



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JANUARY/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

**HEALTH IS LIKE MONEY, WE NEVER HAVE
A TRUE IDEA OF ITS VALUE UNTIL WE
LOSE IT**

2015 WELLNESS BOOKLETS

Wellness Committee Members will be handing out the new 2015 Wellness Booklets. All employees will be notified of the program and ALL employees will need to sign an application indicating whether or not they choose to participate in the program. If you have any questions, please contact any wellness committee member.

SALINE COUNTY 4TH ANNUAL HEALTH FAIR

The Annual Health Fair is schedule for:

Courthouse, Tuesday, February 17th, 6:30 -9:30 am

Jail, Wednesday, February 18th, 5:00 – 8:30 am

Wellness Committee members will be coming around to schedule appointments in January. The blood tests will be **FREE** to **ALL** county employees and **FREE** to spouses covered by the county's Blue Cross Blue Shield of Nebraska insurance plan. We will be offering CMP, CBC, Lipid Panel, TSH and Biometric Testing. In addition, we will also offer PSA testing for our male participants and A1C for diabetics. 500 Wellness Points

2014 WELLNESS BOOKLETS

The 2014 Wellness Booklets should be turned in to a wellness committee member by January 30, 2015. When you turn in your booklets, you will be asked to sign a Nicotine Affidavit. You will also need to turn in any paperwork proving you have had complete blood work done (if not at the county health fair), physical, eye exam, dental exams and flu mist/shot (if not when the county offered the flu shots). If you have any questions, please contact any wellness committee member.

NEW CXWORX CLASS STARTING JAN 5TH

Stacey Brandt will be starting a new class called CXWorx on January 5th, 2015. The class will be on Mondays and Wednesdays from 12:15-12:45. The cost is a typical punch card (6 for \$50 and 12 for \$80). The punch card is good for all three classes, including: Body Pump, Body Flow, and CXWorx. ALL FITNESS LEVELS WELCOME. TRY FIRST CLASS FOR FREE.

The class is called CX Worx. It is a 30 minute core workout class. All the moves in CX have options, so they are challenging but yet achievable for your own fitness level. During the 30 minute workout the instructor will guide you through using correct technique as you work with resistance tubes and weight plates, as well as body weight exercises like crunches and hovers. You will also get into hip, butt, and lower back exercises. Exercising the muscles around the core will provide the vital ingredient for a stronger body. **A stronger core makes you better at all things you do, from everyday life to your favorite sports-it's the glue that holds everything together.**

Body Pump/Body Flow Schedule:

Monday: 5:30-6:30 pm (PUMP)

Tuesday: 5:40-6:30 am (PUMP)

Wednesday: 5:30-6:30 pm (FLOW or PUMP, depends)

Thursday: 5:40-6:30 am (PUMP)

Friday: 6:15-7:15 am (PUMP)

NIRMA ONLINE UNIVERSITY CLASSES

The following online classes are offered FREE from Jan 1 to Mar 31. (25 Wellness Points each)

- Workplace Harassment
- Personal Professionalism
- Eating Disorders

Wellness Committee Contacts:

Marvin Kohout: H-(402) 946-6531;
C-(402) 641-7400; E-mail: makohout@hotmail.com
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E-mail: nurse@sclec-ne.org
Linda Kastanek: W-(402) 821-2374;
E-mail: clerk@saline.nacone

NEW HEALTHY VENDING MACHINES COMING

The healthy snacks located in the Commissioner's Vault will soon be relocated. We will be removing the existing three vending machines in the courthouse and replacing them with a healthy snack machine owned by Saline County in January.

WELLNESS NEWSLETTER CHANGES

The Wellness Newsletter will no longer be mailed to each employee's house. The newsletter will be placed in each office and emailed to all employees that have supplied their email address. In addition, the newsletter will be listed on the Saline County website at <http://www.co.saline.ne.us/wellness>. It will also be listed on the Saline County Facebook group **Saline County Wellness**. Please check out this group or "friend" Kerry Hagemeyer to be invited. In addition, the minutes to all wellness meetings are also posted on both sites.

BONUS: 25 WELLNESS POINTS

How many bones are in the adult human body?
Contact any wellness committee member with the answer by the end of January to receive 25 points.

MAJOR CHANGES TO THE 2015 WELLNESS PROGRAM

HEALTH INSURANCE PREMIUM REDUCTION INCENTIVES

1. 4000 points: 33% reduction in the employee ONLY, premium buy-in
2. 6000 points: 66% reduction in the employee ONLY, premium buy-in
3. 8000 points: 100% reduction in the employee ONLY, premium buy-in

Beginning July 1, 2016 the employee portion of Health Insurance will be 10% of the total employee only premium. This percentage can be reduced or eliminated with participation in the yearly Wellness Program. Above are the points that have to be accumulated to receive the reduction or elimination.

(Union represented employees in the Roads Department had an effective date of July 1, 2014)
This applies to employees **NOT** covered by the county's Blue Cross Blue Shield insurance plan as well.

PRIZES AND AWARDS

The general rule states that any award or prize given by an employer is taxable to an employee as wage, to be included on their W-2 and subject to Federal tax withholdings, as well as Social Security and Medicare taxes.

REASONABLE ALTERNATIVE STANDARD

If you think you might be unable to meet a reasonable standard for a reward under this wellness program, you might qualify for an opportunity to earn one of the same rewards by different means. Contact the Clerk's office and the Wellness Committee will work with you (and, if you wish, your doctor) to find reasonable alternatives to the wellness program with equal levels of reward that are right for you in light of your health status.

NOTE: A declaration of the need to request a Reasonable Alternative requires: Your notification within 30 days of the start of each program year, or within 30 days of an injury or illness that would also require an alternative standard.

Day	Date										
Mon	February 23, 2015										
Tues	February 24, 2015										
Wed	February 25, 2015										
Thurs	February 26, 2015										
Fri	February 27, 2015										
TOTAL WEEK 8											
TOTAL POINTS											

New Challenge Starting January 5, 2015

This challenge is FREE to join. It is an 8-category, 8-week challenge, starting January 5, 2015 and ending on Friday, February 27, 2015

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

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

***Exercise**--5 Points for every 15 Minutes of continual exercise per day (30 min = 10 pts, 45 min = 15pts, 60 min = 20 pts) **(MAX 20 Points/Day)**

NO EXERCISE POINTS DURING PAID WORKING HOURS EXCEPT FOR BREAKS

***Sleep**--1 Point for every night you sleep 7 or more hours **(Max 1 Point/Day)**

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

***Alcohol**--1 Point for every day you do not consume alcohol, 0 Points if you have one, SUBTRACT 1 point for every drink you have over 1 a Day **(MAX 1 Point/Day)**

***Relaxation**--1 Point for every day you do something to relax (Ex. Massage, Read a Book, Hot Bath, etc.) **(MAX 1 Point/Day)**

***Education Class**--25 Points each for attending the January & February Monthly Educational Classes (25 points if you cannot attend the class but watch the video).

***Blood Tests**--100 Points each if you have your blood work done at the Saline County Health Fair

BONUS--Weight Loss--1 Point for Every Pound You Lose from 1/5/2015-2/27/2015

In order to receive 25 Wellness Points for Participating in this challenge, you must have at least 1,000 points at the end of the 8 weeks. If you have 1,350 or more points at the end of the 8 weeks, you can earn 50 wellness points! You will need to turn in your log sheet by Friday, March 6th to any wellness committee member to qualify.

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

If you would like an electronic version that calculates you totals, email me at yellowbrickroad0471@yahoo.com

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

Make Weight Management a Lifetime Goal

The stats on maintaining weight loss are less than stellar. The vast majority of people who lose weight on a diet gain the weight back within a few years, mainly because the strategies you use to lose weight won't necessarily keep weight off, according to a recent Penn State University study. Researchers identified the following four tactics associated with weight maintenance, but not weight loss: a consistent exercise routine; eating plenty of low-fat protein; reminding yourself why you need to control your weight; and rewarding yourself for following a healthy lifestyle.

"The key to keeping weight off after a diet is incorporating habits of sound nutrition, regular exercise, and reasonable expectations that you can stick to for a lifetime," says Joan Salge Blake, MS, RD, clinical associate professor at Boston University. "These lifestyle changes are an investment in your future." Here, get more expert tips and tricks for keeping those pounds off for good!

Enjoy Exercise

The type of exercise you do is not as important as picking an activity that you enjoy and can stick with. "Regular exercise keeps you sensitive to insulin, which means you burn fat instead of sugar, are less hungry, and stay slimmer. It also helps you feel good," says Susan E. Schenck, MS, nutrition expert and author of *The Live Food Factor: The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit and Planet*.

Count Calories the Right Way

Studies show that restrictive diets requiring careful calorie counting don't work over the long haul. "Strict calorie counting is not sustainable. For a woman, you can count calories by making sure your meat or fish portion fits in the palm of your hand — about 3 ounces. For a man, think in terms of the size of your credit card. Now double that portion with a vegetable, and fill the remaining part of the plate with a whole-grain food. Calories do count, but you need to go beyond the numbers and start thinking in terms of calorie quality," advises Blake.

Fill Up With Fiber

"Fruits, vegetables, and whole grains are kind to your weight," says Blake. "These high-fiber foods will fill you up before they fill you out. You should be eating four to five cups of fruit or vegetables every day. Having a salad before your meal has been shown to decrease calories by 10 percent. A cup or bowl of vegetable soup before your meal will work as well."

Control Your Carbs

"Keep carbohydrates to a minimum because spiking your blood sugar with something innocent-seeming such as a baked potato can cause a rise in insulin, a hormone that causes your body to store fat. If you are running on sugar, you will be hungry all day," says Schenck. But on a lower carbohydrate diet, you will be burning fat so you won't be hungry between meals. Don't use artificial sweeteners like aspartame, she advises, because they may actually make you gain weight.

Downsize Your Portions

Plate sizes have increased by as much as 20 percent over the years. "Take a look at your grandmother's plates and cups," notes Blake. "The natural tendency is to fill up these bigger plates with food and then to clean off your plate. That means more calories per meal." Since smaller portions are key to weight management, Blake advises investing in smaller plates or cups — or leaving part of the dish empty.

Learn About Proteins, Minerals, and Vitamins

Proteins, like chicken, fish, and egg, can help you avoid cravings. Minerals can aid in the metabolism of carbohydrates, fats, and protein. Vitamins also play a role. Niacin, for example, helps maintain muscle mass; vitamin B6 maintains blood glucose levels, minimizing sugar cravings. The bottom line? "Eat protein foods, balancing them throughout the day, and take a good nutritional supplement," advises Marnie Dominy, MS,

author of *Choosing Your Healthy Path: A 24-Week Inspirational Guide to Weight Loss and Wellness*, and professor of health science, personal wellness, and weight management at Olympic College in Bremerton, Wash.

Don't Forget Dairy

The American Dietetic Association suggests including dairy foods in your diet for weight management. According to the National Dairy Council, three servings of milk, cheese, or yogurt a day can help you lose weight and burn fat. "Low-fat or non-fat dairy products are an important source of the vitamin D that Americans are short on and are rich in calcium, which is an important part of your diet," says Blake.

Weigh the Facts About Weighing Yourself

Frequently checking your weight can be motivating for some people, but discouraging for others. Although hopping on the scale regularly can help you make sure the weight you lost isn't creeping back, be aware that weight fluctuates daily, even hourly. Or consider what Blake calls the "tight pants test." "You know when you're gaining weight by the way your clothes feel. If you feel comfortable in your clothes, your weight management plan is probably working," says Blake.

Start a Food Diary

"Keep a daily food log," says Schenck. "You would be surprised at how easy it is to forget how much you have eaten in one day! Just jot down the foods and, if possible, the approximate calorie count." According to the National Heart, Lung, and Blood Institute Obesity Education Initiative, keeping a food diary and an activity diary is one of the best ways to help both weight loss and weight management. You can include your diet, your daily exercise, and your weight goals.

Keep a Healthy Attitude

Staying positive and motivated is an important part of weight management. For some people, motivation may come from a health issue; for others just looking good might be enough. "To keep weight off after a diet, make peace with your food and your body," says Debbie Mandel, MS, fitness and stress expert, and author of *Addicted to Stress*. "A great deal of weight gain is due to stress, and exercise releases stress and improves mood. Get sufficient sleep to regulate your hormones. Eat balanced meals. But most of all, don't become obsessed with your weight. You will feel lighter if you release your resentment and see yourself as fit and beautiful."

The Complete Crash Course on Clean Eating



From diet books and recipes to your Instagram feed, the clean eating trend seems to be everywhere lately. Read on to find out what it's all about and if it's really worth trying.

By Jocelyn Voo

Defining Clean Eating

Maybe a new raw cafe has sprung up in your neighborhood, or you read about Katy Perry and Gwyneth Paltrow being fans. Either way, eating "clean" is gaining traction -- but what does it actually mean, and how is it good for the body?

Clean eating is a deceptively simple concept. Rather than revolving around the idea of ingesting more or less of specific things (for instance, fewer calories or more protein), the idea is more about being mindful of the food's pathway between its origin and your plate. At its simplest, clean eating is about eating whole foods, or "real" foods -- those that are un- or minimally processed, refined, and handled, making them as close to their natural form as possible. However, modern food production has become so sophisticated that simply eating whole foods can be a challenging proposition these days.

What Counts as Processed Foods?

First, let's start with the definition of processed food. "Processing" includes:

- Additions of any kind -- everything from salt, sugar, and fat to aid flavor and mouth-feel, to preservatives that keep food from spoiling too quickly, to the vitamins enriching everything from beverages to breakfast cereal.
- Changing the form of the natural food -- for instance, removing the bran and germ from whole grains to create refined bread, mashing apples into applesauce, or stir-frying veggies.
- Foods with components manufactured in a lab. (You probably don't need clarification on this one, but if the ingredient list has stuff you can't recognize or pronounce, that's a pretty solid indication that it's not natural).

In that light, processed food includes everything from a hot dog (where do we even begin?) to jarred organic pasta sauce and instant oatmeal. And yes, changing the form of natural food includes cooking as well, so even your steamed broccoli is technically processed, albeit minimally.

So why, exactly, is processing so bad -- especially if it's something as simple as adding heat?

Why Is Processed Food Bad?

In two words: It's not. Or rather, not categorically.

"Processing is not always bad," says Jessica Fanzo, assistant professor of nutrition at Columbia University. "Often processing removes toxins or bacteria, or allows for us to eat certain types of foods in off-season due to freezing or canning." (Pasteurized milk, anyone?)

Processing "can also include altering the consistency or taste of food to make it more appealing," Fanzo adds. So that delicious post-workout kale-celery-spinach-banana smoothie you had? Enjoy that virtuous feeling knowing that you were likely able to down that giant amount of greens because your treat was somewhat processed.

Still, even though pasteurized milk, kale smoothies, and instant oatmeal are all processed, that doesn't make them on par with doughnuts and Diet Coke.

"The key is to avoid foods that are 'ultra-processed,'" says Fanzo -- basically, anything food-product-like or ready-to-heat."

The Problem with Ultra-Processed Foods

As you can probably guess, the health problems associated with ultra-processed food are numerous. Foods with genetically modified organisms (GMOs) have been linked to cancer and infertility; highly processed foods are stripped of nutrients needed for overall health; and heavily modified food tends to have additives that overstimulate the production of dopamine, the "pleasure" neurotransmitter, perpetuating a negative cycle of constant junk food cravings.

However, there's added reason for pause when reaching for the Pop-Tart.

In a 2011 article published in the *Journal of the World Public Health Nutrition Association*, Carlos Monteiro, professor at the Department of Nutrition of the School of Public Health at the University of Sao Paulo, argues that having ultra-processed foods touted in a way that makes it seem good for you -- *less sodium! no trans fats! vitamin-enriched!* -- actually causes more damage to our collective understanding of healthy eating than we may realize. Considering the increasing abundance of "healthfully" enhanced products in the grocery aisles (or perhaps even your refrigerator), Monteiro may be on to something.

The Perks of Clean Eating

Thanks to extensive research that has linked eating whole foods with good health, "we do know that largely plant-based diets are healthy," says Fanzo. Multiple studies have shown that diets heavy on fruits and vegetables can curb or prevent certain life-threatening conditions and diseases, such as high blood pressure, type 2 diabetes, and [cardiovascular](#) disease. Plus, there's research linking diets high in fruits and veggies to healthy weight management and glowing skin and hair -- as if you needed more motivation.

How to Eat Clean

Unprocessed foods include:

- Fresh fruits and vegetables
- Dried legumes
- Nuts
- Farm-fresh eggs

Minimally processed foods include:

- Unrefined grains, like whole wheat bread and pasta, popcorn, steel-cut oatmeal, quinoa, and brown rice
- Frozen fruits and vegetables
- Unprocessed meat; wild over pastured, pastured over grain-fed
- Hormone-free dairy
- Oils

Pesticide-free organic food is preferable to avoid consuming added hormones or chemicals. It's also important to note that eating clean doesn't give you free reign to eat endless quantities. They may be healthy, but they still have calories!

"You always have to think about portion size," says Marissa Lippert, RD, owner of Nourish Kitchen + Table, a seasonally influenced cafe in New York City. "I always encourage people to think of their plate in terms of fifths: three-fifths should be fruits and vegetables, one-fifth should be protein, and one-fifth healthy carbs."

How to Shop Clean

Realistically, eating clean doesn't mean you need to eat everything raw and straight from the ground. It means choosing minimally processed foods with few ingredients on the label, if it has a label at all. "If you're shopping around the perimeter of the grocery store, that's always a good start," says Lippert. When perusing the main aisles for packaged foods, ask yourself: Where did this food or its ingredients come from? How much has it been processed or handled? The ingredient label should be short, and all ingredients should be recognizable. Scan for easy-to-avoid additives like artificial coloring and flavors.

How to Cook Clean

Cooking does alter your food, but it isn't necessarily a bad thing.

"While it's true that some nutrients are lost during cooking, like vitamin C, other nutrients are increased when foods are cooked, like lycopene, so it's best to eat a wide variety of foods, in both their raw and cooked forms," says EA Stewart, RD, who blogs at The Spicy RD. When cooking food, "the focus should be on maintaining the integrity of what you are consuming and avoiding high-fat cooking methods such as deep-frying or stewing in animal or vegetable fats," says Miranda Hammer, a New York City registered dietitian and author of food blog The Crunchy Radish.

When cooking, opt for flash-cook methods such as stir-frying and ones without additives like steaming. For fruits and veggies, raw is best, but steaming is a close second in terms of preserving nutritional value and keeping the food's natural integrity.

The Paleo Lifestyle

The Paleo diet, which promotes eating only foods as our ancestors did during the Paleolithic era, is similar to a clean diet in that they both advocate whole foods. However, the Paleo diet limits food to pre-Industrial Revolution, meaning it prohibits all grains (not just refined ones), legumes, and dairy products, which clean eating does not.

While there are many personal testimonials that Paleo works, some experts are skeptical. "I don't think we need to all eat meat," says Fanzo. Moreover, "banishing major food groups makes no sense from a physiologic point of view. It sets a person up for failure and rebounding weight."

The Whole 9 Lifestyle and Whole 30

Founded in 2009 by a couple in Texas, the Whole 9 lifestyle is based on nine principles that contribute to a balanced life. Nutrition is one of the core factors, and the lifestyle's eating recommendation is one of whole foods, like meat, eggs, vegetables, fruit, healthy oils, nuts, and seeds.

If you're new to Whole 9, it kicks off with a 30-day detox called Whole 30, in which whole foods are eaten but all alcohol, sugar, grains, legumes, and dairy are eliminated to "push the reset button with your metabolism, systemic inflammation, and the downstream effects of the food choices you've been making."

Experts like Fanzo see the elimination of entire food groups (as with the Paleo diet) as problematic. For some people, though, a short cut-off may help them get in the right "healthy eating" mind-set.

"If a brief, up to one week abstinence from certain foods -- not all foods! -- helps people get in the right mind-set to eat healthier, and they don't have any medical conditions, then I think this is fine from a health and nutrition standpoint," says Stewart. "However I don't think it is necessary, and in many cases it sets people up for an 'all or nothing' approach to their diets."



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FEBRUARY WELLNESS CLASS

Daisy Pulliam, Registered Nurse/Health Coach, at Saline Medical Specialties will give a class on Heart Health on Thursday, February 19 at 5:30 pm at the extension office. Class is worth 25 Wellness Points

SALINE COUNTY 4TH ANNUAL HEALTH FAIR

The Annual Health Fair is schedule for:
 Courthouse, Tuesday, February 17th, 6:30 -9:30 am
 Jail, Wednesday, February 18th, 5:00 – 8:30 am
 Wellness Committee members will be coming around to schedule appointments in January. The blood tests will be **FREE** to **ALL** county employees and **FREE** to spouses covered by the county's Blue Cross Blue Shield of Nebraska insurance plan. We will be offering CMP, CBC, Lipid Panel, TSH and Biometric Testing. In addition, we will also offer PSA testing for our male participants and A1C for diabetics. 500 Wellness Points

TARGET HEART RATE

TARGET HEART RATE

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

To find your Target Rate, use the following equation:

Maximum Heart Rate: 220-age= MAX heart rate
 (ex. 220-20=200 MHR)

Target Heart Rate: 60%-80% of the MAX
 (ex. 200 x .6 = 120 beats per min, 200 x .8 = 160 beats per min.
 Therefore the **TARGET HEART RATE** range for a 20-year old, working at 60-80% (up to 85% for very fit people) of his/her max heart rate is 120-160 beats/min.

BINGO CHALLENGE

The following people participated in the October, November & December 2014 BINGO Challenge: Anita Novotny, Bonnie Bleich, Brandi Kelly, Bruce Filipi, Cheri Slama, Dean Gorgen, Judy Florian, Kara Burda, Kathy Nienaber, Kory Mullen, Laura Mackeprang, Linda Kastanek, Lloyd Hollibaugh, Marvin Kohout, Russ Kalkwarf, Sharon Jelinek, Tim McDermott & Willis Luedke. They received 25 2014 Wellness points for each month they participated. Judy Florian earned the most BINGOs and received a FREE 30-minute massage from Wilber Massage and Esthetics. Anita Novotny was the winner of the drawing a received a FREE Dinner and Movie night to 9th Street Bar & Grill and ISIS Theatre in Crete, NE. Great Job Everyone!!!

CRAZY 8 CHALLENGE

It's not too late to participate in the Crazy 8 Challenge. The Challenge will run thru Friday, February 27th. You must earn at least 1,000 points in the challenge to receive 25 Wellness Points or at least 1,350 points to receive 50 Wellness Points.

NIRMA ONLINE UNIVERSITY CLASSES

The following online classes are offered FREE from Jan 1 to Mar 31. (25 Wellness Points each)

- Workplace Harassment
- Personal Professionalism
- Eating Disorders*

*Previously there was a problem with the "Eating Disorder" class not appearing online. This has been fixed.

Wellness Committee Contacts:

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NEW HEALTHY VENDING MACHINE

A New Healthy Vending Machine is now located in the Courthouse. Check it out!!!

WELLNESS NEWSLETTER CHANGES

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BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question: **206 Bones**

What is the largest muscle in the human body?
Contact any wellness committee member with the answer by the end of February to receive 25 points.

5 STEPS TO HELP PREVENT THE FLU

1. Avoid or minimize contact with people who are sick (a minimum of three feet distancing is recommended).
2. Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands afterwards. If tissue-less, cough or sneeze into your elbow or upper arm, not into your hands.
3. Keep your hands away from your eyes, nose and mouth to keep germs from entering your body.
4. Wash hands frequently with soap and water or an alcohol-based hand sanitizer.
5. Get a flu shot every year. Vaccination is one of the most effective ways to minimize illness and death.

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. Mark your calendars!!

FEBRUARY IS HEART HEALTH MONTH

Bring up heart disease, and most people think of a heart attack. But there are many conditions that can hamper the heart's ability to do its job. These include coronary artery disease, cardiomyopathy, arrhythmia, and heart failure. You'll want to know what they do to the body and how to recognize the warning signs. **What is Heart Disease?** [Click Here](#) for the Video

EXERCISE

28-DAY SQUAT CHALLENGE

30-DAY WALKABOUT CHALLENGE

RECIPES

Valentine's Day is right around the corner. All that chocolate and champagne isn't exactly low-cal. This year, treat loved ones to some delicious and lighter holiday fare. These healthy recipes from cocktails to breakfast recipes to, desserts. [Click Here for Recipes](#)



It's All About You. *Take Action Now.* Be Your Own Hero.

What's in it for Me?

Savings: Free on-site health screening saves you time and money. PLUS 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. 17th (6:30-9:00 a.m.)

Court House: 215 S. Court Street

OR

Wednesday, Feb. 18th (5:00-8:00 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), Prostate (PSA) for males are included.

Additional Details:

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

To Register: Contact Bruce at (402)826-9394, Sharon at (402)821-2588, or Jenn at (402)821-7224.

Questions: Call Bruce, Sharon, or Jenn if you have questions or are not able to attend the health screening events.

Deadline to Sign Up: Monday, February 3rd

Saline County Health Screening Frequently Asked Questions

Tuesday, Feb. 17th — Court House 6:30-9:00 a.m.
OR

Wednesday, Feb. 18th — Law Enforcement Center 5:00-8:00 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. You save **valuable time and money** since the screens are offered in the workplace and paid for by Saline County — 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:** Thyroid screen (TSH) for all participants, and prostate screen (PSA) for males. The TSH and PSA screens are available at no additional cost. Employees are eligible for the Vitamin D test if your doctor has recommended it.
- Allow approximately 15 minutes to complete the screening.

How do I schedule my health screening appointment?

Please contact Bruce at (402)826-9394, Sharon at (402)821-2588, or Jenn at (402)821-7224 to schedule your screening appointment or if you are not able to attend the health screening.

Deadline to Sign Up: Monday, February 3rd

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 Saline County employees. The health screening is also free for spouses on the County's BCBS health insurance plan. Madonna will file an electronic medical claim for the lab work for participants who are on the plan. The lab work is covered as a routine preventative service through our 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?

Madonna Fit for Work will 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.





SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

MARCH/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

IF YOU WANT SOMETHING YOU HAVE NEVER HAD, THEN YOU HAVE TO DO SOMETHING THAT YOU HAVE NEVER DONE!!

MARCH WELLNESS CLASS

The Wellness Education Class for March has been cancelled and will hopefully be rescheduled at a later time.

APRIL WELLNESS CLASS- CANCER PREVENTION

In April, we will be setting up Cancer Prevention Educational "Lunch and Learns" with Public Health Solutions. (See the attached flyer regarding colon cancer.) We will be working with PHS to set up different times to present these 30 minute sessions to try to accommodate as many people as possible. Lunch, breakfast or a snack will be provided by PHS during the class so you will need to sign up for a class beforehand. PHS will be addressing the leading cancer risks for both men and women and FREE colon cancer screening kits will be provided. A separate class will be offered for men and for women as there are different leading cancer risks for each gender. We strongly suggest that all employees attend a class to receive valuable information about the leading cancer threats to men and women and possible ways to help minimize your risks. PHS has extended this invitation to your spouses as well. If a spouse or family member would like to attend, they will need to be signed up in advance as well. Look for more information to come in the very near future.

YOU WILL EARN 50 WELLNESS POINTS FOR ATTENDING THIS CLASS OR WATCHING THE VIDEO

CRAZY 8 CHALLENGE

The Crazy 8 Challenge is due to Bruce/Billy, Jenn/Kory or Sharon/Brandi by this Friday, March 13th. Sheets turned in after that day will not be counted. You must earn at least 1,000 points in the challenge to receive 25 Wellness Points or at least 1,350 points to receive 50 Wellness Points.

SLASH THE SODIUM CHALLENGE

Our next wellness challenge will start Wednesday, April 1 (and NO this is not an April Fool's Day Joke!) Due to a great number of employees that suffer from high blood pressure, we will be offering "Slash the Sodium" which was designed by Madonna Fit For Work. This program has a three week duration and you will be challenged to decrease your sodium intake each week. (See attached sheets for more information with a list of ways to reduce sodium and a worksheet to fill out and turn in.) The challenge will start on Wednesday, April 1, end on Tuesday, April 21 and must be turned in to Bruce/Bill, Jenn/Kory or Sharon/Brandi by Friday, April 24. Completion of the challenge is worth 25 wellness points. If you have any questions about this challenge, please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

NIRMA ONLINE UNIVERSITY CLASSES

The following online classes are offered FREE from Jan 1 to Mar 31. (25 Wellness Points each)

- Workplace Harassment
- Personal Professionalism
- Eating Disorders*

*Previously there was a problem with the "Eating Disorder" class not appearing online. This has been fixed.

Wellness Committee Contacts:

Marvin Kohout: H-(402) 946-6531;
C-(402) 641-7400; E-mail: makohout@hotmail.com
Tim McDermott: H-(402) 821-3581;
C-(405) 323-8868; E-mail: nebraskatim@gmail.com
Sharon Jelinek: H-(402) 821-3623;
W-(402) 821-2588; E-mail: sjelinek@diodecom.net
Brandi Kelly: W-(402) 821-2588;
E-mail: bkelly@diodecom.net
Bruce Filipi: W-(402) 821-2737;
E-mail: scroads@diodecom.net
Jennifer Chavez: C-(402) 821-7224;
E-mail: jretchless@sclec-ne.org
Kory Mullen: W-(402) 821-2972 ext: 2500;
E-mail: nurse@sclec-ne.org
Linda Kastanek: W-(402) 821-2374;
E-mail: clerk@saline.nacone
Tad Eickman: W-(402) 821-2531;
E-mail: eickmanlaw@hotmail.com

FACEBOOK AND WEB PAGE

Don't forget to check out the Saline County Wellness Page at <http://www.co.saline.ne.us/wellness>. We also now have a Saline County Facebook group **Saline County Wellness**. Feel free to post recipes, exercises, wellness information, motivation, encouragement, etc. on the Facebook page or send me an email if you would like something included on the website.

EXERCISE

[5 Before and After Workout Stretches](#)

RECIPES

[Low Cal Lunches in 15 Minutes](#)

BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question: **Gluteus Maximus**

What is the smallest bone in the human body?

Contact any wellness committee member with the answer by the end of March to receive 25 points.

IMPACT SURVEY

In December 2014, we offered everyone the opportunity to take an IMPACT Survey for 500 points. We are offering EVERY EMPLOYEE that same opportunity again in April 2015 for 500 points. The survey only takes about 10 minutes to complete and we encourage EVERYONE to participate, even if you took the survey in December. Everyone who takes the survey in April will receive 500 points (in addition to the 500 points you earned in December). All points earned in December 2014 and April 2015 will be included in your wellness point total for 2015. If you participated in the 2015 Saline County Health Fair last month, pertinent information will be downloaded by Madonna Fit for Work into the survey. If you did NOT participate in the health fair, you will still be able to take the survey, but you will be asked critical health information regarding your cholesterol, blood pressure, glucose, etc. You will be receiving more information in the near future about how to take the survey. If you have any questions or concerns about the upcoming impact survey (or the December survey), please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

2014 WELLNESS CHALLENGE

We received 31 packets from employees that had participated in the 2014 wellness program. Madonna Fit For Work is presently in the process of calculating your final points. Once all points have been calculated, we will be contacting those 31 individuals with their point totals. At that time, the participants will have an opportunity to review the points that have been calculated and should contact a wellness committee member or Madonna Fit For Work if they disagree with the points that have been calculated. (Contact information will be supplied.) In addition, if the participant has not already indicated which incentive they would like to receive, a wellness committee member will be contacting you. Awards will be presented at the annual Employee Banquet in April 2015.

Colon Cancer Can Be Prevented

*“I don't
have time
for colon
cancer.”*

That's why I got screened.

Colon Cancer Screening Saves Lives

Colon cancer is the 2nd leading cause
of cancer related deaths in the U.S.

Screening can also find colon cancer early,
when treatment is most effective.

Take the time
Get screened.



If you're 50 or older and don't have
time for colon cancer, talk to your
doctor and get screened.

For more information call the
Nebraska Colon Cancer
Screening Program at
1-800-532-2227



Department of Health & Human Services
DHHS
NEBRASKA

5/U58DP002043-06





97% of Americans consume too much sodium—are *YOU* one of them?

You're invited to participate in the

Slash Your Sodium Challenge

If you want to cut back on sodium, lower your blood pressure and reduce your risk of heart disease, then this challenge is for you!

For 3 weeks, you will learn more about your sodium habits, identify the biggest sources of sodium in your diet and take steps to slash your intake.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container about	
Amount Per Serving	
Calories 250	Calories from Fat
	% Daily Value*
Total Fat 12g	
Saturated Fat 3g	
Trans Fat 3g	
Cholesterol 50mg	
Sodium 360mg	
Total Carbohydrate 31g	
Dietary Fiber 0g	
Sugars 5g	
Proteins 5g	

**This Challenge Kicks Off
April 1st!**

**Everyone who completes the challenge
will earn 25 wellness points!!!**

Questions?

**Contact Kerry Hagemeyer at
821-7483 or yellowbrickroad0471@yahoo.com**



FIT FOR WORK
Occupational Health and Wellness



Slash Your Sodium Challenge

Did you know that 97% of Americans take in too much sodium? About 3000-3600 mg per day on average. That's a big problem, since consuming too much sodium can contribute to high blood pressure and an increased risk of heart attack and stroke. So how much should you strive for? The Dietary Guidelines for Americans recommend that people age 51 and older, African Americans and anyone with high blood pressure limit their sodium intake to no more than 1500 mg per day. People who do not fit into any of these categories should aim for less than 2300 mg per day.

If you are one of the millions of Americans who consume too much sodium, then take the challenge to slash your intake! This 3-week challenge will help you learn more about your sodium habits, identify the biggest sources of sodium in your diet and take steps to slash your intake.

Here's how the Slash Your Sodium Challenge works:

- Each week, you will be challenged to complete a variety of sodium slashing strategies. Every time you complete a strategy, you earn a point; there will also be a weekly challenge, which will give you the opportunity to earn extra points.
- Every week, you will have a goal point level that you will try to hit. Aim to meet this point goal at least two out of the three weeks.

**Turn your completed challenge into
Jenn, Kory or Sharon by Friday, April 24th.**

Week 1: April 1 – April 7

POINT GOAL = 25

Directions: Put a tally mark in the “Number of Times I Did This” box each time you complete a strategy. Tally your points at the end of the week. If you meet the point goal, check the goal box.

Name: _____

Sodium Slashing Strategy (Earn 1 Point Every Time You Complete a Strategy)	Number of Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup)	
Eat out no more than 3 times this week.	
Season food with herbs, spices, salt-free seasonings, or other low-sodium flavorings.	
Taste food before salting it.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Choose snacks with <140 mg of sodium per serving.	

Weekly Challenge: Earn 10 points for completing this challenge!

Find 3 high sodium foods in your kitchen (cupboards, pantry, refrigerator, freezer) and list how to make a smarter sodium choice.

Example: Canned green beans (1/2 cup = 310 mg); use frozen (1/2 cup = 10 mg)

1. _____
2. _____
3. _____

**Points for
the Week**

Met Goal



Slash Your Sodium Challenge

Directions: Put a tally mark in the “Times I Did This” box each time you complete a strategy. Tally your points at the end of the week. If you meet the point goal, check the goal box.

Week 2: 8 – April 14

POINT GOAL = 30

Sodium Slashing Strategy (1 Point for Every Strategy Completed)	Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup).	
Cut out a high sodium food that you commonly eat (for the day).	
Eat out no more than 2 times this week.	
Season food with herbs, spices, salt-free seasonings, or low-sodium flavorings.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Eat a meal made of fresh, minimally processed foods.	
Choose snacks with <140 mg of sodium per serving.	

Weekly Challenge: Earn 10 points for completing this challenge!

Look up the nutrition facts of one of your favorite fast food meals (use the restaurant website, www.calorieking.com or www.fastfoodnutrition.org)

Meal: _____ = _____ mg sodium

Points for the Week

Met Goal

Week 3: April 15 – April 21

POINT GOAL = 35

Sodium Slashing Strategy (1 Point for Every Strategy Completed)	Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup).	
Cut out a high sodium food that you commonly eat (for the day).	
Eat out no more than 2 times this week.	
Season food with herbs, spices, salt-free seasonings, or low-sodium flavorings.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Eat a meal made of fresh, minimally processed foods.	
Choose snacks with <140 mg of sodium per serving.	
Forgo pre-packaged snacks for an entire day.	

Weekly Challenge: Earn 10 points for completing this challenge!

Use the nutrition facts label to compare the sodium in two similar products (at the grocery store, gas station, etc); opt for the lower sodium option.

1: _____ = _____ mg **2:** _____ = _____ mg

Points for the Week

Met Goal

WE WANT YOUR FEEDBACK!

On a scale of 1 to 5, rate the following statements, with “1” = Strongly Disagree and “5” = Strongly Agree.

- This encouraged me to be more aware of the sodium in foods. 1 2 3 4 5
- This helped me apply strategies to reduce my sodium intake. 1 2 3 4 5

Comments: _____



Slash the Sodium!

Reducing your sodium intake can help lower blood pressure in a matter of weeks. Read on to learn about sodium limits, sources and what you can do to cut back.

Sodium Recommendations

The Dietary Guidelines for Americans recommend people age 51 and older, African Americans and anyone with high blood pressure limit their sodium intake to no more than 1500 mg per day. People who do not fit this category should aim for less than 2300 mg per day. This is a far cry from what the average American takes in each day: between 3000-3600 mg of sodium!

Sources of Sodium

Many people point their finger at salty chips or pretzels and the salt shaker for extra sodium, but it can hide in many other foods. Here is the break down of sources of sodium in Americans' diets:

- Processed foods and restaurant meals make up about 75% of the average person's sodium intake.
- The salt shaker contributes to a little more than 10% of a person's daily sodium intake, whether used during the cooking process or at the table.
- The remaining 10-15% occurs naturally in foods.

Sodium Slashing Strategies

Be a Label Sleuth: Use the nutrition label to compare the sodium content in similar products. All nutrition stats are listed **per serving**, so if you eat more than one serving, be sure you calculate the total sodium accordingly.

Make Sense of Food Label Claims: It can be tough to decipher one label claim from the other. Here's a cheat sheet to help you better understand them:

- **Sodium-Free:** Less than 5 milligrams of sodium per serving
- **Very Low-Sodium:** 35 milligrams or less per serving
- **Low-Sodium:** Less than 140 milligrams per serving
- **Reduced Sodium:** The product contains at least 25% less sodium than the original product.
- **Unsalted/No Salt Added/Without Salt:** Made without adding salt during processing, but still contains the sodium that's a natural part of the food itself

Think Fresh: Swap processed foods for fresh, minimally processed foods, like fresh or frozen fruits and vegetables, basic whole grains, fresh meats and low-fat milk or yogurt. When you do buy processed foods, use the following tips to make smarter choices.

- **Frozen Entrees:** Stick with light varieties (i.e., Healthy Choice, Lean Cuisine, Smart Ones), which tend to be lower in sodium; aim for no more than 600 mg and then balance out your meal with low sodium foods, such as fruit, veggies or yogurt.
- **Frozen or Canned Vegetables:** Keep the sodium in your veggies to a minimum by sticking with fresh, plain frozen veggies or "no-salt-added" canned varieties.
- **Processed Meats.** You can't completely cut out the sodium in processed meats (i.e., lunch meat, hot dogs, etc.), but you can cut back. Reach for reduced sodium varieties when you can, but when that's not an option, be a label reader; different brands and different types of meat have varying amounts of sodium, so opt for one of the lowest sodium options.
- **Condiments.** If you think those little extras you add to your food don't count, think again. Condiments can have anywhere from 140 to over 1000 mg of sodium in a single tablespoon! Keep in mind, most people use several tablespoons, not just one, so the sodium count will go up quickly! Even lower sodium condiments can pack a lot of sodium, so moderation is key.
- **Pre-Packaged Flavored Rice or Pasta:** Skip the pre-seasoned stuff, which can have over 800 mg of sodium per cup, and choose plain varieties of rice or pasta, which have minuscule amounts, then add your own seasonings to help boost the flavor.
- **Soup:** Look for reduced-sodium versions of your favorites, but watch your portions—since soup is typically high in sodium, even the "reduced" versions can still pack quite a bit of sodium.

Eat Out Less: Even restaurant meals that are low in fat or calories can have a day's worth of sodium in them. Blame it on the super-sized portions and use of processed foods. Splitting a meal or boxing half of it can help reduce your sodium intake, but also try to eat out less often and cook at home more. When you prepare the food, you are in control of how much sodium you do—or don't—use.

Give It Time: Gradually reduce your intake over a period of weeks to give your taste buds a chance to adapt. They will learn to become more salt-sensitive so you will be satisfied with less of the stuff.

Check Your Meds: Certain medications for headaches, colds and heart burn can be made with sodium carbonate or bicarbonate. Look for meds that are calcium based, instead.



Slash the Sodium!

Another Sodium Slashing Strategy: Season Sensibly!

Put Down the Salt Shaker

One teaspoon of salt has over 2300 mg of sodium, so if you are someone who uses a lot of salt either while cooking or at the table, you could be adding hundreds of milligrams of sodium to your daily intake. Ease your grip on that shaker with these tips:

Taste It First: At meals, taste food before salting it. You may find that it tastes just fine without it.

Be Smart with Your Salts: Many people believe that kosher and sea salt are nutritionally superior to table salt. But, if you take a closer look, you'll see that while sea and kosher salt are lower in sodium, it's only slightly: **1/4 tsp. table salt = 590 mg sodium, 1/4 tsp. kosher salt = 500-590 mg and 1/4 tsp. sea salt = 400-590 mg.** Clearly kosher and sea salt are far from being low in sodium, so when it comes to health, what's most important is the amount of salt you are adding, not the type. And that's where kosher and sea salt might be beneficial. The larger grains of these salts offer a more intense flavor than table salt, so you can cut back on the amount that you use without sacrificing flavor.

Add Flavor, Not Salt: There are several ways to add flavor to food without adding sodium (or calories and fat for that matter). Here are a few ideas:

- **Season food with herbs, spices.** These flavor enhancers can be a little intimidating to use, so if you don't have much experience with them, check out the tips in the **Herb and Spice Guide** below.
- **Be careful with seasoning blends and packets**, which can have a lot of hidden sodium (example: 1 teaspoon of lemon pepper seasoning contains over 800 mg of sodium). Read the ingredients list to see if salt is one of the main ingredients; if so, put it back on the shelf.
- **Try salt-free seasoning blends**, such as Mrs. Dash, Frontier Salt-Free Blends, McCormick's Perfect Pinch Line (select varieties), or try one of the **Homemade Seasoning Blends** below.
- **Opt for powders over salts** (i.e., onion powder instead of onion salt), as the salt varieties are much higher in sodium—1 teaspoon of garlic salt has 1960 mg of sodium!
- **Use citrus fruits and flavored vinegars** to add a tangy flavor to food. Grate citrus peel or squeeze the juice into dishes; for vinegars, try red or white wine, cider, sherry, balsamic or rice.
- **Use aromatic foods when cooking.** These ingredients add pizzazz to any dish. Try onions, garlic, celery, carrots, parsnips, leeks, ginger, shallots and green onions.

Herb & Spice Guide:

Beef: Basil, bay leaf, chili powder, curry, cumin, garlic, marjoram, onion, oregano, pepper, sage, thyme

Pork: Garlic, onion, sage, pepper, oregano

Poultry: Basil, curry, dill, garlic, marjoram, mustard, oregano, paprika, rosemary, sage, tarragon, thyme

Fish: Basil, cayenne, curry, dill, garlic, marjoram, mustard, oregano, paprika, pepper, rosemary

Eggs: Chili powder, chives, curry, dill, oregano, paprika, parsley, pepper, sage, tarragon, thyme

Beans: cumin, cayenne, chili powder, parsley, pepper, sage, thyme

Corn: chile, cumin, curry, dill, marjoram, onion, paprika, parsley, thyme

Potatoes: Celery seed, chives, dill, garlic, onion, oregano, paprika, rosemary, sage, tarragon, thyme

Carrots: Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

Green Beans: Dill, curry powder, marjoram, oregano, tarragon, thyme

Summer Squash: Cloves, curry, marjoram, nutmeg, rosemary, sage

Winter Squash: Cinnamon, ginger, nutmeg, onion

Tomatoes: Basil, bay leaf, dill, garlic, marjoram, onion, oregano, parsley, pepper, rosemary

Fruit: Allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint

Soups: Bay leaf, chili powder, cumin, dill, garlic, marjoram, parsley, pepper, rosemary, sage, thyme

Seasoning By Cuisine:

Italian Cooking: Basil, garlic, marjoram, oregano, parsley, rosemary, thyme

Mexican Cooking: Chili powder, cilantro, coriander, cumin

Asian Cooking: Coriander, curry, garlic, ginger, turmeric; flavored vinegars are also popular options

Homemade Seasoning Blends:

All-Purpose Seasoning: 5 teaspoon (tsp.) onion powder, 1 Tablespoon (Tbsp.) garlic powder, 1 Tbsp. paprika, 1 Tbsp. dry mustard, 1 tsp. thyme, ½ tsp. black pepper, ½ tsp. celery seed. *Makes 16 tsp.*

Taco Seasoning: 6 tsp. chili powder, 5 tsp. paprika, 4½ tsp. cumin, 2½ tsp. onion powder, 2½ tsp. garlic powder, 2½ tsp. cornstarch, pinch of cayenne pepper. *Makes 21 tsp.*





SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

APRIL/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

**A 1 HOUR WORKOUT IS 4% OF YOUR
DAY...NO EXCUSES**

**APRIL WELLNESS CLASS-
CANCER PREVENTION**

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SLASH THE SODIUM CHALLENGE CHANGES

Our next wellness challenge will start Wednesday, April 1. (See attached sheets for more information with a list of ways to reduce sodium and a worksheet to fill out and turn in.) The challenge will start on Wednesday, April 1, end on Tuesday, April 21 and must be turned in to Bruce/Bill, Jenn/Kory or Sharon/Brandi by Friday, April 24. **There has been a change in points you can earn on this challenge.** If you reach the goal of 25 points the first week, you will receive 25 wellness points. If you reach the goal of 30 points the second week, you will receive 30 wellness points and if you reach the goal of 35 points the final week, you receive 35 wellness points. You must reach the goal each week to receive that week's wellness points. Therefore, you can earn a total of 90 wellness points on this challenge. **In addition, no bonus points, as indicated on the challenge, will be given.** If you have any questions about this challenge, please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered for FREE from April 1 to June 30 (75 Wellness Points).

- Understanding Mental Illness*

*This is the **ONLY** class offered this quarter to earn wellness points.

INDIVIDUAL HEALTH ASSESSMENTS

Public Health Solutions (PHS) will be offering FREE onsite, individual health risk assessments, blood pressure checks and health coaching for interested employees. FREE pedometers will be available for employees interested in beginning or increasing their level of physical activity. Each session will last approximately 30 minutes per employees. You should bring your most recent blood test results and your IMPACT Survey report to the Assessment. All information will be kept confidential. This is a great opportunity to set up a plan with a professional Health Coach to begin leading a healthier lifestyle. Look for information to sign up in the near future.

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. Mark your calendars!!

EXERCISE, RECIPES, TRACK CALORIES

Looking for new Workouts? Recipes? Calorie Tracker? Online Apps? Check out the following online sites:

[Spark People](#)
[MyFitnessPal](#)
[Team Beach Body](#)

BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question:
The stapes or stirrup bone

How long should you warm up before a workout and cool down after a workout?

Contact any wellness committee member with the answer by the end of April to receive 25 points.

IMPACT SURVEY

In December 2014, we offered everyone the opportunity to take an IMPACT Survey for 500 points. We are offering **EVERY EMPLOYEE** that same opportunity again in April 2015 for 500 points. The survey only takes about 10 minutes to complete and we encourage EVERYONE to participate, even if you took the survey in December. Everyone who takes the survey in April will receive 500 points (in addition to the 500 points you earned in December). All points earned in December 2014 and April 2015 will be included in your wellness point total for 2015.

If you participated in the 2015 Saline County Health Fair last month, pertinent information will be downloaded by Madonna Fit for Work into the survey. If you did NOT participate in the health fair, you will still be able to take the survey, but you will be asked critical health information regarding your cholesterol, blood pressure, glucose, etc so have your most current blood screening information handy. (See the attached sheet for instructions on how to take the IMPACT Survey.) You will be able to take the IMPACT Survey from April 1 – 24. This is the ONLY Time it will be offered this year. If you have any questions or concerns about the upcoming impact survey (or if you received points for the December survey), please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

APRIL WELLNESS CLASS

The March Wellness Education Class has been rescheduled for Thursday, April 16th at 5:30 pm at the extension office. This class is regarding asthma. If you did not sign up for this class when it was offered in March, but would like to attend, please contact Linda Kastanek to sign up by Monday, April 13, 2015.

Impact Survey Instructions

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 that complete this survey are eligible for 500 wellness points.

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 the wellness programs and service offerings for the year. **The deadline to complete this survey is April 24, 2015.** Thank you for caring about your health and wellbeing.

Additional things you should know

- The green apple will fill in as you progress through the survey to indicate your progress.
- If you quit the survey before it is finished, re-enter the website and it will resume where you left off.
- 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. **If you do not see the report, you have not finished the survey. Please be sure to reach your personal report.**
- If the biometric screening was completed prior to the survey, it will be included in the survey. (If you participated in the Saline County Health Fair, Madonna Fit For Work has downloaded your health data to this report. If you did not participate in the Saline County Health Fair, you should have your most recent blood test results handy before you take this test as you will be asked pertinent health information).

Getting Started

Access the Impact Survey at impactsurvey.net

The assessment can be taken during your normal scheduled work hours or on your own time. 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 health coach.

Impact Survey Sign on Instructions:

Go to: impactsurvey.net

1st Screen:

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

2nd Screen:

Enter your password: **Saline**

3rd Screen:

Your unique I.D. number (provided by your employer): **Enter your Employee I.D. number here** (Your employee ID number is written on your wellness program sign in sheet and also is on your automatic paycheck stub)

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)**

4th Screen:

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

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

State: **Use the drop down tab**

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

Division: **Use the drop down key to indicate your division** (The only division available is “Employee”)

You Are Ready To Start The Survey

If you have any problems, click the “Report a Problem” button on the screen and explain the problem.

If you have any questions or problems or if you have forgotten you Employee ID#, contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

You have until April 24th to complete this survey and earn 500 Wellness Points!!!

This survey will not be offered again this year.

Slash the Sodium!

Reducing your sodium intake can help lower blood pressure in a matter of weeks. Read on to learn about sodium limits, sources and what you can do to cut back.

Sodium Recommendations

The Dietary Guidelines for Americans recommend people age 51 and older, African Americans and anyone with high blood pressure limit their sodium intake to no more than 1500 mg per day. People who do not fit this category should aim for less than 2300 mg per day. This is a far cry from what the average American takes in each day: between 3000-3600 mg of sodium!

Sources of Sodium

Many people point their finger at salty chips or pretzels and the salt shaker for extra sodium, but it can hide in many other foods. Here is the break down of sources of sodium in Americans' diets:

- Processed foods and restaurant meals make up about 75% of the average person's sodium intake.
- The salt shaker contributes to a little more than 10% of a person's daily sodium intake, whether used during the cooking process or at the table.
- The remaining 10-15% occurs naturally in foods.

Sodium Slashing Strategies

Be a Label Sleuth: Use the nutrition label to compare the sodium content in similar products. All nutrition stats are listed **per serving**, so if you eat more than one serving, be sure you calculate the total sodium accordingly.

Make Sense of Food Label Claims: It can be tough to decipher one label claim from the other. Here's a cheat sheet to help you better understand them:

- **Sodium-Free:** Less than 5 milligrams of sodium per serving
- **Very Low-Sodium:** 35 milligrams or less per serving
- **Low-Sodium:** Less than 140 milligrams per serving
- **Reduced Sodium:** The product contains at least 25% less sodium than the original product.
- **Unsalted/No Salt Added/Without Salt:** Made without adding salt during processing, but still contains the sodium that's a natural part of the food itself

Think Fresh: Swap processed foods for fresh, minimally processed foods, like fresh or frozen fruits and vegetables, basic whole grains, fresh meats and low-fat milk or yogurt. When you do buy processed foods, use the following tips to make smarter choices.

- **Frozen Entrees:** Stick with light varieties (i.e., Healthy Choice, Lean Cuisine, Smart Ones), which tend to be lower in sodium; aim for no more than 600 mg and then balance out your meal with low sodium foods, such as fruit, veggies or yogurt.
- **Frozen or Canned Vegetables:** Keep the sodium in your veggies to a minimum by sticking with fresh, plain frozen veggies or "no-salt-added" canned varieties.
- **Processed Meats.** You can't completely cut out the sodium in processed meats (i.e., lunch meat, hot dogs, etc.), but you can cut back. Reach for reduced sodium varieties when you can, but when that's not an option, be a label reader; different brands and different types of meat have varying amounts of sodium, so opt for one of the lowest sodium options.
- **Condiments.** If you think those little extras you add to your food don't count, think again. Condiments can have anywhere from 140 to over 1000 mg of sodium in a single tablespoon! Keep in mind, most people use several tablespoons, not just one, so the sodium count will go up quickly! Even lower sodium condiments can pack a lot of sodium, so moderation is key.
- **Pre-Packaged Flavored Rice or Pasta:** Skip the pre-seasoned stuff, which can have over 800 mg of sodium per cup, and choose plain varieties of rice or pasta, which have minuscule amounts, then add your own seasonings to help boost the flavor.
- **Soup:** Look for reduced-sodium versions of your favorites, but watch your portions—since soup is typically high in sodium, even the "reduced" versions can still pack quite a bit of sodium.

Eat Out Less: Even restaurant meals that are low in fat or calories can have a day's worth of sodium in them. Blame it on the super-sized portions and use of processed foods. Splitting a meal or boxing half of it can help reduce your sodium intake, but also try to eat out less often and cook at home more. When you prepare the food, you are in control of how much sodium you do—or don't—use.

Give It Time: Gradually reduce your intake over a period of weeks to give your taste buds a chance to adapt. They will learn to become more salt-sensitive so you will be satisfied with less of the stuff.

Check Your Meds: Certain medications for headaches, colds and heart burn can be made with sodium carbonate or bicarbonate. Look for meds that are calcium based, instead.



Slash the Sodium!

Another Sodium Slashing Strategy: Season Sensibly!

Put Down the Salt Shaker

One teaspoon of salt has over 2300 mg of sodium, so if you are someone who uses a lot of salt either while cooking or at the table, you could be adding hundreds of milligrams of sodium to your daily intake. Ease your grip on that shaker with these tips:

Taste It First: At meals, taste food before salting it. You may find that it tastes just fine without it.

Be Smart with Your Salts: Many people believe that kosher and sea salt are nutritionally superior to table salt. But, if you take a closer look, you'll see that while sea and kosher salt are lower in sodium, it's only slightly: **1/4 tsp. table salt = 590 mg sodium, 1/4 tsp. kosher salt = 500-590 mg and 1/4 tsp. sea salt = 400-590 mg.** Clearly kosher and sea salt are far from being low in sodium, so when it comes to health, what's most important is the amount of salt you are adding, not the type. And that's where kosher and sea salt might be beneficial. The larger grains of these salts offer a more intense flavor than table salt, so you can cut back on the amount that you use without sacrificing flavor.

Add Flavor, Not Salt: There are several ways to add flavor to food without adding sodium (or calories and fat for that matter). Here are a few ideas:

- **Season food with herbs, spices.** These flavor enhancers can be a little intimidating to use, so if you don't have much experience with them, check out the tips in the **Herb and Spice Guide** below.
- **Be careful with seasoning blends and packets,** which can have a lot of hidden sodium (example: 1 teaspoon of lemon pepper seasoning contains over 800 mg of sodium). Read the ingredients list to see if salt is one of the main ingredients; if so, put it back on the shelf.
- **Try salt-free seasoning blends,** such as Mrs. Dash, Frontier Salt-Free Blends, McCormick's Perfect Pinch Line (select varieties), or try one of the **Homemade Seasoning Blends** below.
- **Opt for powders over salts** (i.e., onion powder instead of onion salt), as the salt varieties are much higher in sodium—1 teaspoon of garlic salt has 1960 mg of sodium!
- **Use citrus fruits and flavored vinegars** to add a tangy flavor to food. Grate citrus peel or squeeze the juice into dishes; for vinegars, try red or white wine, cider, sherry, balsamic or rice.
- **Use aromatic foods when cooking.** These ingredients add pizzazz to any dish. Try onions, garlic, celery, carrots, parsnips, leeks, ginger, shallots and green onions.

Herb & Spice Guide:

Beef: Basil, bay leaf, chili powder, curry, cumin, garlic, marjoram, onion, oregano, pepper, sage, thyme

Pork: Garlic, onion, sage, pepper, oregano

Poultry: Basil, curry, dill, garlic, marjoram, mustard, oregano, paprika, rosemary, sage, tarragon, thyme

Fish: Basil, cayenne, curry, dill, garlic, marjoram, mustard, oregano, paprika, pepper, rosemary

Eggs: Chili powder, chives, curry, dill, oregano, paprika, parsley, pepper, sage, tarragon, thyme

Beans: cumin, cayenne, chili powder, parsley, pepper, sage, thyme

Corn: chile, cumin, curry, dill, marjoram, onion, paprika, parsley, thyme

Potatoes: Celery seed, chives, dill, garlic, onion, oregano, paprika, rosemary, sage, tarragon, thyme

Carrots: Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

Green Beans: Dill, curry powder, marjoram, oregano, tarragon, thyme

Summer Squash: Cloves, curry, marjoram, nutmeg, rosemary, sage

Winter Squash: Cinnamon, ginger, nutmeg, onion

Tomatoes: Basil, bay leaf, dill, garlic, marjoram, onion, oregano, parsley, pepper, rosemary

Fruit: Allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint

Soups: Bay leaf, chili powder, cumin, dill, garlic, marjoram, parsley, pepper, rosemary, sage, thyme

Seasoning By Cuisine:

Italian Cooking: Basil, garlic, marjoram, oregano, parsley, rosemary, thyme

Mexican Cooking: Chili powder, cilantro, coriander, cumin

Asian Cooking: Coriander, curry, garlic, ginger, turmeric; flavored vinegars are also popular options

Homemade Seasoning Blends:

All-Purpose Seasoning: 5 teaspoon (tsp.) onion powder, 1 Tablespoon (Tbsp.) garlic powder, 1 Tbsp. paprika, 1 Tbsp. dry mustard, 1 tsp. thyme, ½ tsp. black pepper, ½ tsp. celery seed. *Makes 16 tsp.*

Taco Seasoning: 6 tsp. chili powder, 5 tsp. paprika, 4½ tsp. cumin, 2½ tsp. onion powder, 2½ tsp. garlic powder, 2½ tsp. cornstarch, pinch of cayenne pepper. *Makes 21 tsp.*



Slash Your Sodium Challenge

Did you know that 97% of Americans take in too much sodium? About 3000-3600 mg per day on average. That's a big problem, since consuming too much sodium can contribute to high blood pressure and an increased risk of heart attack and stroke. So how much should you strive for? The Dietary Guidelines for Americans recommend that people age 51 and older, African Americans and anyone with high blood pressure limit their sodium intake to no more than 1500 mg per day. People who do not fit into any of these categories should aim for less than 2300 mg per day.

If you are one of the millions of Americans who consume too much sodium, then take the challenge to slash your intake! This 3-week challenge will help you learn more about your sodium habits, identify the biggest sources of sodium in your diet and take steps to slash your intake.

Here's how the Slash Your Sodium Challenge works:

- Each week, you will be challenged to complete a variety of sodium slashing strategies. Every time you complete a strategy, you earn a point; there will also be a weekly challenge, which will give you the opportunity to earn extra points.
- Every week, you will have a goal point level that you will try to hit. Aim to meet this point goal at least two out of the three weeks.

Turn your completed challenge into
Jenn, Kory or Sharon by Friday, April 24th.

Week 1: April 1 – April 7

POINT GOAL = 25

Directions: Put a tally mark in the “Number of Times I Did This” box each time you complete a strategy. Tally your points at the end of the week. If you meet the point goal, check the goal box.

Name: _____

Sodium Slashing Strategy (Earn 1 Point Every Time You Complete a Strategy)	Number of Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup)	
Eat out no more than 3 times this week.	
Season food with herbs, spices, salt-free seasonings, or other low-sodium flavorings.	
Taste food before salting it.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Choose snacks with <140 mg of sodium per serving.	

Weekly Challenge: Earn 10 points for completing this challenge!

Find 3 high sodium foods in your kitchen (cupboards, pantry, refrigerator, freezer) and list how to make a smarter sodium choice.

Example: Canned green beans (1/2 cup = 310 mg); use frozen (1/2 cup = 10 mg)

1. _____
2. _____
3. _____

Points for
the Week

Met Goal



Slash Your Sodium Challenge

Directions: Put a tally mark in the “Times I Did This” box each time you complete a strategy. Tally your points at the end of the week. If you meet the point goal, check the goal box.

Week 2: 8 – April 14

POINT GOAL = 30

Sodium Slashing Strategy (1 Point for Every Strategy Completed)	Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup).	
Cut out a high sodium food that you commonly eat (for the day).	
Eat out no more than 2 times this week.	
Season food with herbs, spices, salt-free seasonings, or low-sodium flavorings.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Eat a meal made of fresh, minimally processed foods.	
Choose snacks with <140 mg of sodium per serving.	

Weekly Challenge: Earn 10 points for completing this challenge!

Look up the nutrition facts of one of your favorite fast food meals (use the restaurant website, www.calorieking.com or www.fastfoodnutrition.org)

Meal: _____ = _____ mg sodium

Points for the Week

Met Goal

Week 3: April 15 – April 21

POINT GOAL = 35

Sodium Slashing Strategy (1 Point for Every Strategy Completed)	Times I Did This
Cut your usual portion of a high sodium in half (i.e., instead of 1 cup, have 1/2 cup).	
Cut out a high sodium food that you commonly eat (for the day).	
Eat out no more than 2 times this week.	
Season food with herbs, spices, salt-free seasonings, or low-sodium flavorings.	
Choose fresh, frozen or no-salt-added canned veggies.	
Use the “reduced” sodium version instead of regular.	
Choose fresh meat instead of processed.	
Eat a meal made of fresh, minimally processed foods.	
Choose snacks with <140 mg of sodium per serving.	
Forgo pre-packaged snacks for an entire day.	

Weekly Challenge: Earn 10 points for completing this challenge!

Use the nutrition facts label to compare the sodium in two similar products (at the grocery store, gas station, etc); opt for the lower sodium option.

1: _____ = _____ mg **2:** _____ = _____ mg

Points for the Week

Met Goal

WE WANT YOUR FEEDBACK!

On a scale of 1 to 5, rate the following statements, with “1” = Strongly Disagree and “5” = Strongly Agree.

- This encouraged me to be more aware of the sodium in foods. 1 2 3 4 5
- This helped me apply strategies to reduce my sodium intake. 1 2 3 4 5

Comments: _____





SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

MAY/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

**ATTITUDE IS A LITTLE THING THAT
MAKES A BIG DIFFERENCE**

**MAY WELLNESS CLASS-
CANCER PREVENTION**

We are setting up two more dates in May to offer you Cancer Prevention Educational "Lunch and Learns" with Public Health Solutions. The Lunch and Learns will be on Tuesday, May 12 & Wednesday, May 13. The Lunch and Learns are 30 minute sessions that address the leading cancer risks for both men and women. FREE Lunches and pedometers are available to all participants. The Lunch and Learns are available to all employees and their spouses. You will need to be signed up by Noon, May 11 so we can place the lunch order. We strongly suggest that all employees attend a class to receive valuable information regarding the leading cancer threats to men and women and possible ways to help minimize your risks. Please call or email Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com if you would like more information or would like to sign up.

**YOU WILL EARN 50 WELLNESS POINTS FOR
ATTENDING THIS CLASS OR WATCHING THE VIDEO**

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. Mark your calendars!! See attached flyer for more information.

INDIVIDUAL HEALTH COACHING

Public Health Solutions is also offering individual health coaching sessions on Tuesday, May 12 & Wednesday, May 13. This is a 30 minute one-on-one session with a health coach to set up personal goals and tips to help achieve lifestyle changes. You will need to bring your current blood tests results. This opportunity is for employees and spouses. If you have any questions or would like to set up a session, please contact Kerry at 402-821-7483 or yellowbrickroad0471@yahoo.com

100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge starts May 1 and ends August 8. You must complete 100 miles in that time period to earn any wellness points, however if you complete 100 miles, you will earn 100 wellness points AND you will earn an additional point for every mile you complete over 100 miles. (Example—if you walk 150 miles in the 100 days, you will earn 150 points!!) Record double miles on holidays!!

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered for FREE from April 1 to June 30 (75 Wellness Points).

- Understanding Mental Illness*

*This is the **ONLY** class offered this quarter to earn wellness points.

2014 WELLNESS RESULTS

We had 31 employees participate in the 2014 wellness challenge. 9 of the employees earned 8,000 points or more. Congratulations to everyone participated!!



Russ Kalkwarf receiving his \$150 gift card.



Randy Younger was the winner of the TV Drawing.

BONUS: 25 WELLNESS POINTS

Answer to Last Month's Question:
5 to 10 minutes

What Blood Pressure Reading is considered optimal? a. 200/10 b. 120/80 c. 0/0 d. 20/100

To receive 25 points, email your answer to yellowbrickroad0471@yahoo.com

LOOKING FOR A NEW FITNESS CLASS?

We have wonderful opportunities for Fitness Classes in Saline County!! Check out the following classes offered:

Wilber—Wilber Physical Therapy (Stacy Brandt)		
Monday	12:15-12:45 pm	CXWORX
	5:30-6:30 pm	BODYPUMP
Tuesday	5:40-6:30 am	BODYPUMP
	6:00-7:00 pm	BODYFLOW
Wednesday	12:15-12:45 pm	CXWORX
	5:30-6:30 pm	BODYPUMP
Thursday	5:40-6:30 am	BODYPUMP
Friday	6:15-7:15 am	BODYPUMP
Saturday	6:00-7:00 am	BODYPUMP

Crete—Basic Impact

Basic Impact in Crete offers a wide variety of classes including Bodypump, Zumba, Group Cycling, Yoga and CXWORX. For more information, check out their website www.basicimpactfitness.com

MAY WELLNESS CLASS

Want to try out a free **ZUMBA** class? Basic Impact in Crete is offering a FREE Zumba class to employees and their spouses on Monday, May 18 at 5:45 pm at Basic Impact in Crete. Zumba combines Latin and International music with a fun and effective workout system. If leaving from Wilber, we can carpool. Please contact me if you would like to sign up for this class. I need to contact them the week before with a headcount. **25 Points**

ACTIVE SHOOTER TRAINING

The Active Shooter Training that was offered on April 8 is worth 25 wellness points. Make sure to mark this down in your wellness booklets.



Walk, Run, Jog or Bike 100 Miles in 100 Days!
(If Biking, must ride two miles to equal 1 mile to record)

Starts May 1st/ends August 8th

- **Must Complete 100 Miles to earn 100 wellness points.**
- **Earn an extra point for each additional mile completed over 100.**
- **You must complete at least 100 miles to earn any wellness points**

**Enjoy the
Benefits of a
Healthier
Lifestyle**



Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Kerry at yellowbrickroad0471@yahoo.com or 402-821-7483 if questions. Turn in your challenge tracking sheet to a wellness committee member by Friday, August 14

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

Name: _____ **Must earn at least 100 Miles to earn ANY wellness points.**

If complete 100 points, earn 100 wellness points!!!

Earn an additional point for each mile completed over 100!!!

Please return the tracking scorecard to a wellness committee member by Friday, August 14. THANKS!

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

Do Nothing and Nothing Will Change!!!!



Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Kerry at yellowbrickroad0471@yahoo.com or 402-821-7483 if questions. You don't need to walk 1 mile each day, you just need to complete 100 miles by August 8. Good Luck!!! You can do it!!



The River Run

Saturday, June 13, 2015
Tuxedo Park, Crete NE

Hosted by:
Crete Youth In Governance Team

Cost: \$20
Registration: 7:15-7:45 a.m.
5 K Race - 8 a.m.
1 Mile Race/Walk - 8:30 a.m.

Register at:

http://specialprojects.unl.edu/crete/news_and_activities

Registration must be postmarked by May 29th to guarantee a t-shirt.
Late entry \$25 after May 29th



Age Divisions:

51 & over • 31-50 • 15-30 • 14 and under

Awards:

Medals awarded to top male & female finisher in all age divisions in both races.
Children 12 & younger will receive participation ribbons.

Proceeds go to further development of Tuxedo Park Community Trail.

Slash Your Sodium Challenge

Saline County, April 2015

Program Results

Overall Results

- 30** Participants completed the 3-week program.
- 3804** Total sodium slashing strategies completed during the program.
 - 127** Average strategies completed by each person.
- 38** Total weekly challenges completed during the program.
 - 1.3** Average challenges completed by each person (potential of 3).
- 2.9** Average weekly point goals reached by each person (potential of 3).
 - 1** Met 1 out 3 goals (**3%**).
 - 29** Met 3 out 3 goals (**97%**)

Week 1 Results

- 1193** Total sodium slashing strategies completed during Week 1.
 - 40** Average strategies completed by each person; **range 15–79**.
 - 15** Completed the weekly challenge (**50%**).
 - 45** Average points scored by each person; **range 25–89**.
 - 30** Met the weekly goal of 25 points (**100%**).

Week 2 Results

- 1220** Total sodium slashing strategies completed during Week 2.
 - 41** Average strategies completed by each person; **range 4–91**.
 - 13** Completed the weekly challenge (**43%**).
 - 45** Average points scored by each person; **range 14–91**.
 - 29** Met the weekly goal of 30 points (**97%**).

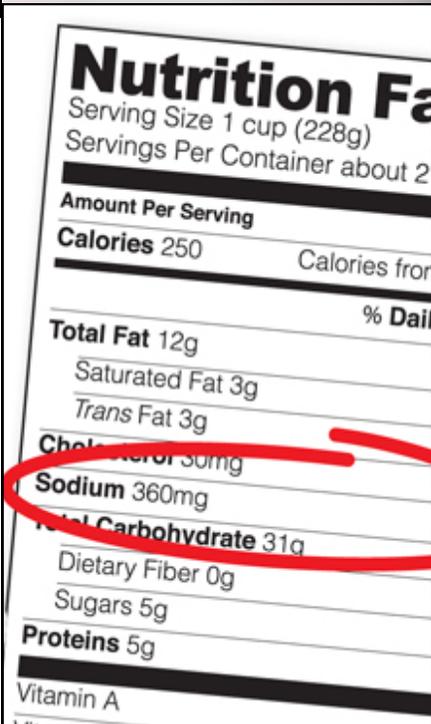
Week 3 Results

- 1391** Total sodium slashing strategies completed during Week 3.
 - 46** Average strategies completed by each person; **range 15–104**.
 - 10** Completed the weekly challenge (**33%**).
 - 50** Average points scored by each person; **range 25–104**.
 - 29** Met the weekly goal of 35 points (**97%**).

Participant Feedback

Ratings based on a scale between 1 and 5 (1 = Strongly Disagree, 5 = Strongly Agree)

- 4.1** This challenge encouraged me to be more aware of the sodium in foods.
- 4.0** This challenge helped me apply strategies to reduce my sodium intake.





SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JUNE/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

NEW MEMBER TO THE TEAM!

Hello everyone! My name is Elly Reedy and I have accepted the position of the Saline County Wellness Committee Consultant. I'd like to take the time to introduce myself and share a little bit about myself.

After graduating from Wilber-Clatonia in 2011, I attended Nebraska Wesleyan University for my freshman year and then transferred to the University of Nebraska at Kearney where I graduated with a Bachelors of Science in Exercise Science and Health. I graduated from UNK in December 2014 after only two and a half years. Upon graduation, I began graduate school at the University of Nebraska at Lincoln in January 2015. I am currently working towards obtaining my masters in Exercise Physiology and Nutrition with a specialization in Transdisciplinary Research in Childhood Obesity Prevention. I am also working towards studying for my certification in personal training from the National Strength and Conditioning Association (NSCA).

I have a passion for health and wellness, including nutrition and exercise. I go to the gym six days a week, I love reading fitness magazines and articles. I enjoy finding new recipes and cooking too! I am also the manager of the Wilber Pool this summer and coaching swim team! I'm really excited about this new opportunity to work with Saline County! If you have any questions, comments and/or concerns please feel free to email me (mailto:reedy_03@hotmail.com) and I will do my best to assist you in any way that I can! I look forward to working with you all!

SUMMER WATER AEROBICS CLASS

The Wilber Pool will be offering a water aerobics class on Monday, Wednesday and Friday in the mornings from 7:30-8:30am and then in the evenings Tuesdays and Thursdays 8:00-9:00pm. The cost will be \$2.00 per person EACH class. Classes will start on June 8, 2015. Call Elly Reedy (402-821-7570) for questions.

100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge started May 1 and ends August 8. You must complete 100 miles in that time period to earn any wellness points, however if you complete 100 miles, you will earn 100 wellness points AND you will earn an additional point for every mile you complete over 100 miles. (Example—if you walk 150 miles in the 100 days, you will earn 150 points!) Record double miles on holidays!

RIVER RUN DATE SET

The River Run is set for Saturday, June 13, 2015 at Tuxedo Park in Crete, NE. A late registration fee of \$25 will be charged if you'd like to participate in this event! See flyer attached to the May Newsletter for more information.

MAY WELLNESS CLASS

The Zumba class that was offered on May 18 from Basic Impact in Crete is worth 25 wellness points. Make sure to mark this down in your wellness booklets.

BONUS: 25 WELLES POINTS

Answer to Last Months Question: **120/80**

Which food has the highest amount of protein?

- a) 1 Large Egg
- b) 2 Tablespoons Peanut Butter
- c) 3-ounce of Salmon
- d) 6-ounce Greek Yogurt

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class, "Understanding Mental Illness" is offered FREE from April 1 to June 30 (75 Wellness Points)



Walk, Run, Jog or Bike 100 Miles in 100 Days!
☐(If Biking, must ride two miles to equal 1 mile to record)

Starts May 1st/ends August 8th

- **Must complete 100 miles to earn 100 wellness points**
- **Earn an extra point for each additional mile completed over 100.**
- **You must complete at least 100 miles to earn any wellness points.**

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Healthier
Lifestyle!**

Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Elly at reedy_03@hotmail.com or any wellness committee member if questions. Turn in your challenge tracking sheet to a wellness committee member by Friday, August 14

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

Must earn at least 100 Miles to earn ANY wellness points. If complete 100 points, earn 100 wellness points!!! Earn an additional point for each mile completed over 100!!!

☐ Please return the tracking scorecard to a wellness committee member by Friday, August 14. THANKS!

Name: _____

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

Record Double Miles on Holidays! Don't forget to record your exercise in your Wellness Booklet as well. Contact Elly at reedy_03@hotmail.com or any wellness committee member if questions. You don't need to walk 1 mile each day, you just need to complete 100 miles by August 8. Good Luck!!! You can do it!!



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

JULY 2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

INDIVIDUAL HEALTH ASSESSMENTS

Public Health Solutions (PHS) will once again be offering FREE onsite, individual health risk assessments, blood pressure checks and health coaching for interested employees. Each session will last approximately 30 minutes per employee. You should bring your most recent blood test results and your IMPACT Survey report (From April Survey if available, if April Survey was not taken, the Survey from December can be used) to the assessment. All information will be kept confidential. This is a great opportunity to set up a plan with a professional Health Coach to begin leading a healthier lifestyle!

The assessments will take place August 4th and 5th and the 11th and 12th. 11:30am – 5:30pm.

I will be contacting individuals to schedule individual assessments at a time that works for you. So please look out for an email regarding scheduling. If you did not attend the individual health assessments that were previously held onsite, but would like to attend the August sessions, then please feel free to email Elly Reedy (mailto:reedy_03@hotmail.com).

100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge started May 1 and ends August 8. You must complete 100 miles in that time period to earn any wellness points, however if you complete 100 miles, you will earn 100 wellness points AND you will earn an additional point for every mile you complete over 100 miles. (Example—if you walk 150 miles in the 100 days, you will earn 150 points!) Record double miles on holidays!

FRUIT AND VEGETABLE JULY CHALLENGE

Eating plenty of fruit and vegetables is one of the best ways to improve and maintain your health. Despite that, 75% of Americans eat less than five servings per day! Fruits and Vegetables are low in calories, fat and sodium and are full of fiber, vitamins, minerals and antioxidants that keep your body healthy and functioning properly! Additionally, fruits and vegetables can reduce your risk of heart disease, stroke, and diabetes! Those are plenty of positive reasons why YOU should be consuming fruits and vegetables daily!

Starting **Wednesday, July 1st, 2015**, you will begin tracking your fruit and vegetable consumption using the calendar provided to you (found at end of newsletter). This challenge is only 28 days, and therefore will be **ending July 28th!** You have two options for this challenge, you can either choose to follow the **Produce Packer** (3 half cup servings of vegetables and 2 half cup servings of fruit) or you can follow the **Fruit & Veggie Fanatic** (5 half up servings of vegetables and 4 half cup servings of fruit). The Produce Packer level will receive **50 Wellness Points** for completing the challenge. The Fruit and Veggie Fanatic will receive **100 Wellness Points** for completing the challenge!

Both the Produce Packer and the Fruit & Veggie Fanatic must be completed for 21 out of the next 28 days in order to receive full Wellness Points.

Attached along with this newsletter, you will find your challenge tracking sheet (calendar), and an informational sheet on the importance of fruits and vegetables and what a serving of fruits and vegetables really is!

SUMMER IS HERE!

July is notorious for bringing the sunshine, fireworks, camping trips and grilling out! This is a perfect opportunity for you to incorporate fruits and vegetables into your meal planning! Check out the links below for recipe ideas for summer as well as safety tips to beat the summer heat and to stay safe on July 4th!

Fruit Salad Recipes: [Fruit Salads!](#)

Kabob Ideas with Meat, Veggies & Fruit: [Kabobs](#)

4th of July Safety: [Safe 4th](#)

Sun Safety: [Summer Sun Safety](#)

WILBER FARMERS' MARKET

Every Tuesday from 4:00-6:30pm the Wilber Farmers' Market runs and is located at the Hotel Wilber. This is a perfect chance to not only shop local, but also to check out the variety of season plants, produce and even crafts that are available from area vendors. This is such an easy and simple way to make sure you're getting fruits and vegetables, and it's a great feeling to know you're getting FRESH produce from people in the Saline county area! Don't miss this great opportunity!

JULY MONTHLY CLASS

Julie Holly from The Well in Dorchester will be offering a free yoga class that includes relaxation yoga and information on the importance of relaxation for health and for weight loss! You can receive 25 wellness points for attending the class! The class date has yet to be decided, so please look out for emails or for flyers around your work place for the yoga class date.

SUMMER WATER AEROBICS CLASSES

The Wilber Pool will be offering a water aerobics class on Monday, Wednesday and Friday in the mornings from 7:30-8:30am and then "Water in Motion" (choreographed water aerobics class to music) in the evenings Tuesdays and Thursdays 8:00-9:00pm. The cost will be \$2.00 per person EACH class. Call Elly Reedy (402-821-7570) for questions.

The Crete Pool also has "Swimnastics" Monday, Tuesday, Thursday and Fridays from 7-8am. Costing \$2.00 per class!

The DeWitt Pool also has adult water aerobics on Monday, Wednesday and Fridays 5-6pm, also costing \$2.00 per class!

BONUS: 25 WELLES POINTS

Answer to Last Months Question: **3-ounce Salmon**

What is the leading cause of death in the United States as of the year 2015?

- a) Tobacco Use b) Cancer
- c) Heart Disease d) Diabetes

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- The Risks of Social Media

Fit In More Fruits & Veggies

Why Do Fruits and Vegetables Matter?

“Eat your fruits and vegetables” is one of the most common recommendations for a healthy diet. But do you know why? In addition to being low in calories, fat and sodium, nature’s treasures are loaded with a slew of good-for-you nutrients like fiber, vitamins, minerals and antioxidants, all of which keep your body healthy and functioning at its best. Additionally, research suggests that eating plenty of fruits and vegetables can aid in weight management and reduce the risk of several diseases including heart disease and stroke, diabetes and certain cancers. Now that’s something to chew on!

Make the Most of Your Choices

Use these tips to get the most nutrition from your fruit and vegetable choices:

- **Variety is the Spice of Life!** Eat a variety of colors (red, orange, yellow, dark green, blue, purple, white) to get a wide range of valuable nutrients.
- **Pay Attention to Color.** Reach for darker fruits and vegetables, which contain more nutrients than their pale counterparts. Example: spinach has more nutrients than iceberg lettuce.
- **Choose Juice Less Often.** 100% fruit juice still counts as a fruit serving, but lacks beneficial fiber and is often higher in calories than whole fruit.
- **Keep Packaged Fruit Healthy.** Avoid added sugars by choosing unsweetened frozen fruit and canned fruit that is packed in water or its own juice.
- **Make Smart Veggie Choices.** Avoid excess sodium by sticking with frozen vegetables without sauces or cheeses. If you do canned vegetables, choose the no added salt varieties, or drain and rinse the vegetables off with water, which will get rid of up to 40% of the sodium.

How Much Do I Need?

The specific amount of fruits and vegetables you need varies based on your calorie needs, which are determined by age, gender and activity level. Check out where you fall on the charts below.

Recommendations for Men			
	Activity Level	Fruit (cups)	Veggies (cups)
19-50 years	≤30 min/day	2	3.5
	30-60 min/day	2	3.5
	≥60 min/day	2.5	4
51+ years	≤30 min/day	2	3
	30-60 min/day	2	3.5
	≥60 min/day	2.5	3.5

Recommendations for Women			
	Activity Level	Fruit (cups)	Veggies (cups)
19-50 years	≤30 min/day	1.5	2.5
	30-60 min/day	2	3
	≥60 min/day	2	3
51+ years	≤30 min/day	1.5	2
	30-60 min/day	1.5	2.5
	≥60 min/day	2	3

What Is a Serving?

Servings are usually measured in 1/2 cup and 1 cup amounts, with the goal being to meet the total cup recommendations stated above.

What Equals a Cup of Vegetables?

- 1 cup chopped, cooked or raw veggies
- 2 cups of raw, leafy vegetables
- 1 cup dry beans or peas (i.e. black beans)
- 1 cup 100% vegetable juice

What Equals a Cup of Fruit?

- 1 small banana or grapefruit, or half of a large
- 1 medium piece of fruit
- 1 cup chopped fruit
- 1 cup 100% fruit juice
- 1/2 cup dried fruit

Need Help Meeting Your Recommendation? Check Out the Other Side of This Handout for Easy, Delicious Ideas!

Fit In More Fruits & Veggies

Despite their benefits, most people struggle to take in the recommended amounts of fruit and veggies. If you fall short, here are some tips to help you get more produce!

FRUIT

Breakfast:

- Add banana slices to your bowl of cereal.
- Stir dried fruit into oatmeal.
- Top waffles with yogurt and berries.
- Add pizzazz to whole grain toast with peanut butter and banana slices.
- Start your day with a fruit smoothie.
- Have a small glass of 100% fruit juice.
- On the go? Grab a piece of fruit on your way out the door!

Lunch:

- Spice up your sandwich with fruit! Try diced apples in tuna salad, sliced pears with turkey or sliced strawberries with peanut butter.
- Switch up salads by adding berries, mandarin oranges or grapes.
- Round out your midday meal with fresh fruit like grapes, clementines or pineapple chunks.
- Pack a fruit cup with lunch.

Dinner:

- Enjoy fruit for dessert. Try baked apples, sliced peaches with vanilla yogurt, berries and whipped cream or grill a fruit kebob!

Snacks:

- Munch on a plum or other piece of fresh fruit.
- Dip berries into nonfat yogurt. Yum!
- Cut-up fruit makes a tasty snack. You can cut them yourself, or buy pre-cut packages.
- Dip apple slices in nut butter.
- Top frozen yogurt with berries or kiwi slices.
- Try frozen juice bars (made with 100% juice).

Anytime:

- Try a new fruit or vegetable each week. Check out <http://www.fruitsandveggiesmorematters.org> for delicious ideas and tips on how to use them.
- Make healthy eating easier! Keep a bowl of fresh fruit on your kitchen counter or store cut up veggies in clear containers in the refrigerator where it's easily visible.
- Follow Choose MyPlate's guidelines and fill half of your plate with fruits and vegetables at meals.

Money-Saving Tips

Think produce costs too much? Use these ideas to get more in your diet without breaking the bank:

- **Enjoy inexpensive frozen and canned fruits and veggies**, which are just as nutritious as fresh.
- **Shop in season.** Fruits and veggies cost less during their peak growing times and taste better, too! Here is a seasonal guide (see more at <http://www.fruitsandveggiesmorematters.org>):

Spring: Apricots, artichokes, asparagus, dark leafy greens, mango, rhubarb, strawberries.

Summer: Berries (all kinds), cantaloupe, corn, cherries, cucumbers, eggplant, green beans, honeydew, lettuce, nectarines, peaches, plums, snap peas, tomatoes, watermelon, zucchini.

Fall: Apples, Brussels sprouts, cranberries, pears, pumpkin, sweet potatoes, winter squash.

Winter: Beets, Clementines, grapefruit, kiwi, kale, oranges, pomegranates, pears, tangerines.

All Year: Apples, avocados, bananas, bell peppers, broccoli, carrots, cherry tomatoes.

- **Buy only as much fruit and vegetables that you will eat in a week.** This will prevent the produce from spoiling and being thrown away before you have a chance to enjoy it.

VEGETABLES

Breakfast:

- Add vegetables, like diced onions, mushrooms, peppers or broccoli to your omelet.
- Throw a handful of spinach into your favorite smoothie—you won't even taste it!

Lunch:

- Start your meal with a small garden salad or a cup of vegetable soup.
- Enjoy a main dish salad; add color and variety by mixing in seasonal vegetables.
- Jazz up sandwiches, wraps and pizza by adding sliced veggies to them.
- Pack baby carrots or snap peas for a quick side.

Dinner:

- Sneak chopped veggies into casseroles, pasta dishes, salads and soups or shred carrots or zucchini into meatloaf, breads, and muffins.
- Always include a vegetable side dish. Try steaming, roasting or sautéing them. Or cook frozen vegetables for a fast, easy side dish.
- Participate in Meatless Mondays! Use legumes in place of meat for tacos, burritos or chili.
- Plan a few meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.
- Grill vegetable kabobs. Try tomatoes, squash, mushrooms, green peppers, and onions!

Snacks:

- Dip raw veggies into hummus or low-fat ranch.
- Spread nut butter on celery sticks.
- Enjoy cherry tomatoes with light string cheese.



Challenge: Fit In More Fruits & Veggies

Eating plenty of fruit and vegetables is one the best ways to improve your health. Despite that, only 25% of Americans eat five or more servings per day. We need you to boost your fruit and veggie intake and bump up the national average!

Step 1: Choose the level that you want to challenge yourself at.

- Produce Packer:** Eat at least **3 half-cup servings of vegetables** (1.5 cups) and at least **2 half-cup servings of fruit** (1 cup), for **21 out of the next 28 days** (this is a total of five servings).
- Fruit & Veggie Fanatic:** Eat at least **5 half-cup servings of vegetables** (2.5 cups) and at least **4 half-cup servings of fruit** (2 cups) for **21 out of the next 28 days** (this is the recommended amount for most adults).

Step 2: Starting **July 1st** use the calendar below to track your fruit and vegetable servings (for this challenge, 1 serving is a 1/2 cup). Tally the number of days you meet the goal over the month to see if you meet your challenge.

Not Sure What a Half Cup Looks Like? Use This Chart as Your Guide!

1 Serving of Fruit (1/2 cup)	2 Servings of Fruit (1 cup)	1 Serving of Vegetables (1/2 cup)
<ul style="list-style-type: none"> • 1/2 cup chopped or canned fruit • 1/2 cup 100% fruit juice • 1/4 cup dried fruit 	<ul style="list-style-type: none"> • 1 small banana or grapefruit, or half of a large • 1 medium piece of fruit 	<ul style="list-style-type: none"> • 1/2 cup cooked, chopped or raw veggies • 1 cup raw leafy greens • 1/2 cup dry beans or peas • 1/2 cup 100% vegetable juice

Challenge Dates: July 1–28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Times I Met My Goal This Week
V = Vegetable F = Fruit			July 1 V O O O O O F O O O O	2 V O O O O O F O O O O	3 V O O O O O F O O O O	4 V O O O O O F O O O O	
5 V O O O O O F O O O O	6 V O O O O O F O O O O	7 V O O O O O F O O O O	8 V O O O O O F O O O O	9 V O O O O O F O O O O	10 V O O O O O F O O O O	11 V O O O O O F O O O O	
12 V O O O O O F O O O O	13 V O O O O O F O O O O	14 V O O O O O F O O O O	15 V O O O O O F O O O O	16 V O O O O O F O O O O	17 V O O O O O F O O O O	18 V O O O O O F O O O O	
19 V O O O O O F O O O O	20 V O O O O O F O O O O	21 V O O O O O F O O O O	22 V O O O O O F O O O O	23 V O O O O O F O O O O	24 V O O O O O F O O O O	25 V O O O O O F O O O O	
26 V O O O O O F O O O O	27 V O O O O O F O O O O	28 V O O O O O F O O O O					

Turn your completed challenge into any wellness committee member.

Total Times I Met My Goal =

We Want Your Feedback!

On a scale of 1 to 5, rate the following statements, with "1" = Strongly Disagree and "5" = Strongly Agree.

- | | | | | | |
|--|---|---|---|---|---|
| 1. This challenge gave me new ideas for fitting in more fruits and vegetables. | 1 | 2 | 3 | 4 | 5 |
| 2. This activity helped me eat more fruit and vegetables. | 1 | 2 | 3 | 4 | 5 |
| 3. I enjoyed participating in this challenge. | 1 | 2 | 3 | 4 | 5 |

Name: _____



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

AUGUST /2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

100 MILES IN 100 DAYS CHALLENGE

The 100 Miles in 100 Days Challenge started May 1 and is coming to an end on August 8. I hope the challenge is proving to be successful for everyone! IF you completed the challenge of 100 miles in the 100 days you will earn 100 wellness points! But don't stop at 100 miles! You will earn an additional point for every mile you complete over 100 miles. (Example—if you walk 150 miles in the 100 days, you will earn 150 points!) Record double miles on holidays! Can't wait to see just how far everyone was able to go during this challenge!

AUGUST MONTHLY EDUCATION CLASS

Nancy Nathenson, from Madonna will be giving a presentation on Holistic Care for Self Care on August 20th at 5:30pm, at the extension office. You will receive 25 wellness points for attending the presentation. The presentation will be recorded, so if you are unable to attend you can view the video at a later date.

BONUS: 25 WELLES POINTS

Answer to Last Months Question: **Heart Disease**

As reported by CDC in 2014, the National Diabetes Statistics report stated that the number of people in the United States with diabetes reached nearly _____ people.

- a) 10 million
- b) 800,000
- c) 2.5 million
- d) 29.1 million

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

INDIVIDUAL HEALTH ASSESSMENTS

Public Health Solutions (PHS) will once again be offering FREE onsite, individual health risk assessments, blood pressure checks and health coaching for interested employees. Each session will last approximately 30 minutes per employee. You should bring your most recent blood test results and your IMPACT Survey report (From April Survey if available, if April Survey was not taken, the Survey from December can be used) to the assessment. All information will be kept confidential. This is a great opportunity to set up a plan with a professional Health Coach to begin leading a healthier lifestyle!

The assessments will take place August 4th and 5th and the 11th and 12th. 11:30am – 5:30pm.

I will still be accepting emails to sign up for individual assessments if you would like to schedule an appointment for August 11th or 12th. The deadline for scheduling is August 7th. Just send an email to schedule your session date and time. I will be sending out date and time reminder emails to those individuals already scheduled for a session. Thanks!
Elly Reedy (mailto:reedy_03@hotmail.com).

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- The Risks of Social Media

HEALTH & WELLNESS

MONTHLY INFORMATION NEWSLETTER

VENDING MACHINE SURVEY

With the new installment of the vending machine as an attempt to implement nutrition and beverage standards across local public health districts, it would be nice to hear some feedback from Saline County employees! This survey will take about 10-15 minutes to complete. The survey will better help us understanding employee vending machine behaviors and opinions. You can access the survey by copying and pasting the following link into your web browser:

<https://www.surveymonkey.com/s/1422BehSurvey>.

Please complete the survey by August 15, 2015!

HEALTHY EATING ON A BUDGET

I know walking up the aisles at the grocery store can be challenging for some, especially when you're trying to clean up your diet, but not break the bank at the same time! Eating healthy should be a sustainable habit, but with temptation on every aisle it can be a hard task to conquer. Below you will find two links, both from MyFitnessPal! One link gives great tips for grocery shopping and getting the best deals while still making healthy purchases! The other link is a compilation of 10 budget friendly recipes for different meals for breakfast, lunch and dinner that will help make the most of your hard earned cash, and all for fewer than 400 calories per meal! Hopefully some of these tips and recipes will be useful for you and can assist you in making better choices while at the grocery store! Just copy and paste the links into your web browser to view!

Eating Healthy on a Budget: <http://bit.ly/1IkYQX1>

Budget Friendly Meals: <http://bitly.com/1g8ganB>

WELLNESS PROGRAM CHANGES

The wellness committee has started to discuss the wellness program for 2016 and we are slowly making corrections and making considerations on changes. If you have any thoughts, comments and questions please email one of the members on the wellness committee so we can discuss your input at our upcoming meetings.

We would greatly appreciate any comments and concerns regarding the program, as the program is for YOU, a Saline County Employee and we want to make sure your voices are heard and your comments will be taken seriously. Thank you!



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

SEPTEMBER/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

SEPTEMBER-OCTOBER MINI CHALLENGE

Starting September 1st and running through October 19th we will be doing a **"Lucky 7 Poker Challenge"** You will have two options to choose from to complete the Poker Challenge.

Option 1: You can walk or run at least **7 miles per week** to receive a poker card.

Option 2: Attain **300 Points** each week by following the categories listed below to receive a poker card.

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do.

Participants that completed 7/7 Weeks can receive **70 Wellness Points**. Participants that completed 6/7 Weeks can receive **60 Wellness Points**. Participants that completed 5/7 Weeks can receive **50 Wellness Points**.

Therefore you must complete a minimum of 5 weeks to receive credit for completing the challenge. Please see attached challenge sheets at end of newsletter for more information and tracking sheets

WELLNESS PROGRAM CHANGES

The wellness committee has started to discuss the wellness program for 2016 and we are slowly making corrections and making considerations on changes. If you have any thoughts, comments and questions please email one of the members on the wellness committee so we can discuss your input at our upcoming meetings.

We would greatly appreciate any comments and concerns regarding the program, as the program is for YOU, a Saline County Employee and we want to make sure your voices are heard and your comments will be taken seriously. Thank you!

BONUS: 25 WELLES POINTS

Answer to Last Months Question: **29.1 Million**

According to the CDC, more than _____ Americans are living with a disease caused by smoking.

- | | |
|---------------|----------------|
| a) 16 million | b) 21 million |
| c) 575,000 | d) 7.5 million |

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from July 1 to September 30. (75 Wellness Points)

- The Risks of Social Media

SEPTEMBER MONTHLY EDUCATION CLASS

Jessica Kirkpatrick will be instructing a “**Boot Camp**” style fitness class for all Saline County employees and their spouses that are interested. The class will be done at the Legion Park, and we will meet at the front of the Yellow Legion Building for the class. The class will be held on **September 14, 2015 at 6:00pm**. Please email Elly (reedy_03@hotmail.com) if you are attending!

Jessica lives in Crete, has her B.S. in Exercise Science and has her own business, Next Level Fitness! Jessica has added me, Elly, to her team and together we will be bringing Boot Camp to Wilber! The classes in Wilber will be taught by Elly, but we want to get the word out and see what the people want!

Please email Elly if you would like more information on the style of this fitness class, what days and times work best for you and if this is something you would be interested in! This class isn't just for women; it's for men too! We want this to be a fun, positive environment! The class will be structured for all fitness levels, beginner, intermediate and advanced! So come join the fun!

“THE WELL” CLASSES AVAILABLE

Julie Holly from The Well in Dorchester will be hosting a Zyto Compass Reading Friday, September 18, 2015 at 6:30pm. At the class you will have the opportunity to have your electromagnetic reading measured and find out what essential oils you will need to bring your body back into alignment. There is a \$15 charge for those interested in attending!

Julie's Weekly Schedule: Tai Chi on Wednesday and Fridays at 5:15pm. Yoga on Thursdays at 4:15pm and 5:30pm and Fridays at 1:00pm.

BLUE HEALTH WELLNESS PROGRAM

It's time to take your first little step toward better health! NACO has launched, starting September 1, 2015 the **BlueHealth Advantage Premium Wellness Program!** This program is designed to help you achieve your health goals, live fully, and you can even earn special rewards for participating!

This program has so much to offer, and you can all get started at www.nebraskablue.com/fitness

The website offers tools that are easy to use and simple to access including Health Trackers for nutrition, exercise and weight management and wellness calculators to measure BMI, calorie burn, target heart rate for exercise and more! This program is completely confidential and strictly voluntary! The Wellness Committee would like to encourage you all to search the website and utilize some of it's many useful tools which will assist you in making healthier lifestyle choices! If you **do** chose to participate in the program, and if you are registered (completed your health assessment on the website) by **October 31, 2015** you qualify for a **\$25.00 gift card!** If you do not register by the deadline, you are still able to sign up and take advantage of what NebraskaBlue has to offer on their website long afterwards!

If this is something you are interested in, please check your emails for the **NACO Getting Started** attachment to help you start and get registered where you will create your own account and you can start exploring and fill out the health assessment! If you have any questions please contact any Wellness Committee Member, or you can visit www.nebraskablue.com/fitness for more information!

BUTT OUT SMOKING

In 1982 United States Surgeon General's report stated, "Cigarette smoking is the major single cause of cancer mortality in the United States." This statement is as true today as it was then. Tobacco use is responsible for nearly **1 in 5 deaths** in the United States, yet cigarette smoking is the most preventable cause of death in our society.

Each year about **480,000** people in the United States die from illnesses related to tobacco use. Cigarette smoking accounts for at least **30% of all cancer deaths** and is linked with an increased risk to develop these cancers: lung, oral cavity, Pharynx (throat), stomach, pancreas, cervix, bladder, ovary, colorectum, etc. As serious as cancer it, it accounts for less than half of the deaths related to smoking each year.

Smoking is also a major cause of other deadly health problems such as heart disease, aneurysms, bronchitis, emphysema, and stroke.

Smoking affects how long you live and your quality of life! Cigarette smokers die younger than non-smokers. Smoking can shorten male smokers' lives by **13.2 years** and female smokers' lives by **14.5 years!** Smoking limits a person's daily life by making it harder to breathe, get around, work or play!

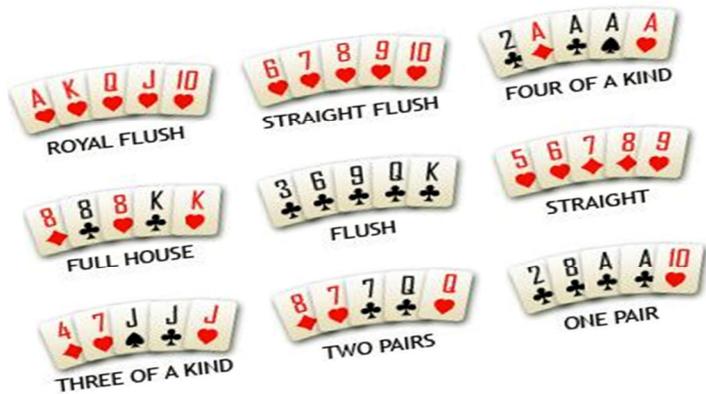
CUT THE NICOTINE

The route may be different, but the nicotine addiction is still the same when it comes to comparing smokeless tobacco with smoking. Nicotine in smokeless tobacco products absorbs from the mouth or nose along with other compounds in the tobacco, while the nicotine in smoking gets in the body through the mouth, nose, and lungs along with other particles generated by combustion. Smokeless tobacco have very **high** levels of cancer-causing agents (**carcinogens**).

9 million aged **12 and older** in the US used smokeless tobacco. Smoking tobacco has harmful health effects including; mouth, tongue, cheek, gum and throat cancer, stomach cancer, possible increase in risk of heart disease, heart attacks, and stroke, leukoplakia, receding gums, bone loss around roots of the teeth, & tooth loss.

THIS IS YOUR TIME TO QUIT

The American Cancer Society's Great American Smokeout events started in the 1970's and continue to encourage people to quit today! Every year, on the third Thursday of November, smokers across the nation take part in this Smokeout! They may use the date to make a plan to quit, or plan in advance and then quit smoking that day. The Saline Wellness Committee is calling out all employees who currently use tobacco to use this time to think about the harmful effects of tobacco and think about quitting! We will be making changes to the Wellness Program Points for the 2016 year and if you make the commitment to **QUIT** using tobacco you could receive additional wellness points than points listed already stated in 2015 Program Booklet.



THE LUCKY 7 POKER CHALLENGE

The “Lucky 7 Poker Challenge” will start on September 1st and run through October 19th. There are two options for this poker 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. The categories and points associated are listed below:

1. Water: 10 Points for each day you drink a total of 64oz of water (8 cups of water a day)
2. Exercise: 5 Points for each 15 minutes worked out (Maximum of 1 hour per day)
3. Sleep: 1 Point for each night of 7 or more hours of sleep
4. Fruits/Vegetables: 1 Point for each serving of fruits or vegetables
5. Stretching: 5 Points for each day you do 5 minutes of stretching
6. Alcohol: 10 Points per day if you do NOT drink alcohol and 0 points if you do.
7. Tobacco/Nicotine/Illegal Substance: 10 Points per day if you do not use tobacco/nicotine/illegal substance and 0 points if you do

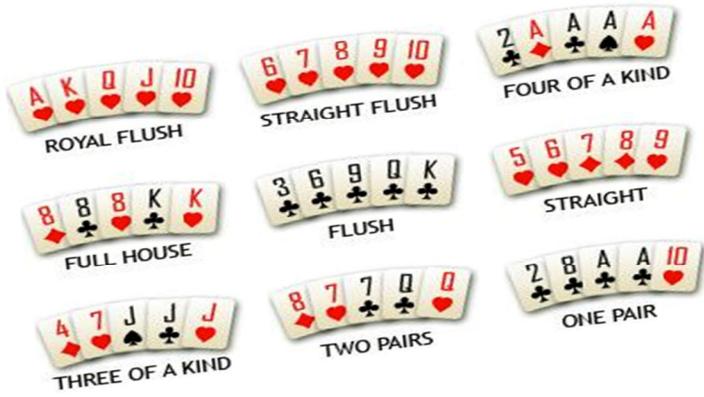
Participants will choose which option they are going to participate in and continue with that option for the entire 7 weeks of the challenge. They are not allowed to switch challenges once they begin.

The weeks for the challenge will run from Tuesday through Monday (Because challenge starts on September 1st and it's a Tuesday). Participants will be required to bring in their sheet with totals to Sharon, Kory, or Bruce by the following Wednesday. Once a participant chooses whom they are turning in their numbers to, that participant must continue to go to the same committee member for the duration of the challenge. When numbers are verified, the participant will draw a poker card. This card will be recorded on a spreadsheet and kept until end of challenge.

The participant will then be required to turn in the final numbers by October 23rd at 4pm to a wellness committee member. After all cards have been drawn, the committee will review the "hands" and determine the Best and Worst poke hand for each option. Points will then be distributed as follows:

- Participant completed 7/7 Weeks → 70 Points
- Participant completed 6/7 Weeks → 60 Points
- Participant completed 5/7 Weeks → 50 Points

The participant with the "Best" hand will receive an additional 10 Points and the participant with the "Worst" hand will receive an additional 10 Points. (Must have completed 5/7 weeks to be in the running for the best and worst hand)



THE LUCKY 7 POKER CHALLENGE Tracking Sheets

Option 2: Record your daily points

	<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruits & Vegetables</u>	<u>Stretching</u>	<u>Alcohol</u>	<u>Tobacco, Nicotine, Illegal Substance</u>	<u>Totals</u>
<u>Sep</u> <u>t.</u> <u>1</u>								
<u>Sep</u> <u>t.</u> <u>2</u>								
<u>Sep</u> <u>t.</u> <u>3</u>								
<u>Sep</u> <u>t.</u> <u>4</u>								
<u>Sep</u> <u>t.</u> <u>5</u>								
<u>Sep</u> <u>t.</u> <u>6</u>								
<u>Sep</u> <u>t.</u> <u>7</u>								
<u>END OF WEEK1</u>								

Option 2: Record your **daily** points

<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruits & Vegetables</u>	<u>Stretching</u>	<u>Alcohol</u>	<u>Tobacco, Nicotine, Illegal Substance</u>	<u>Totals</u>
<u>Sep</u> <u>t.</u> <u>8</u>							
<u>Sep</u> <u>t.</u> <u>9</u>							
<u>Sep</u> <u>t.</u> <u>10</u>							
<u>Sep</u> <u>t.</u> <u>11</u>							
<u>Sep</u> <u>t.</u> <u>12</u>							
<u>Sep</u> <u>t.</u> <u>13</u>							
<u>Sep</u> <u>t.</u> <u>14</u>							
<u>END OF WEEK 2</u>							

Sep
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END OF WEEK 3

<u>Water</u>	<u>Exercis</u>	<u>Sleep</u>	<u>Fruits & Stretchi</u>	<u>Alcoho</u>	<u>Tobacco,</u>	<u>Total</u>
<u>e</u>			<u>Vegetableng</u>	<u>l</u>	<u>Nicotine,</u>	<u>s</u>
			<u>s</u>		<u>Illegal</u>	
					<u>Substance</u>	
<u>Sept</u>						
<u>. 22</u>						
<u>Sept</u>						
<u>. 23</u>						
<u>Sept</u>						
<u>. 24</u>						
<u>Sept</u>						
<u>. 25</u>						
<u>Sept</u>						
<u>. 26</u>						
<u>Sept</u>						
<u>. 27</u>						
<u>Sept</u>						
<u>. 28</u>						
<u>END OF WEEK 4</u>						
<u>Sept</u>						
<u>. 29</u>						
<u>Sept</u>						
<u>. 30</u>						
<u>Oct.</u>						
<u>1</u>						
<u>Oct.</u>						
<u>2</u>						
<u>Oct.</u>						
<u>3</u>						
<u>Oct.</u>						
<u>4</u>						
<u>Oct.</u>						
<u>5</u>						
<u>END OF WEEK 5</u>						

<u>Water</u>	<u>Exercise</u>	<u>Sleep</u>	<u>Fruits & Vegetables</u>	<u>Stretching</u>	<u>Alcohol</u>	<u>Tobacco, Nicotine, Illegal Substance</u>	<u>Totals</u>
<u>Oct</u> <u>. 6</u>							
<u>Oct</u> <u>. 7</u>							
<u>Oct</u> <u>. 8</u>							
<u>Oct</u> <u>. 9</u>							
<u>Oct</u> <u>. 10</u>							
<u>Oct</u> <u>. 11</u>							
<u>Oct</u> <u>. 12</u>							
<u>END OF WEEK 6</u>							
<u>Oct</u> <u>. 13</u>							
<u>Oct</u> <u>. 14</u>							
<u>Oct</u> <u>. 15</u>							
<u>Oct</u> <u>. 16</u>							
<u>Oct</u> <u>. 17</u>							
<u>Oct</u> <u>. 18</u>							
<u>Oct</u> <u>. 19</u>							

19

END OF WEEK 7



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

OCTOBER/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

2015 GOVERNOR'S AWARD

Saline County recently was named a recipient of the 2015 Governor's Wellness Award under the "Grower" Level. The "Grower" level recognizes Saline County as an organization that "grows the seed of wellness" by showing significant health improvements with our employees.

According a recent press release, Governor Pete Ricketts said, "Employers receiving this award are committed to employee health and well-being. Worksite wellness programs positively affect the health and productivity of employees as well as the bottom line. Most importantly, worksite wellness is an opportunity for Nebraskans to live healthy lives, improve quality of life and help grow a healthier Nebraska for the next generation."

This award would not be possible without the effort of EVERYONE that has participated in the various levels of the wellness program over the last five years. The Wellness Committee would like to take this opportunity to say **THANK YOU FOR YOUR PARTICIPATION!!**

If you have any additional ideas for future fitness/wellness challenges or topics for the monthly educational meetings, feel free to contact Elly Reedy at reedy_03@hotmail.com or any of the other Wellness Committee members.

NIRMA FIRST AID CLASS

The First Aid Class for all county employees will be held October 28th and 29th from 8:00am-12:00pm and 1pm-5pm on BOTH days. The class will be held at the Extension Office, and will be recorded. You can receive 25 Wellness Points for attending the class.

WELLNESS PROGRAM CHANGES

The wellness committee has started to discuss the wellness program for 2016 and we are slowly making corrections and making considerations on changes. If you have any thoughts, comments and questions please email one of the members on the wellness committee so we can discuss your input at our upcoming meetings.

We would greatly appreciate any comments and concerns regarding the program, as the program is for YOU, a Saline County Employee and we want to make sure your voices are heard and your comments will be taken seriously. Thank you!

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **16 Million**

If an individual is said to have an android obesity body shape, their body shape represents which of the following?

- a) An Apple
- b) A Watermelon
- c) A Pear
- d) A Cherry

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 31. (75 Wellness Points)

- Drug and Alcohol Awareness

PHS FLU SHOT/MIST CLINIC

Public Health Solutions will be offering flu immunizations for the employees and their families on **Monday, October 26, 2015.**

7:30am to 10:00am – Courthouse

3:00pm to 6:30pm – Law Enforcement Center

When you come to get your immunization, please bring the following:

- Complete and Sign the Permission Form
- Copy of your Health Insurance card

You can pick up a copy of a permission form from the following places:

- Law Enforcement Center Front Office
- Extension Office
- Court House (County Assessor's Office)

There is not out of pocket cost to those who have health insurance. Please bring a copy of your card so PHS can bill your insurance directly. If you have no insurance, the cost is \$30.00 per person (PHS can adjust this through the PHS sliding fee scale).

LUCKY 7 POKER CHALLENGE ENDS OCTOBER 19TH

Don't forget you have to turn in your final numbers by October 23rd at 4pm to a wellness committee member! After all cards have been drawn, the committee will review the "hands" and determine the Best and Worst poker hand for each option! Reminder, if you completed 7/7 Weeks you will receive 70 points, 6/7 Weeks you will receive 60 points and 5/7 Weeks you will receive 50 wellness points! The participants with the best and worst hand will receive an additional 10 Points! Good luck!

SLOW COOK YOUR WAY TO GOOD NUTRITION

Dust off that slow cooker! It can be your trusty assistant to making sure dinner is ready in the midst of homework and sports schedules for you children, and even for your hectic day at work!

Slow-cooked dishes are ideal for making ahead and reheating, and leftovers can be enjoyed for several days. And a slow cooker provides advantages for healthy cooking by stretching small amounts of meat with flavorful sauces and a generous portion of vegetables. While you might use your slow cooker more often in the winter, you can keep your kitchen cool by using your slow cooker in the fall, too.

But keep temperature in mind! A slow cooker is certainly convenient, but if not used correctly there is the potential for food-safety hazards. Temperatures between 40-135 degrees fall into the so-called "Danger Zone" since bacteria thrive in these temperatures. To avoid the "Danger Zone" never add frozen ingredients to your cooker, refrigerate any ingredients you've prepped ahead in separate storage containers and bring liquids to a simmer if you're cooking on low before adding them to your cooker to give the heating process a jump-start.

Having a meal at home ready to go when you're off from work and in a hurry can save you calories too! If you get off work and are in a rush to get to your kid's school event, you might be tempted to go through fast food on your way home to save time, but knowing you have a nutritious meal waiting for you at home can be your go to this fall!

Try some of these recipes from Eating Well and break out that crockpot! ☺

Website Link: <http://bit.ly/1P7h01k>



SALINE COUNTY EMPLOYEE
HEALTH & WELLNESS
MONTHLY INFORMATION NEWSLETTER

NOVEMBER/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

NOVEMBER HOLIDAY BINGO

Starting **November 1**, mark each BINGO Square that you complete during the month of November. This challenge is on the honor system, so if you cheat, you are only cheating yourself!

You must earn at least 1 "BINGO" in order to earn 25 Wellness Challenge Points.

For this challenge please keep in mind the following,

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

Please turn in your finished BINGO sheet to any member of the Wellness Committee by December 4, 2015. Good Luck! ☺

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **Apple**

Which of the following is NOT a fat-soluble vitamin?

- a) Vitamin D b) Vitamin A
- c) Vitamin C d) Vitamin E

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

NOVEMBER DIABETES AWARENESS MONTH

Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans has diabetes – that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing Type II Diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at a higher risk of developing Type II Diabetes. The good news is that making healthy changes can greatly lower your risk. To prevent Type II Diabetes, watch your weight, eat healthy and get more physical activity! For more information please visit, <http://jdrf.org/t1dlooklikeme/>

MONTHLY EDUCATIONAL CLASS

The November Class we will be offering this month will be a presentation on the products from "doTERRA" The essential oils are used for a wide range of emotional and physical wellness applications. They can be used a single oil at a time or in complex blends in either an aromatic method, or a topical or even an internal method.

The class will be held at the **Extension Office** on **November 12, 2015 at 6:30pm.** Come listen to the presentation, and at the end you will have the opportunity to purchase the products as well!

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 31. (75 Wellness Points)

- Drug and Alcohol Awareness

STUFF THE BIRD, NOT YOURSELF!

Did you know that the average Thanksgiving Dinner could add up to 4,500 calories and a whopping 229 grams of fat? That amount of fat is equivalent to THREE sticks of butter! During the holidays, try reducing the amount of fat and calories you consume to prevent weight gain over time. I know what you're thinking, but it's Thanksgiving, there's turkey, and potatoes and don't forget that stuffing! Don't even get me started on pumpkin pie! ☺ But, with a few tips we can work together to stay on track this holiday season by watching what we eat and how much we eat.

By focusing on quality not quantity, we can be nutrition wise this holiday season! Reasonable portions a few creative culinary tips can leave you feeling comfortable, satisfied and thankful as you start the holiday season!

Turkey—a lean protein that has virtually no saturated fat! Unless you purchase a self-basting turkey that has been injected with butter or oil. Avoid these and baste your bird with low-fat, low-salt broth, wine or juice.

Mashed Potatoes—Leave the skins on! They provide fiber and potassium!

Stuffing—Switch from white to whole-wheat bread and get the benefit from whole grains. Add flavor with fresh herbs and aromatic veggies such as carrots, onions or celery!

Green Beans—Try to skip the cream of mushroom soup in your casserole and just keep the green beans as themselves. Lightly steam them and top with seasonings of your choice or a light sprinkling of lemon zest!

Gravy—Gravy does contain meat or poultry juices, which means it contains vitamins. But try a learner version!

CLASSICAL RECIPES MADE-OVER HEALTHY

Don't want to miss out on the traditional Thanksgiving meal, but also don't want to loosen a notch in your old belt? Then check some of these recipes out that take classic holiday recipes and give them a health kick makeover! Still have that great taste, just less calories, fat and sugar!

Classic Thanksgiving turkey can add up to 320 calories for one serving, with 12 grams of fat! Try this Herb Roasted Turkey with only 241 calories and 3.30 grams of fat!

- [Herb Roasted Turkey Breast](#)

Can't have turkey and potatoes without gravy right? Try this lower-fat option for gravy this year!

- [Lower-Fat Gravy](#)

You might think you're doing great getting your serving of vegetables by adding that scoop of the classic green bean casserole, but those green beans are loaded with sodium and extra fat once you put them into casserole form. Switch to low-fat milk and reduced sodium broth and trade those canned French-fried onions for oven fried ones and trim the total fat by 8 grams and drop the sodium by 257 milligrams with this recipe!

- [Green Bean Casserole](#)

Everyone's guilty pleasure... PIE! One slice of pumpkin pie has approximately 320 calories and 14.5 grams of fat. That's about the same as eating 22 mini Oreos! Get a little adventurous and try this new look on pie by using sweet potatoes! With only 208 calories per serving and 9 grams of total fat, it's a safe trade for a delicious dessert that could fix anyone's sweet tooth cravings!

- [Sweet Potato Pie](#)

Enjoy the holiday season with your family, but be mindful of what you're eating! Just remember you don't have to fill your entire plate! Start a family tradition of going for a family walk after dinner, or play a competitive game of football with the whole family! Happy Holidays!



HAPPY THANKSGIVING

B	I	N	G	O
Drink at least 64 ounces of water 3 days each week	Avoid sugar sweetened beverages such as fruit juice and pop for three consecutive days twice during the month of November	Get 6 hours of sleep at least 4 times a week	Eat four servings of fruit at least four days a week	Answer the monthly bonus question correctly
Do not use tobacco 3 consecutive days each week	Eat breakfast three days a week	Attend the November education class (or watch the video)	Lose 3 pounds or more during the month of November	Get a flu shot (In October or November)
Do strength training (weight machines or free weights) at least once a week	Complete 10 exercise sessions of 30 minutes or more this month		No sweets (candy, cake, cookies, ice cream, pastries) 3 consecutive days twice this month	Do cardio for at least 30 minutes 10 times this month
Read the November monthly newsletter	Work out at the fitness center 5 times this month	Eat 8 servings of vegetables at least 4 days a week	Donate to the food drive two separate times this month	No fast food for one week
Say NO to Thanksgiving Pie	Turn off all electronics at least 1 hour before bed every night	Eat a lean protein five times a week	No alcohol 3 consecutive days each week	Maintain your weight during the Thanksgiving holiday

HEALTH & WELLNESS

MONTHLY INFORMATION NEWSLETTER

DECEMBER/2015

"Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits & attitudes contributing to their positive well-being."

DECEMBER HOLIDAY BINGO

Remember to turn in your November BINGO sheet by December 4th! Starting **December 1**, mark each BINGO Square that you complete during the month of December. This challenge is on the honor system, so if you cheat, you are only cheating yourself! **You must earn at least 1 "BINGO" in order to earn 25 Wellness Challenge Points.**

For this challenge please keep in mind the following,

- **1 serving of vegetables** is equivalent to **1 cup** of raw leafy vegetables, or **½ cup** for other vegetables that are not raw leafy vegetables.
- **1 serving of fruit** is equivalent to **1 medium piece** of fruit; **½ cup** chopped or canned fruit.
- 1 cup is approximately the size of a small fist, and a medium piece of fruit is approximately the size of a baseball.

Please turn in your finished BINGO sheet to any member of the Wellness Committee by January 4, 2015. Good Luck! ☺

BONUS: 25 WELLNESS POINTS

Answer to Last Months Question: **Vitamin C**

A reduction in the quantity of bone is the definition of which of the following?

- a) Osteoarthritis b) Osteoporosis
- c) Osteopenia d) Osteogenesis

To receive your 25 Wellness Points, please email your answer to Elly or any Wellness Committee member.

SHOPKO MEDICATION DISPOSAL

Shopko Hometown in Crete will be available to help out with medication disposal if you have left over medication from a previous illness and you're not sure what to do with it.

Acceptable medication includes:

- Leftover or expired prescription and over-the-counter:
 - Pills, tables, capsules
 - Ointments
 - Creams
 - Lotions
 - Inhalers, nebulizer solutions
 - Liquid medicines less than 4 ounces (liquids must be wrapped in a paper towel and placed in a plastic bag)
 - Leftover pet medication

Unacceptable medication includes:

- Controlled substances:
 - Adderall, Vicodin, Ambien, Hydrocodone, MS Contin
- Any sharps:
 - Syringes and lancets
- Liquids greater than 4 ounces
- Thermometers
- Home based care or durable medical equipment supplies:
 - Rubbing alcohol, hydrogen peroxide

NIRMA ONLINE UNIVERSITY CLASSES

The following online class will be offered FREE from October 1 to December 31. (75 Wellness Points)

- Drug and Alcohol Awareness

FABULOUS FIBER

Has your doctor told you to increase your fiber intake, or have you heard from your coworkers, friends and family members that you should be consuming more fiber than you are?

Fiber is found in many fruits, vegetables, whole grains, beans, nuts and seeds. There are two types of fiber – soluble and insoluble; soluble fiber dissolves in water and is absorbed in the digestive track. This type of fiber aids in reducing blood glucose and cholesterol levels. Insoluble fiber cannot dissolve in water and remains in the intestine where it helps the body with digestion.

Consuming fiber can reduce high blood pressure, high cholesterol, and high blood sugar (glucose) levels. Fiber keeps you filling full too, which aids in weight loss and weight management because the longer food stays with you, the longer your hunger levels are satisfied!

So how much fiber do I NEED!? According to the Institute of Medicine, **men** should have approximately **30-38 grams of fiber per day** and **women** should have approximately **21-25 grams of fiber per day**.

Most Americans are only consuming 15 grams of fiber per day! Here are some ways to get more fiber into your diet!

- Choose **Whole grains** (whole wheat breads, cereals, rice, and pastas)
- Eat your **FRESH or FROZEN fruits and vegetables!** Make sure you eat the skin on those foods that are edible, that's the part that contains the most fiber!
- Try to add legumes to your diet, such as kidney, garbanzo or black beans
- Include nuts or seeds and high fiber cereals to your diet!

CHRISTMAS DINNER

Whether you have a tradition Christmas meal where the main meal is always turkey or ham or maybe you're a little fancier with a prime rib or a pork roast. Either way you enjoy your main dish with all the fix-ns, maybe you can make some healthier swaps for those traditional side dishes that pack large amounts of calories, fats, sodium and sugar and check out some of the recipes below! But don't worry, there's always room for dessert too! Eating around the holidays can be tough to stick to your diet, try some of these healthier options for delicious side dishes and desserts.

I'm sure by now you've heard of people using cauliflower for potatoes and even rice. All I'm saying is don't knock it until you try it! This recipe includes both potatoes and cauliflower for a delicious combination of creamy garlic mashed cauliflower and potatoes!

- <http://bit.ly/1OmpUX8>

Try this healthy grain-free bread to make a classic stuffing with cranberries!

- <http://bit.ly/1kOOA0Z>

These ginger bread cookies have less than half of the fat than most gingerbread cookies but still have that same great flavor!

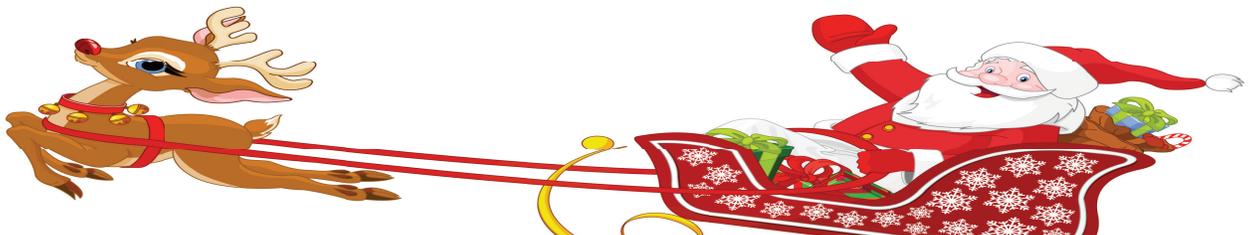
- <http://bit.ly/1wBHSxP>

If you're not a fan of gingerbread cookies, you can check out this version of sugar cookies that takes a traditional cookie into a healthier tasty treat! Plus sugar cookies are such a fun cookie to bake with the whole family and you can have fun with cookie cutters and frosting!

- <http://bit.ly/1Ompwbe>



Merry Christmas!



B	I	N	G	O
No alcohol 3 consecutive days each week	Do strength training (weight machines or free weights) at least once a week	Get 6 hours of sleep at least 4 times a week	Do cardio for at least 30 minutes 10 times this month	Maintain your weight during the Christmas holiday
No fast food for one week	Eat breakfast three days a week	Drink at least 64 ounces of water 3 days each week	Do not use tobacco 3 consecutive days each week	Turn off all electronics at least 1 hour before bed every night
Answer the monthly bonus question correctly	Complete 10 exercise sessions of 30 minutes or more this month	FREE 	No sweets (candy, cake, cookies, ice cream, pastries) 3 consecutive days twice this month	Say NO to Christmas Cookies
Read the December monthly newsletter	Donate to the food drive two separate times this month	Eat 8 servings of vegetables at least 4 days a week	Eat a lean protein five times a week	Volunteer your time at an organization or fund raiser
Lose 3 pounds or more during the month of December	Eat four servings of fruit at least four days a week	Work out at the fitness center 5 times this month	Avoid sugar sweetened beverages such as fruit juice & pop for 3 consecutive days twice during the month of December	Participated in the Turkey Trot on Thanksgiving