to weigh less without stress. Mind/less snacking will prevent the weight loss you're working so hard to accomplish.
2. **Drink with caution.** Alcohol accomplishes two negatives: extra calories without nutrition, and a relaxing of inhibitions. You need all your willpower to resist the cheese dips and fried snacks, so staying sober is a good strategy.
3. **Don't go wild.** Hey, it's a party! So it is. Enjoy a beer, glass of wine, or even a cocktail (made with club soda or diet soda, of course). Spend the rest of the party walking around with a full glass of club soda with lime. Keeping your hands occupied accomplishes two purposes: first, the hosts will not ask if you need a drink (you have one), and second, it's harder to eat with one hand wrapped around a glass.
4. **Host your own party.** Cocktail parties are so easy to make healthy. Too many hosts toss together a menu of fried foods, fatty cheeses, greasy chips and snacks, and unlimited nuts. There are plenty of great alternatives like grilled chicken and crudité's with yogurt dip, baked chips and pretzels.
5. **Stay active.** Nothing helps you reach (and maintain) a healthy weight like physical activity. If you're like most, holidays keep you busier than ever, leaving you with less time for yourself. If you don't have time to get to the gym, stay fit by walking daily. Get up 15 minutes earlier than usual and walk briskly. Repeat just before dinner.
6. **Make the reservations.** Social obligations often mean dining out. But if you pick the restaurant, you're guaranteed to be able to eat healthfully. Choose an establishment that offers a variety of foods so everyone is guaranteed to find something they enjoy. .
7. **Choose to lose.** Many people feel that if they don't partake in the holiday feasting tradition, others will perceive them as rude or ungrateful. Hey, it's your diet, your way. You have the right to eat what you want, where you want and in the amount you want.
8. **Just say NO...**tactfully! You can say to your host, "Oh, I'm sorry. My plan doesn't include (name the food) but, I surely thank you!" Or, "Oh, thank you so much, I'm sure it's wonderful! I'm too full right now, but thanks for asking!" Firmly exercise your right of refusal, but be sure to graciously thank your host for offering.
9. **Prepare for a party** and take the edge off your appetite. Eat a small, healthy snack before the party. A half-sandwich of turkey in a whole-wheat pita stuffed with sprouts and tomatoes will fuel you nicely. Then, at the party, you can pick and choose wisely without being driven by hunger.
10. **Get support.** Sometimes you just need to talk to a friend or buddy, and get some support and motivation to resist the holiday temptations. Post on the message boards, call a friend, or bring along your diet buddy for emotional support!

## Spicy Hoisin-Glazed Turkey Meatballs



Makes: 6 servings    Prep: 15 mins    Cook: 10 mins

Carb Grams Per Serving: 8

### Ingredients

Nonstick cooking spray  
1 egg white, lightly beaten  
1/2 teaspoon soy sauce  
1/4 cup hoisin sauce  
Fresh cilantro sprigs (optional)

1/4 cup diced red onion  
3 tablespoons plain dried bread crumbs  
1/4 teaspoon garlic powder  
1/4 teaspoon sriracha hot sauce, or to taste

1/2 pound ground turkey  
3/4 teaspoon sesame oil  
Black pepper, to taste  
Juice from 1/2 orange

### Directions

Preheat the oven to 425 degrees. Line two rimmed baking sheets with foil and mist with cooking spray. Bring a small pot of water to a boil. Add the onion and boil 1 minute. Drain in a sieve and let cool. In a bowl, combine onion with the turkey, egg white, bread crumbs, sesame oil, soy sauce and garlic powder. Season with the black pepper and stir until combined. Scoop out slightly rounded teaspoons of the turkey mixture, roll into 3/4-inch meatballs and place on prepared baking sheets. (Dampen hands before handling meatballs, as mixture will be sticky). Whisk together the hoisin and sriracha in a small bowl. Spoon about 1/4 teaspoon of the glaze over each meatball. Place baking sheets in oven and bake until meatballs are just cooked through, 6 to 7 minutes. Remove from oven. Preheat broiler; broil meatballs, watching carefully, until glaze is sizzling, 1 to 2 minutes. Drizzle orange juice over meatballs and transfer to a platter. Garnish with cilantro if desired, skewer with toothpicks and serve.

## Mini stuffed pepper appetizers



### Introduction

These are also phenomenal in jalapeños. They are bigger, so just use 10 peppers, and double the calories for each one.

Minutes to Prepare: **20**

Minutes to Cook: **20**

Number of Servings: **40**

### Ingredients

20 mini sweet bell peppers (a 1 pint container)  
1 tsp minced garlic  
1/2 teaspoon dried parsley

4oz Italian ground turkey (Jeanie-o)  
4 oz fat free cream cheese  
1/4 teaspoon dried sage

1/2 small onion, shredded on a grater  
2 tablespoons grated Parmesan cheese  
[Print a Coupon for Fortify™ Probiotics](#)

### Directions

Heat oven to 350. Wash peppers, then cut the stem short, and cut peppers in half lengthwise. Arrange on an oven-proof serving platter and roast for 5 minutes. Remove and hold. While peppers are roasting, begin to brown the turkey. When turkey is about 1/2 done add the shredded onion and garlic. Cook until turkey is done, then stir in the cheeses and seasonings. Stuff each pepper half. Use 1/2 teaspoon of filling for the smaller ones and 1 teaspoon for the larger ones, and you should have just enough to fill them all. You can hold them here for about 1 hour on the counter, or overnight covered in the refrigerator until ready to bake. Bake peppers at 350 for about 20 minutes or until the peppers are soft and the filling is bubbly.



# DECEMBER

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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 3 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 3 cups of fruits and/or veggies 5 consecutive days

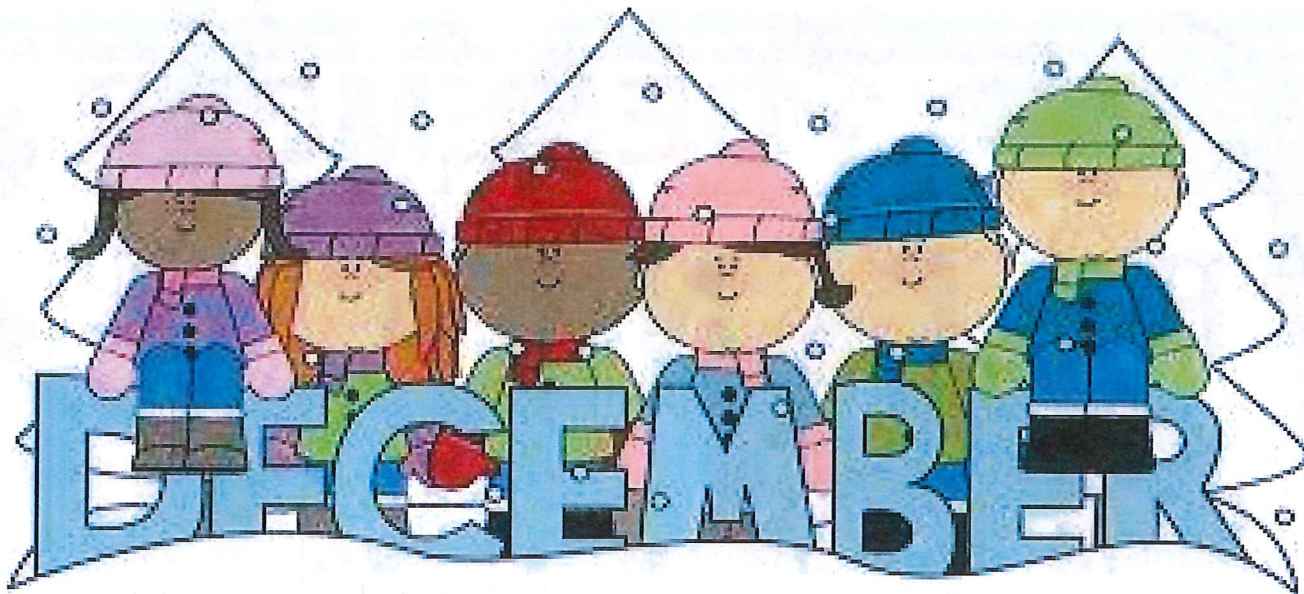
Purchase something or do a kind deed for someone in need this Holiday season

Donate food to the Saline County Food Drive

Name: \_\_\_\_\_







# BINGO Instructions

- ❁ Mark each BINGO square that you complete in December
- ❁ Turn in your December BINGO Sheet by Friday, January 9, 2015.
- ❁ For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. (Your name will be entered into the drawing one time just for participating, even if you don't get a BINGO.) Therefore, your name can be entered up to thirteen times each month.
- ❁ We will offer BINGO in October, November and December. Your name will go in to the drawing at the end of each month.
- ❁ You must earn at least 1 "BINGO" each month in order to earn your 25 Challenge Points.
- ❁ In January, two prizes will be awarded. One prize for the name that is drawn and one prize for the person who marked off the most squares over the 3 month period.
- ❁ **PRIZES** are choice of: \*Massage \*Dinner & A Movie for 2 \*Hunting And/Or Fishing License



This Challenge is on the Honor System, If you cheat, You are only cheating yourself!!!





The Saline County Wellness Committee is excited to provide you with an opportunity to learn more about your health risks. We are asking all employees to complete a brief 10 minute survey. Employees can take the survey. **All Employees that complete this survey are eligible for 500 wellness points for the 2015 Wellness Program.**

All survey respondents will receive a personalized report, (My Health Report), to identify health risk factors to improve or maintain your health. **Your report is completely confidential. Results are compiled and stored securely by a third party provider. Saline County WILL NOT see your individual health data.**

The wellness committee will use an aggregate report (no individual data) to determine our wellness programs and service offerings for the year. **The deadline to complete this survey is December 12, 2014.** Thank you for caring about your health and wellbeing.

#### **Additional things you should know**

- Please have your 2014 health fair results handy when filling out this survey.
- The green apple will fill in as you progress through the survey to indicate your progress.
- You may skip any questions that you feel uncomfortable answering, however, skipping questions may impact your report scores.
- If you quit the survey before it is finished, re-enter the website and it will resume where you left off.
- If you encounter any problems with the survey, please click on the "report a problem" button.
- Remember to click "submit" at the conclusion of the survey.
- After your survey is completed your My Health Report will appear. You can print the report which may be shared with your medical provider and/or health coach.

## Getting Started

Access the Impact Survey at [www.impactsurvey.net](http://www.impactsurvey.net)

The assessment can be taken during your normal or on time your own scheduled work hours. After you have completed the Impact Survey, your My Health Report is immediately displayed. You may print the report. The last page of the report is a physician report available for you to provide to your doctor and/or wellness coach.

### Impact Survey Sign on Instructions:

Go to: [www.impactsurvey.net](http://www.impactsurvey.net)

#### 1<sup>st</sup> Screen:

This is the welcome screen – click on the grey arrow on the right to proceed.

#### 2<sup>nd</sup> Screen:

Company password: **Enter company password** **saline** (all lowercase)

#### 3rd Screen:

Your unique I.D. number: **Enter your I.D. number here**. This is your employee ID number. If you do not know your Employee ID number, your I.D. number is on your paycheck or please contact Saline County Clerk's Office @ (402) 821-2374.

Create your own password: **Enter a password that you can remember**

Enter your email (required for retrieval of password if lost): **Type in your email address (work or home)**

#### 4<sup>th</sup> Screen:

Your name: **Type in your full name (first and last)**

Home address: **Type in your home street address (no zip code)**

State: **Use drop down tab**

Zip code: **Type in your home zip code**

Division: **Use the drop down key to indicate your division**

**You're ready to start the survey**