



# Saline County Employee Newsletter

## FIVE WAYS TO STAY ACTIVE AS TEMPS DROP

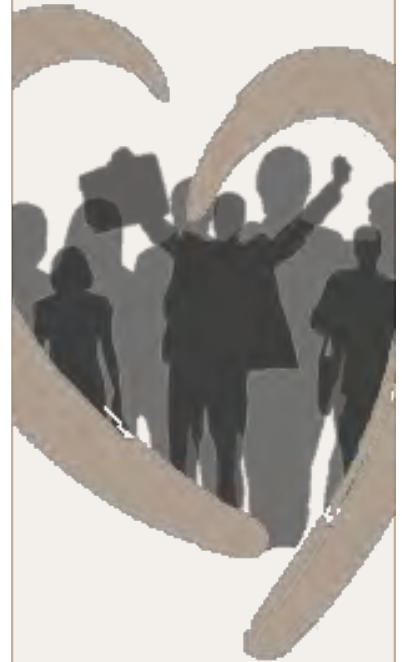
by Seraine Page

It may be cold outside, but that doesn't mean you have to quit enjoying the great outdoors — or exercise in general.

There's no need to hibernate like a bear. If you do, you'll end up packing on the pounds. And, you'll be grouchy by the time spring rolls around due to weight gain and lethargy.

Plus, research shows exercise reduces inflammation while also improving mood and stress levels. Try as you might, you can't argue with science that staying in bed instead of exercising is better for your health.

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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

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## STAYING ACTIVE AS TEMPERATURES DROP

CONTINUED FROM FRONT PAGE...

*Here are five easy winter exercise ideas:*

### 1. Take the Stairs

It sounds so easy, right? If you find yourself much less active in the winter, taking the stairs is a simple way to torch calories. You don't even have to go outside to do it! Anytime you find yourself in a multi-level building, skip the elevator and head straight for the built-in StairMaster.

Get started: If your workplace has elevators, take the stairs as much as you can. Set a morning reminder on your phone that alerts you while pulling into work.

### 2. Make Your Own Gym

You don't need an expensive gym membership to stay in shape. You also don't need a ton of room at home, either. Simple workouts like marching, pushups, jumping jacks and sit-ups require no equipment. Add in light weights or resistance bands for strength training.

Get started: Need some structure? Try an exercise DVD or free YouTube fitness videos.

### 3. Have Fun with Tedious Chores

Winter leaves plenty of windows of opportunity to do physical chores like chopping firewood, shoveling snow, cleaning chimneys...the list goes on. Add an extra burn by doing squats or lunges instead of taking a rest break.

Get started: Consider making a game out of shoveling snow. Race your family members to see who can clear their path the fastest.

### 4. Workout Outside

Don't try working out if there's a blizzard, obviously. If it's lightly snowing out, bundle up and head outside. If you've got kids, making snow angels or snowmen is a great way to bond as a family while burning calories. Prefer to enjoy nature alone? Snowshoeing allows you to walk at your own pace while taking in the sights of a winter wonderland. More active folks may want to hit the slopes a little harder, though. Snowboarding and skiing top the list of outdoor snow day activities for everyday athletes.

Get started: Shop for new gear or equipment to get you excited about your new exercise plan. For challenging winter sports, sign up to meet with an instructor for lessons. It will give you something to look forward to as winter progresses.

### 5. Join a Sports Team

Even if getting active outside isn't your cup of tea, indoor activities can keep you just as fit. Ask a friend, neighbor, or coworker to join you in your pursuit to keep off winter pounds. Roller derby, flag football, and basketball are all indoor sports that can be played in the winter months.

### *Winter Exercise Keeps You Healthier*

With the dreary days and cold temps, it's easy to stay inside under the covers. But by staying active during winter, it keeps your immune system strong and staves off pains from extended sedentary behavior.

(Continue on page #3...)

## STAYING ACTIVE AS TEMPERATURES DROP

CONTINUED FROM PAGE #2...

Plus, with all the holiday treats around this time of year, you'll stay trim and burn the calories before the food even hits your lips.

One important reminder for outdoor activities: Bundle up. Add the proper amount of layers to peel off as you get warmer while working out. Protect your fingers, toes, and ears from frostbite with the right gear. Additionally, if hitting the slopes, bring chapstick

and sunscreen to keep chapped and dry skin away.

Whether you're sledding or shoveling snow, these winter exercise ideas will keep you looking more like a Rockette and less like jolly Saint Nick. *-end*

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## STUDY SHOWS 37% OF AMERICANS EAT FAST FOOD REGULARLY



Atlanta — Every day, more than 1 in 3 U.S. adults eat some type of restaurant fast food, according to a recent report from the National Center for Health Statistics.

Researchers reviewed 2013-2016 data from the National Health and Nutrition Examination Survey. They found that, overall, 36.6 percent of adults – about 85 million – consumed fast food, including pizza, on a given day. The percentage was higher for people between the ages of 20 and 39 (44.9 percent) and 40 and 59 (37.7 percent). Those 60 and older were least likely to consume fast food, at 24.1 percent.

Although fast-food consumption decreased with age, it rose along with family income. Among lower-income adults (equal to or less than 130 percent of the federal poverty level), 31.7 percent consumed fast food on a given day. As family earnings rose to middle income (130 percent to 350 percent of FPL), consumption jumped to 36.4 percent. Of those in the high-income range (more than 350 percent of FPL), 42 percent consumed fast food on a given day.

Other findings:

The most common fast-food meal purchased was lunch (43.7 percent), followed by dinner (42) and breakfast (22.7).

Time, financial resources, price and availability factored most in influencing fast-food purchases.

Men (48.3 percent) were more likely than women (39.1) to eat fast food for lunch.

Women (25.7 percent) were more likely than men (19.5) to consume fast food for a snack.

Fast-food consumption has been associated with increased intake of calories, fat and sodium, which can lead to obesity, diabetes and other health issues, according to the researchers.

The report was published in October. *-end*

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## JANUARY WELLNESS QUESTION OF THE MONTH

Fast-food consumption, relative to income level, statistically decreases in order of the following income levels:

- A. No Comparative Difference
- B. Low-High-Medium
- C. Medium-Low-High
- D. High-Medium-Low

BONUS: 25 WELLNESS  
POINTS for correct answer

*\*Answer to the December  
Question: "B: 33%"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

## WITHIN REACH? STUDY: SMARTPHONES CAN DRAIN YOUR BRAIN

Austin, TX — The presence of smartphones can significantly reduce users' cognitive capacity – even when the devices are turned off – according to researchers from the University of Texas at Austin.

For the study, 800 smartphone users participated in a pair of trials. In the first trial, participants took a series of computer-based tests that required their full concentration to score well. They were divided into three groups, with instructions to place the phones either face down on the desk, in a pocket or bag, or in another room. In all three scenarios, the phones were turned to silent mode.

Participants whose phones were in another room scored 11.2 percent better on the tests than those whose phones were on the desk nearby, and 2.3 percent better than those who placed their phones in a pocket or bag.

"We see a linear trend that suggests that as a smartphone becomes more noticeable, participants' available cognitive capacity decreases," Adrian Ward, study co-author and assistant professor at UT Austin, said in a June 26 press release.

In the second trial, Ward and his colleagues tested cognitive capacity among people who said they are smartphone-dependent, defined by the researchers as "how strongly a person feels he or she needs to have a smartphone in order to get through a typical day." Participants performed the same computer-based tests and were randomly assigned one of the three same places to keep their phones. Some were instructed to turn off their phones.

The participants who were most dependent on their smartphones performed the worst, but only when their phones were on the desk or in their pocket or bag. The researchers also found that it didn't matter whether the phones were on or off, or if they were face down or face up on the desk – having them within sight or easy reach reduced the participants' focus and ability to perform the tasks because part of their attention was focused on not picking up or using the phones.

"The mere presence of their smartphone was enough to reduce their cognitive capacity," Ward said.

The study was published online April 3 in the Journal of the Association for Consumer Research. —end



## SELF DEFENSE CLASS



Law Enforcement Deputy Sheriff Kevin Vogel will be leading all those interested in an introduction to “Self-Defense” on Wednesday, January 9, 2019 from 5:30 p.m. to 6:30 p.m. at the Extension Building in Wilber. Attendance at this class will garner 50 Wellness Points. There will be no video recording of this class—participation is key.

-end

## LACK OF SLEEP—RISK OF CRASH SAFETY & HEALTH

Washington — Drivers who don’t get the recommended minimum of seven hours of sleep a night are at higher risk of being involved in a motor vehicle crash – and that risk increases among drivers who get the least amount of sleep, according to new research from the AAA Foundation for Traffic Safety.

Researchers analyzed data from previous Department of Transportation research that involved in-depth investigations of 5,470 crashes, including interviews with the drivers.

Results showed that the more sleep drivers missed, the more likely they were to make a miscalculation behind the wheel.

“We found that drivers who missed an hour or two of sleep relative to the expert-recommended minimum of seven hours generally made a lot of the same mistakes that well-rested drivers make, like not doing a good enough job of checking traffic before entering an intersection, misjudging another vehicle’s speed or allowing themselves to become distracted,” study co-author Brian Tefft told *Safety+Health*. “The difference was that the drivers who didn’t get enough sleep made these mistakes more often.”

Tefft said drivers who missed more than two hours of sleep also were much more likely to

fall asleep at the wheel.

Drivers who had slept less than four hours in the previous 24 hours had the greatest risk of being involved in a crash. Nearly one-third of the drivers studied who were operating on less than four hours of sleep over the previous 24 hours fell asleep at the wheel, while another third made errors such as overcorrecting or driving off the road, Tefft said.

According to the researchers, those drivers had a comparable crash risk to those who drive with a blood-alcohol concentration of 1.5 times the legal limit.

For drivers who know they are sleep-deprived, Tefft suggests they get more sleep – “even just a quick nap” – before getting on the road.

“If you find yourself struggling to keep your eyes open or not remembering the last few miles that you drove,” Tefft said, “these are warning signs that you should find a safe place to pull over and take a quick power nap before you continue on your way.”

AAA recommends that drivers travel during times they normally are awake, avoid heavy foods, and do not take medications that cause drowsiness or impairment. For longer trips, drivers should schedule a break every two hours or 100 miles, and travel with an alert passenger who can take turns driving.

The study was published Oct. 1 in the journal *SLEEP*. -end





# **Saline County Health Screening**

## ***Taking Action For A Healthier 2019!***

### **What's In It for Me?**

**Savings:** Free on-site health screening saves you time and money. PLUS you receive **500 WELLNESS POINTS!**

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

## **Saline County Health Screening**

**Tuesday, February 12, 2019 (5:00 a.m.-8:00 a.m.)**

*Law Enforcement Center: 911 S. Main Street*

**OR**

**Wednesday, February 13, 2019 (5:00 a.m.-8:00 a.m.)**

*Saline County Courthouse– Assembly Room*

### **Health Screen Includes:**

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Hemoglobin (A1c) and Thyroid Stimulating Hormone (TSH) tests available to you at no cost if you are on the Saline County insurance plan. *If you are not on the Saline County insurance plan you would pay \$10 for the TSH test and \$25 for the A1c test.*
- Optional tests include; Prostate (PSA \$20), Vitamin D (\$40), Cortisol-stress hormone (\$40).

### **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.**
- Avoid caffeinated coffee, tea, pop, energy drinks and nicotine before your appointment.

### **To Sign-Up:**

Saline County employees can sign up using a new on-line option. You will be receiving an email from Tim McDermott with a link to the scheduling system. Click on the link, create an account by entering your name and a password, select a time, answer questions and identify if you want an electronic reminder.

### **Questions?**

Call Tim at 402-821-3900 if you have questions or if you are not able to attend the health screening events.





# Saline County 2019 Health Screening

## Frequently Asked Questions

**Tuesday, February 12th - Law Enforcement Center (5:00 a.m.-8:00 a.m.)**

**OR**

**Wednesday, February 13th - Saline County Courthouse (5:00 a.m.-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.
- The Thyroid Stimulating Hormone (TSH) and Hemoglobin A1c tests are available at no cost to you if you are on the Saline County insurance plan. *If you are not on the Saline County insurance plan you would pay \$10 for the TSH test and \$25 for the A1c test.*
- Prostate for men only costs \$20, Vitamin D is \$40 and Cortisol—the stress hormone is \$40. Payment is due at the time of your health screening appointment. Checks can be made out to Saline County.
- Allow approximately 15 minutes to complete the screening.

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

Saline County employees can sign up using a new on-line option. You will be receiving an email from Tim McDermott with a link to the scheduling system. Click on the link, create an account by entering your name and a password, select an appointment time, answer the questions and decide if you want an appointment reminder.

### **Deadline to Sign Up: Friday, February 1st!**

### 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, tea, pop, energy drinks or nicotine before your screening appointment.

### 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.

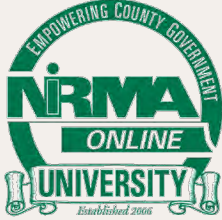
### Will my health screening results be sent to my physician?

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 results **during the Know Your Numbers presentation on Wednesday, March 6th at 10:00 a.m.**

**The presentation will be held in the County Court Room.** If you are unable to attend, your wellness packet will be distributed to you after the meeting by a committee member.



JANUARY—MARCH, 2019  
— NIRMA ONLINE  
UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ Sleep and Your Health

\*Next **Wellness Committee**  
Meeting: Thursday, January  
10, 2019 in the Courthouse  
Conference Room, 8:30 a.m.

\*Next **Safety Committee**  
Meeting: Wednesday, February  
13, 2019 in the Courthouse  
Conference Room, 8:30 a.m.

WELLNESS COMMITTEE

204 S High, Wilber, NE 68465  
Phone: 402-821-2588  
Fax: 402-821-3319 E-mail:  
salinewellness@gmail.com  
co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage  
online to review meeting  
minutes, Wellness newsletters,  
annual Program document and  
Fitness Center information.



## 2019 HEALTH FAIR

**NOTICE:**

The Wellness Committee has scheduled February 12th and 13th, 2019 at both the LEC and the Courthouse respectively for the upcoming Annual Health Fair;

- Tuesday, February 12, 2019 at the Law Enforcement Center from 5:00 am – 8:00 am
- Wednesday, February 13, 2019 in the Courthouse from 5:00 am – 8:00 am.

There will again be an online registration process allowing employees to opt for a suitable time and location in which to participate. Personnel having no access to the internet in which to sign-up should consult their supervisor for assistance. Refer to the documentation in this newsletter for additional information. Access information to the online scheduler will be provided via email outside this newsletter.  
-end

## 2018 WELLNESS PROGRAM ENDED

**NOTICE:**

1. In order to claim your Wellness incentives earned in 2018, all personnel will need to **return their 2018 program booklets, and sealed medical verification forms** in the envelop provided, to the Wellness Committee via Jamie Houser at the Assessor's office **on or before Friday, January 11, 2019.**
  - Please ensure that all **medical data forms** are placed in your sealed medical envelop **ONLY. Tobacco affidavit forms** for 2018 should be included along with your program booklet in the larger envelope.
2. Please note your choice of incentive with the points anticipated. The Committee will review and tabulate final points after the 2019 Health Fair and extend notification of total incentive points earned.
3. An announced 'protest period' will then be opened in order to insure proper calculation of points—*Protests are intended to report miscalculations of points* –end

## 2019 WELLNESS PROGRAM BEGINS

**NOTICE:**

2019 Wellness Program packets were distributed to each county department during the third week of December. Speak to your supervisor if you have not received yours. Call 821-3900 with any questions. –end

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*

Saline County, Nebraska



February, 2019  
Volume 6, Issue 2

# Saline County Employee Newsletter

## HAVE A HEART! THE MOST DANGEROUS FAT IS THE EASIEST TO LOSE

by Trinh Le, MPH, RD

It's every weight loss enthusiast's dream to zap belly fat but, far from pure vanity, there's actually a reason why having a lot of fat in the abdominal region can be dangerous. Fat is stored all over our body, but how does an expanding waistline grow your risk for chronic illness?

### LOCATION, LOCATION, LOCATION

Your body's fat impacts your health differently depending on where it's stored. While most fat found on other parts of our bodies (think arms, legs, buttocks) are considered "subcutaneous fat," belly fat is more likely to be "visceral."

(Continued page #2...)



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

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## LOSE THE DANGEROUS FAT CONTINUED FROM FRONT PAGE...

### PINCHABLE VERSUS PRESSABLE

“Subcutaneous fat” is the pinchable, squishy fat right between your skin and muscle that helps keep you warm, cushions you against shock, and stores extra calories. “Visceral fat” stores calories too, but isn’t as pinchable because it is located in and around your organs. It’s hidden deep within the belly region, which is what makes it firm (rather than squishy) when you press it.

### PROXIMITY

Fat doesn’t just store calories—it’s a living tissue capable of producing and releasing hormones that affect your other organs. Because visceral fat sits near our organs, its release of these chemicals is poorly situated. Having more visceral fat can raise your LDL (a.k.a. “bad” cholesterol) and blood pressure. Visceral fat can also make you less sensitive to insulin, which increases your risk for Type 2 Diabetes.

### TELLING BAD BELLY FAT APART

Even if you’re thin, you can still have visceral fat around the abdominal region—being “skinny” doesn’t necessarily mean you’re healthy. There’s no sure-fire way to tell visceral from subcutaneous fat short of an expensive CT scan, but it’s important for you to get a rough idea of what your visceral stores are. Here are a few tricks to figure out where your belly stands:

### APPLES AND PEARS

You’re probably wondering, “What does fruit have to do with it?” These two fruits give a quick visual of where most of your fat is stored on the body. Pears tend to store fat in

the lower extremities (hips, thighs, buttocks) as subcutaneous fat while apples tend to store fat in the upper region (belly, chest) as visceral fat. It takes a quick inspection, but this is an imperfect way to tell these two fats apart.

### WAIST CIRCUMFERENCE (WC)

Feel for the top of your hip bone (it’s at the same level as the top of your belly button) and circle a tape measure around this point. Remember to relax and don’t suck in your gut (be honest!). Take 2-3 measurements and figure out the average. Men should have a WC of less than 40 inches (102 cm) and women should have a WC of less than 35 inches (89 cm).

### WAIST-TO-HIP RATIO

The waist-to-hip ratio (WHR) takes the circumference of your waist (see above) and divides it by the circumference of your hips. To measure your hips, stand in front of a mirror then figure out the widest part of your butt and measure that circumference. Then use this formula:

$$\text{WHR} = (\text{Waist circumference}) / (\text{Hip circumference})$$

Men should have a WHR of less than 1 while women should have a WHR of less than 0.8.

### KNOW FAMILY HEALTH HISTORY

If your parents or siblings have insulin resistance, heart disease or non-alcoholic fatty liver, you may be at a greater risk for storing visceral fat. Keeping an eye on your visceral fat may be beneficial, but know that the causes of these chronic diseases are complex. If you’re in doubt, it’s best to speak with your healthcare provider. *(Cont. on next page...)*

## LOSE THE DANGEROUS FAT *CONTINUED FROM PAGE #2...*

### BANISHING VISCERAL FAT

If you fall in the normal range for WC and WHR, that's great! Keep working at your weight goals as you see fit. If you're not there, don't despair. Because of its proximity to the liver, visceral fat is usually the easier fat to burn. It's the less risky subcutaneous fat that likes to stick around.

Unfortunately, you can't forcefully spot reduce fat around your belly no matter how many crunches you do. The next best thing is to live a healthy lifestyle:

- Go beyond weight tracking. You can track your waist, hip and even neck circumference in the app. Use this feature to see how your measurements change over time as you lose weight.
- Sweat for 30-60 minutes each day. Visceral fat responds well to regular endurance exercises, such as running, biking, rowing, swimming, that elevate

your heart rate. As your body uses fat to fuel exercise, it'll start using up your visceral stores.

- Eat a well-balanced diet. Eat a diet high in whole grains, fresh fruits and vegetables, and lean protein with calories set for gradual weight loss (e.g. about 1-2 pounds per week). Cut way back on added sugars and alcohol since these nutrients will more likely end up as visceral fat.
- Sleep more, stress less. It's easier said than done, but in order to take care of your physical body, you have to take care of your mental state. Sleep loss and stress can sabotage your health and fitness goals, so learn more about getting a quality night's rest and use meditation or yoga to calm your mind. Remember, it's not just about your health; it's about your happiness, too. *-end*

### SELF DEFENSE CLASS



Law Enforcement Deputy Sheriff Kevin Vogel led an interested group of employees through an introduction to "Self-Defense" at the Extension Building in January. The class was well attended with much desire expressed to hold another. If you wish to

take part in another such class, or jump head-first into the fray for the first time, please let a committee member know. *-end*

### NEW PHYSICAL ACTIVITY GUIDELINES

The U.S. Office of Disease Prevention has released its updated "Physical Activity Guidelines for Americans." Only 26 percent of men, 19 percent of women and 20 percent of adolescents meet these recommendations.

For adults, that's 150 minutes per week of vigorous-intensity aerobic physical activity and two days of muscle-strengthening activity. Will you have a New Year's resolution focused on wellness? If so, use a coach, gym resource, motivational videos, or even your EAP to keep yourself on track if motivation slips. Fact: Half of all American adults have one or more preventable chronic diseases, and 10% of all premature mortality is associated with failure to meet recommended levels of aerobic physical activity. *-end*

## ONLINE LEGAL RESOURCES

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- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](https://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## FEBRUARY WELLNESS QUESTION OF THE MONTH

Sam is being measured for a new suit. The tailor finds her measurements to be 36 (chest) x 33 (waist) x 41 (hips) x 32 (inseam). Does Sam fall within the "WHR" guidelines?

- A. Yes
- B. No

BONUS: 25 WELLNESS  
POINTS for correct answer

*\*Answer to the January  
Question: "D: High-Med-  
Low"*

Email your name and correct  
answer to: [salinewell-  
ness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for  
the Question of the Month  
must be received prior to the  
subsequent month's newsletter  
distribution.*

## HEALTHY FOOD SWAPS THAT CAN BACKFIRE

Swapping cauliflower for mashed potatoes, zucchini "zoodles" for noodles and frozen bananas for a non-dairy "nice" cream has become so mainstream that even restaurants serve dishes with these alternatives. While there's nothing wrong with making these swaps from time to time, it's important to note that sometimes these good intentions may hinder, rather than help, gut health.

"Sometimes too drastic a cutback or too dramatic a switch can result in GI issues such as bloating, constipation or abdominal pain — or exacerbate pre-existing GI issues," says Leslie Bonci, MPH, RD, owner of Active Eating Advice.

Here, four common food swaps that could cause more discomfort compared to the originals:

### CAULIFLOWER INSTEAD OF CARBS?

Once just a cruciferous vegetable, today cauliflower is a stuntman for potatoes, rice and wheat in things like pizza crust or stir-fries. But this may not be a smarter choice for everyone. "Cauliflower is a high FODMAP food," Bonci says. This acronym stands for fermentable oligosaccharides, disaccharides, monosaccharides and polyols. Foods high in any of these carbs can cause GI distress, particularly gas and bloating in those with IBS, Bonci says.

The smarter choice: Stick with classic potatoes, which "provide energy, soluble and insoluble fiber and are a low-FODMAP food," Bonci explains.

### SUGAR ALCOHOLS INSTEAD OF SUGAR?

Food manufacturers often use sugar alcohols such as erythritol, sorbitol, mannitol and xylitol to make sugar-free or "no-sugar-added" foods and sweeteners. Since they have less impact on your blood glucose, such sweeteners might seem like a good choice for people trying to lose weight. However, consuming sugar alcohols can cause diarrhea, gas and bloating.

The smarter choice: If you want to cut back on your sugar consumption at home, use a little real sugar and then add spices such as ginger, cinnamon or pumpkin pie, which don't upset your stomach, Bonci suggests.

### HIGH-FAT FOODS INSTEAD OF CARBS?

The popularity of the low-carb, high-fat ketogenic diet has many people piling on the fat. While we know healthy fats are good for us and add fabulous flavor, "too much fat is definitely not going to do any favors for gut comfort," Bonci says. A high-fat diet can cause either diarrhea or, because it tends to be low in fiber, constipation.

The smarter choice: Be mindful of how much fat you add. "Try roasting veggies with a little oil, adding a few slices of avocado rather than the whole thing to your plate. Or add a small pinch of shredded coconut to a smoothie rather than a few tablespoons of coconut oil," Bonci recommends.

### PLANT-BASED MILKS INSTEAD OF TRADITIONAL DAIRY?

Plant-based milks, like almond and oat, have become trendy, but even if you're lactose-intolerant, Bonci recommends giving some dairy a chance.

The smarter choice: "Plant-based milks do not contain probiotics, which can be helpful to the gut. Instead, opt for cultured dairy foods such as yogurt or kefir," Bonci says. "These contain live active cultures that split the lactose, so you may experience less GI distress." -end

## IS IT TOO LATE TO EAT AFTER 8:00 P.M.? - BY TRINH LE, MPH, RD

It's common to hear the phrase "don't eat after 8 p.m." when you're trying to lose weight. But when you think about it in terms of calories, the math doesn't work out. As long as you stick to your goal and eat fewer calories than you burn, you should lose weight.

Here's what you should know about eating late at night:

### THE PROBLEM WITH EATING LATE AT NIGHT

Eating most of your calories during the day rather than at night is helpful because we tend to overeat in the evening. Sadly, your eating choices are not logical, calculated moves solely aimed at getting you to your goal weight. Every decision is guided by emotions and bodily states. Despite good intentions, a crazy commute, hectic schedule, sleep deprivation or other stressor can make it hard to follow through with a healthy diet.

Picture this scenario: During the day you were disciplined with what you ate, but you came home stressed and voracious. Before fixing a meal, you wolf down a handful of chips, cookies, nuts or whatever's convenient. Tired and sleep-starved, you polish off dinner in front of the TV or computer screen.

Sound familiar? Your evening meal evaporates in a blur because:

1. Willpower, a limited psychological resource, gets exhausted throughout the day, which can make it difficult to resist an extra dessert at dinnertime.
2. Negative emotions can drive emotional eating. It's not uncommon to use food as a mood regulator, specifically to relieve feelings of stress, anxiety or loneliness. Even if that's not the case, you may decide to use food as a reward for a hard day's work.
3. Sleep-deprived from your busy work schedule, you find yourself craving sugary, high-fat foods.

This example paints a dramatic exaggeration of reality, but it makes a point. If you're eating excess calories in the evening, it adds up over time and prevents you from reaching your goals.

### 4 TIPS FOR EATING AFTER 8 P.M.

Nighttime may not be the best time to load up on calories, but if you have no other choice, you can still make it work.

1. Keep evening portions small. Instead, plan bigger meals for breakfast and lunch. Eating more calories during the day helps you stay satiated so you aren't ravenous when dinner rolls around. This also helps if you suffer from heartburn and indigestion; large dinners are not your friend, especially if sleep comes soon after.
2. Avoid trigger foods in the evening. These are the foods that hook you after one bite, and they're different for everyone. Common trigger foods include potato chips, cookies, ice cream, popcorn or nuts. It doesn't mean you have to eliminate them from your diet completely, but it's best to avoid consuming them at night when you are more likely to overeat.
3. Don't eat in front of screens. This includes TV, computers, phones and video games. Entertainment puts your brain on autopilot so you don't pay attention to your body's cues that you are full and satisfied. As a result, you are more likely to consume excess calories.
4. Make sure to prioritize a good night's rest. When in doubt, go to bed and get some shut-eye. Time and again, research shows sleep deprivation is linked to weight gain because it increases appetite. Not only will sleep help you manage your weight — your heart, brain and immune system will thank you, too.

### THE BOTTOM LINE

In a perfect world, you can eat your calories whenever you like with zero consequences. In practice, it's complicated. With today's fast-paced world, it can be hard to strike a balance between your career, social obligations and health goals. So, if you find yourself eating late at night, practice the tips mentioned above. —end

Saline County Aging Services is hosting:

# Shamrock Shuffle

5K (3.1m) or 1 Mile Fun Run/Walk

**Saturday, March 16<sup>th</sup>, 2019**



Registration from 9:00 AM – 9:45 AM

**Start time:** 10:00AM SHARP

**Location:** Legion Park, Wilber, NE

Pre-Registration NOW at:

*Saline County Aging Services, First State Bank or  
Wilber Physical Therapy*

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

**Pre-registration DUE by Friday, March 1<sup>st</sup>, 2019**

**\*\*Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program\*\***

**Gratefully Sponsored by: First State Bank Nebraska, WM&E Spa×Boutique, Downtown Family Vision,  
Foxhole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto & Wilber Physical Therapy**

Entry Fees: 5K \$20 Pre-registered; \$25 after & day of race

1 mile \$15 Pre-registered; \$20 after and day of race

Students 12 & under \$10 Pre-registered, \$15 after & day of race

(Entry Fee Includes: T-Shirt, Water, After Race Snack, and One Free Drink Card at the Foxhole)

**\*\*ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.**

**Early Packet Pick-Up: Thursday, March 14<sup>th</sup> or Friday, March 15<sup>th</sup> or Race Day**

**Prizes will be awarded to 1<sup>st</sup> & 2<sup>nd</sup> places in the age categories of:**

**4-11, 12-18, 19-30, 31-50, 51 & up**

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## 2019 Registration Form

**Name** \_\_\_\_\_ **Phone #** \_\_\_\_\_

**Address** \_\_\_\_\_ **City/State** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Age** \_\_\_\_\_ **Male or Female**    **Circle one: 5K or 1 Mile**

**YOUTH T-Shirt Size:    S   M   L**

**Female/Male ADULT T-Shirt Size:    S   M   L   XL**

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

\_\_\_\_\_  
**Signature (if under 18-parent/guardian)**

\_\_\_\_\_  
**Date**





# Saline County 2019 Health Screening

## Frequently Asked Questions

**Tuesday, February 12th - Law Enforcement Center (5:00 a.m.-8:00 a.m.)**

**OR**

**Wednesday, February 13th - Saline County Courthouse (5:00 a.m.-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.
- The Thyroid Stimulating Hormone (TSH) and Hemoglobin A1c tests are available at no cost to you if you are on the Saline County insurance plan. *If you are not on the Saline County insurance plan you would pay \$10 for the TSH test and \$25 for the A1c test.*
- Prostate for men only costs \$20, Vitamin D is \$40 and Cortisol- the stress hormone is \$40. Payment is due at the time of your health screening appointment. Checks can be made out to Saline County.
- Allow approximately 15 minutes to complete the screening.

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

Saline County employees can sign up using a new on-line option. You will be receiving an email from Tim McDermott with a link to the scheduling system. Click on the link, create an account by entering your name and a password, select an appointment time, answer the questions and decide if you want an appointment reminder.

### **Deadline to Sign Up: Friday, February 1st!**

### 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, tea, pop, energy drinks or nicotine before your screening appointment.

### 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.

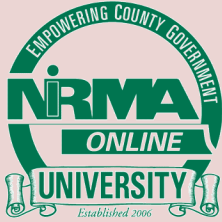
### Will my health screening results be sent to my physician?

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 results **during the Know Your Numbers presentation on Wednesday, March 6th at 10:00 a.m.**

**The presentation will be held in the County Court Room.** If you are unable to attend, your wellness packet will be distributed to you after the meeting by a committee member.



**JANUARY—MARCH, 2019  
— NIRMA ONLINE  
UNIVERSITY CLASS**

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ Sleep and Your Health

**\*Next Wellness Committee Meeting:** TBD, 2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee Meeting:** Wednesday, February 13, 2019 in the Courthouse Conference Room, 8:30 a.m.

**WELLNESS COMMITTEE**

204 S High, Wilber, NE 68465  
Phone: 402-821-2588

Fax: 402-821-3319 E-mail:  
salinewellness@gmail.com

co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



## 2019 HEALTH FAIR

**REMINDER:**

The Wellness Committee has scheduled February 12th and 13th, 2019 at both the LEC and the Courthouse respectively for the upcoming Annual Health Fair;

- Tuesday, February 12, 2019 at the Law Enforcement Center from 5:00 am – 8:00 am
- Wednesday, February 13, 2019 in the Courthouse from 5:00 am – 8:00 am.

Hopefully all those wishing to participate have already met the registration deadline of February 1st. The FAQ document is again included in this newsletter for review as you prepare for the blood draw.

Contact Tim McDermott at 402.821.3900 if you have outstanding questions. -end

## WELLNESS COMMITTEE NOTICE

The Wellness Committee has undergone the 2018 booklet review. It is seen and well understood that many have developed a pattern of documentation—especially with exercise, that is comfortable, fits within the guidelines provided and understandable by the Committee.

However, there is the occasion where it becomes difficult to decipher. Yet the committee is certain these irregularities can be corrected easily with your help, a bit of patience and patterned, regular entry throughout the year. In light of this, this friendliest of reminders announces the following to be at risk as uncountable next year when reviewing the 2019 Program booklets:

1. Participants **MUST** use the calendars provided. All other spreadsheets or slips of paper will not be calculated.
2. Exercise documented on the provided calendars **MUST** contain the following pieces of information:
  - Type of exercise performed
  - Time devoted to that exercise
  - Points associated with the type & time of exercise each day
2. Submitted exercise calendars viewed as 'last-minute', 'unrealistic' and/or noting evidence of 'fiction' will **NOT** be calculated.

As always, the announced 'protest period' is available to be used in order to correct and/or speak to a conflicting calculation of points.

Please note that it is the responsibility of the Wellness Committee to be fair, to everyone! This includes those who are committed to an abidance of the rules.

If you are interested in being a part of the Wellness Committee, please let us know. You are welcomed. Call 821-3900 with any questions. -end

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*

Saline County, Nebraska



March, 2019  
Volume 6, Issue 3

# Saline County Employee Newsletter

## THE LUCK OF THE IRISH – 4 WAYS TO HAVE A HEALTHY ST. PATRICK’S DAY

*by Metabolic Nutrition Magazine*

March 17 has come around once again, and that means it’s time for the honored holiday of St. Patrick’s Day. The commemoration of the death of St. Patrick who was a patron saint of Ireland is an annual affair of donning green and decorating everything with shamrocks. It also means that as with many holidays, there is the traditional food and drinks that come along with it, albeit some aren’t as healthy as one would like. With that being said, let’s cover 4 ways to make your St. Patrick’s Day a healthy one!

*(Continued page #2...)*



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

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## 4 WAYS TO HAVE A HEALTHY ST. PATRICK'S DAY

CONTINUED FROM FRONT PAGE...

### CORNERED BEEF CONTROL

Hands down the most popular food item for the St. Patrick's Day tradition is corned beef. It's tasty, cost effective and has been a long-time St. Paddy's day staple. However, the problem is that while a 3 oz serving size can pack 15g of protein, it also has 16g of fat and 964mg sodium...not exactly the picture of health. You can certainly enjoy some corned beef as part of your St. Patrick's Day celebration, but do so in moderation and stick to one serving to keep your fat and sodium in check.

### BE A CABBAGE PATCH KID

While the staple of St. Patrick's Day is corned beef, the accompanying side of cabbage is an underrated gem. It's obvious that vegetables are a nutritious way of helping your overall health, and cabbage is one that packs a nice amount of nutrients and fiber. A half cup serving of cooked cabbage contains 1g of fiber, 150mg potassium and additional calcium magnesium and vitamin A. Along with the added nutrient value, cabbage is also calorie efficient containing less than 20 calories, less than 1g of fat.

### THINK WHEN YOU DRINK

Perhaps the biggest mainstay during the St. Patrick's Day celebration, is the alcohol. While you don't have to abstain completely from alcohol, do be conscious of the pitfalls that alcohol can have on your calorie count and metabolism. Moderate amounts of alcohol can have their benefits but too much can lead to health problems in addition to unwanted weight gain. One drink is equal to 12

oz for beer, 5 oz of wine or 1.5oz of hard alcohol.

### GO GREEN WITH YOUR FOOD

Going green doesn't just mean benefiting the environment, but also benefiting your health! Just like the aforementioned cabbage, green foods tend to be nutrition powerhouses that pack a micronutrient punch. Things like broccoli, asparagus, spinach, kale, green beans, snap peas, brussels sprouts, etc. are all fantastic things to include in your diet. They pack vital nutrients such as Vitamin C, D, E, K along with calcium, magnesium and are a great way to get in your daily fiber for healthy digestion.

St. Patrick's Day is a great holiday for all, young and old. Use these tips to make it as healthy as possible and don't forget to wear your green! -end

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## STOP! Skipping Breakfast

You may have heard breakfast is the most important meal because the body needs energy and you won't perform your best if you skip it. That may be true, but a review of key studies focusing on skipping breakfast confirmed something more menacing — increased risk of diabetes.

Studies have also shown an increase in heart disease for no-breakfast clubbers. With type 2 diabetes on the rise, avoid skipping breakfast. Experiment and discover the healthy foods you look forward to eating to help avoid this chronic disease. -end



# ARE POTATOES REALLY BAD FOR WEIGHT LOSS?



BY KRISTINA LARUE, RD SSD, LDN

Spuds are often maligned for derailing weight loss due to their starchy, carb-centric, calorie-dense nature. However, when prepared properly and eaten with other nutritious foods, both regular and sweet potatoes can be part of a healthy diet.

Here, a look at their nutrition profile and why you don't need to fear their carbohydrate content or ranking on the glycemic index.

## THE NUTRITION LOWDOWN

While white and sweet potatoes are nutritionally similar, there are some variations in nutrients when you compare them side by side. Here's how they compare per 100 grams:

White POTATOES	VS	Sweet POTATOES
		
69	CALORIES	86
2g	PROTEIN	2g
16g	CARBS	20g
2g	FIBER	3g
1g	SUGAR	4g
9mg	CALCIUM	30mg
16mg	SODIUM	55mg
21mg	MAGNESIUM	25mg
407mg	POTASSIUM	337mg
337mg	VITAMIN C	2mg
18ug	FOLATE	11ug
11mg	CHOLINE	12.3mg
8iu	VITAMIN A	14,187iu
13ug	LUTEIN + ZEAXANTHIN	0ug

Sweet potatoes contain more vitamin A, calcium and folate and are higher in sugar. White potatoes offer similar vitamins and minerals, but are slightly higher in potassium. Compared to sweet potatoes, they're also a great source of lutein and zeaxanthin, which helps maintain eye health.

## DEBUNKING MYTHS SURROUNDING POTATOES

Potatoes are often demonized for being high in carbs. However, both sweet and white potatoes contain a type of naturally occurring carbohydrate called resistant starch, which cannot be processed by digestive enzymes, similar to dietary fiber. Resistant starch has been linked to health improvements within the gastrointestinal tract and digestive system. Moreover, these are healthy carbs the body needs to function at its best.

It's possible you're familiar with potatoes' reputation of causing blood sugar to spike. In fact, the glycemic index of potatoes depends on a variety of factors like processing and preparation, variety, origin, maturation and the other foods with which they're consumed. Adding lean proteins, healthy fats and fiber (by leaving the skin on) and watching portions are great ways to enjoy potatoes while keeping blood sugar stable.

(Continue on page #4...)



## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## MARCH QUESTION OF THE MONTH

Herein found, "...green veggies like broccoli, asparagus, spinach, kale and green beans contain vital nutrients such as...":

- A. Vitamin C, B & Iron
- B. Vitamin D, K & Calcium
- C. Vitamin B, E & Niacin
- D. Vitamin A, K & Magnesium
- E. All of the Above

BONUS: 25 WELLNESS  
POINTS for correct answer

*\*Answer to the February  
Question: "B: No"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

## ARE POTATOES REALLY BAD? *CONT. FROM PAGE #3...*

### WHY PREPARATION MATTERS

Many people consume potatoes in less-than-healthy processed forms (i.e., fries, chips or tater tots). However, baking, broiling, roasting or steaming potatoes preserves more nutrients and is less likely to cause blood sugar to spike.

### THE BOTTOM LINE

When eaten as part of a well-balanced diet, both white and sweet potatoes provide a variety of nutrients for a flavorful and satiating meal. What's more, research has shown they can help with weight loss by lowering blood pressure and acting as a healthy source of carbs. Plus, potatoes are a low-cost item that can save you money when meal planning. *—end*

## FIVE WAYS TO MAKE YOUR COFFEE HEALTHIER

BY LISA FIELDS

There's plenty of evidence that drinking coffee is good for you — from improving cognition to helping to ward off diabetes and boosting athletic performance. However, with all the specialty lattes out there, it can quickly become a calorie bomb. If you'd like to make your cup of joe even healthier, try these five smart tips:

### ADD MILK

As long as you're not lactose intolerant, try cow's milk, which, compared to other alternatives, is high in protein and contains a variety of healthy minerals beyond calcium. "While calcium-fortified beverages like almond, soy or other nut or grain milks contain more calcium than a cup of milk because of fortification, they lack the potassium, phosphorus and riboflavin of cow's milk," says Melissa Majumdar, RD, a Boston-based spokesperson for the Academy of Nutrition and Dietetics. "An 8-ounce cup of milk helps supply one of the three recommended dairy servings for the day and can be enjoyed as a latte."

### ADD FLAVOR WITHOUT SUGAR

Instead of loading up on sugar or artificial sweeteners and syrups, try cinnamon or unsweetened cocoa. Cinnamon is rich in antioxidants and may positively affect blood-sugar levels, while cocoa can have heart-healthy effects.

"Cinnamon is a great way to add a natural sweetness to any food or drink and may help someone reduce the amount of sugar or sweetener in coffee," Majumdar says. "Adding unsweetened cocoa, just like cinnamon, adds tons of flavor without the actual sweetness."

### TRY MUSHROOM COFFEE

A buzzy trend, mushroom coffee (made from coffee beans and dried exotic mushrooms) is said to help improve concentration levels, fight fatigue and boost the immune system. *(continue on page #8...)*

## 12 NUTRITION HACKS THAT CAN KICKSTART WEIGHT LOSS

- BY LORI NEDESCU

# Nutrition Hacks

## The Truth

***“Wait, you do what? Does that really work?”***

That’s exactly the response I get when I tell non-dietitian friends about some of the strange food tricks I occasionally adopt to kickstart weight loss. Let’s face it, athletes will try anything — from the wackiest recovery methods to new tech gadgets and food trends — all in hope of lean tissue gains, shedding extra weight and increasing speed, strength and overall performance.

There are plenty of food fads, trends and gimmicks that make seemingly absurd claims to boost health, lose weight, clear skin, etc. ... While many of those are claims are just plain silly (if not completely dangerous), there are a few tricks that may actually work.

Here, we’ll sort through a few of these rare nutrition tricks that can be backed up by science:

### **DRINK WATER BEFORE MEALS**

Simply drinking two cups of cold water before your main meals can help exacerbate weight-loss efforts due to two factors. First, 16 ounces of water can potentially ramp up metabolism which helps process the upcoming meal more efficiently. Second, the amount helps to create a full sensation which limits the amount of food you’re apt to consume. When it comes to drinking warm or cold water, try a mix of both. Cold water rehydrates the body better and, for athletes who sweat often, this is key for boosting recovery. Warm water can improve blood flow and help promote a good digestive environment.

### **DRINK PROTEIN SHAKES AS SNACKS**

While it isn’t the most appetizing of snacks, downing protein powder and water is actually a good way to stave off cravings and build lean tissue. Protein helps keep the body satisfied longer and muscles are able to better utilize protein when it comes in smaller

doses throughout the day. These two factors make a scoop of powder and water a good option for a midday snack.

### **DRINK BONE BROTH**

Or any broth really. Research indicates consuming a portion of soup before a meal can help reduce the number of calories consumed at that meal. Bone broth is a great option for athletes because the collagen in the broth can potentially help with joint and tendon strength as well.

### **EAT EGGS FIRST THING**

That’s right, eggs (the yolk and all) are back on the list of healthiest foods, and the best time to consume them may be first thing in the morning. People who nosh on morning meals higher in protein go on to consume fewer calories all day long. An added bonus for eggs is the choline-rich yolks help stimulate acetylcholine production which helps activate muscle tissue.

### **KNOW WHEN TO EAT SUGARY FRUIT**

Green bananas? Yellow? Brown? The ripeness of your fruit can change the benefit. For example, eating bananas that are green (less ripe) means you’ll consume less sugar. As the fruit ripens, it becomes sweeter because the sugars develop more. If you need a boost before or during a workout, choose a ripe yellow or, if you’re OK with it, brown version. If you are having a midday snack, a less ripe option has a better health impact because it delivers more fiber and less fast-acting sugar.

*(Continue on page #6...)*

## 12 NUTRITION HACKS THAT CAN KICKSTART WEIGHT LOSS

- CONTINUED FROM PAGE #3



### MEAL PREP YOUR PASTA

Another reason to meal prep in advance: Cooking, cooling and then reheating pasta makes the dish less likely to affect blood sugar levels. This is good news for athletes looking to eat more carbohydrates without worrying about increased cravings or energy crashes. This multistep process creates resistant starch — enough to potentially reduce the insulin spike by 50%.

### TRY FASTING

Going 12–16 hours without food may actually be good for your body as it helps regulate hunger hormones, blood glucose and natural circadian rhythms. Start by limiting your food intake to 12 hours a day. Depend-

ing on your schedule of physical activity, that might be enough for benefits. Less demanding training routines can work to further limit intake to 8 hours a day. Keep in mind this type of fasting is about time restriction, and you should aim to consume a full, balanced diet within your ‘eating window’.

### CHEW GUM

If you tend to crave a dessert or second serving when you know you’re truly full, simply pop a piece of gum in your mouth, brush your teeth or even floss. Simply paying attention to your oral hygiene and creating a clean mouth sensation after a meal helps reduce the urge to eat more.

### TAKE A PHOTO

Documenting your meal may seem silly, but the act can really improve your food habits. By pausing to snap a photo, you take a second to appreciate the food you’re about to consume instead of just devouring it. The best food photos tend to be loaded with colors, be smaller in portion and include more plant-based foods (the proof is on Instagram) and these things are all better for the quality of your diet.

### USE YOUR NOSE

Yep, that’s right, whether you’re about to eat an apple or chocolate, before you take a bite, take a big whiff of your food. Sniffing food can trick the brain into feeling satisfied before you’ve even indulged. You might look weird doing this, but you also look weird wearing compression socks everywhere, so just do you.

### GO BLUE

The color blue can actually take your focus away from food. Scientifically, eating in blue lighting may decrease appetite by making food appear less appealing. Of course, the current craze of stunningly pretty blue algae-hued lattes might be working against this trick’s viability — not to mention, who doesn’t love blueberries.

### LEAVE EVIDENCE

Studies have shown that having a visual reminder of how much you’ve consumed leads to stopping sooner. To reap this benefit, choose foods that leave visual evidence like shell-on shrimp, shell-on pistachios, hard candy in wrappers or bone-in chicken wings, then instead of tossing the inedible parts, place them on a plate next to you so you can have visual cues of how much you’ve consumed. An added benefit of having to remove shells and wrappers is it takes longer, so you’re forced to eat slower and may register satiation sooner.

### THE BOTTOM LINE

While the above tricks can potentially help provide small gains, the best thing you can do is consume a whole-food, balanced diet and work with a professional to determine a personalized diet approach to fit your individual needs. -end

Saline County Aging Services is hosting:

# Shamrock Shuffle

5K (3.1m) or 1 Mile Fun Run/Walk

**Saturday, March 16<sup>th</sup>, 2019**



Registration from 9:00 AM – 9:45 AM

**Start time:** 10:00AM SHARP

**Location:** Legion Park, Wilber, NE

Pre-Registration NOW at:

*Saline County Aging Services, First State Bank or  
Wilber Physical Therapy*

Or: Mail registration with check to SCAS, P.O. Box 812, Wilber, NE 68465

**Pre-registration DUE by Friday, March 8, 2019**

**\*\*Proceeds will benefit Saline County Aging Services and Wilber-Clatonia Public Schools TCBY Program\*\***

**Gratefully Sponsored by: First State Bank Nebraska, WM&E Spa×Boutique, Downtown Family Vision,  
Foxhole Tavern, Madison+Barrett, 202 Hairdo, Food Mesto & Wilber Physical Therapy**

Entry Fees: 5K \$20 Pre-registered; \$25 after & day of race

1 mile \$15 Pre-registered; \$20 after and day of race

Students 12 & under \$10 Pre-registered, \$15 after & day of race

(Entry Fee Includes: T-Shirt, Water, After Race Snack, and One Free Drink Card at the Foxhole)

**\*\*ONLY PRE-REGISTRANTS ARE GUARENTEED A T-SHIRT.**

**Early Packet Pick-Up: Thursday, March 14<sup>th</sup> or Friday, March 15<sup>th</sup> or Race Day**

**Prizes will be awarded to 1<sup>st</sup> & 2<sup>nd</sup> places in the age categories of:**

**4-11, 12-18, 19-30, 31-50, 51 & up**

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## 2019 Registration Form

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_ City/State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_

Male or Female

Circle one: 5K or 1 Mile

YOUTH T-Shirt Size: S M L

Female/Male ADULT T-Shirt Size: S M L XL

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in this event. Having read this waiver and knowing these facts and in consideration of accepting my entry, I and anyone entitled to act on my behalf, waive and release Saline County Aging Services, all race volunteers and all sponsors, their representatives, employees and successors from any claims and liabilities of any kind arising out of my participation in this event or carelessness of the person's name in the waiver. Further, I grant to all the foregoing the right to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

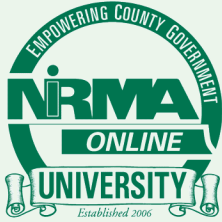
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Signature (if under 18-parent/guardian)

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Date





**JANUARY—MARCH, 2019  
— NIRMA ONLINE  
UNIVERSITY CLASS**

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

◆ **Sleep and Your Health**

**\*Next Wellness Committee Meeting: TBD, 2019 in the Courthouse Conference Room, 8:30 a.m.**

**\*Next Safety Committee Meeting: Wednesday, May 8, 2019 in the Courthouse Conference Room, 8:30 a.m.**

**WELLNESS COMMITTEE**

204 S High, Wilber, NE 68465  
Phone: 402-821-2588

Fax: 402-821-3319 E-mail:  
salinewellness@gmail.com

co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



# IMPACTsurvey COMING SOON!

The Wellness Committee is now working with the WorkWell of the Nebraska Safety Council to schedule the annual Impact Survey. The opening for the Survey will likely take place in mid-March and run through April in order to provide ample opportunity in which to participate.

Please keep an eye opened for a future email communication regarding this valued exercise. -end

## 2019 Know Your Numbers

Wellness Committee representatives have scheduled Wednesday, March 6, 2019 as the date for the “Know Your Numbers” presentation with a distribution of health screening results. This presentation will be held from 10:00 to 11:00 a.m. in the Courthouse Assembly Room. All personnel are invited to participate and ask questions if work schedules allow. Those that cannot attend will have their screening packets delivered to their respective departments that afternoon for their convenience.

The Wellness Committee will be instructed to remain afterwards for discussion and a presentation of the aggregate report. -end

## MAKE COFFEE HEALTHIER—CONTINUED FROM PAGE #4

In particular, the mushroom variety lion’s mane, “contains components that stimulate nerve growth factors which are required by the brain for developing and maintaining important sensory neurons,” says mycologist Tina Ellor, technical director of Phillips Mushroom Farms in Pennsylvania. “There have been human trials with this mushroom that demonstrate functional improvement in memory and accomplishing daily tasks in people with various cognitive decline conditions.”

### DRINK IT WARM

While many people love cold-brew, some research has shown hot-brewed coffee contains higher levels of antioxidants. “Hot-brewed coffee has measurable health benefits, including lower risk of some cancers, diabetes and depression,” says study author Niny Rao, PhD, assistant professor of chemistry at Thomas Jefferson University in Philadelphia.

### CONSIDER ADDING MCT OIL

Some research has found consuming medium-chain triglyceride (MCT) oil — a product that’s derived from coconut oil — can make you feel fuller, prompting you to eat less. Other research shows people who consume MCT are able to exercise for longer before reaching exhaustion. If you add MCT oil to your coffee, start with a small amount to see what your body can tolerate, since some people experience GI problems. -end

*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*





# Saline County Employee Newsletter

## SIX WALKING PAINS YOU SHOULD NEVER IGNORE

by Cassie Shortsleeve

Pain can be a confusing part of the fitness equation. Sometimes aches associated with exercise are normal, as in the case of delayed onset muscle soreness. Then there are the twinges that make you question whether or not something's up. "Pain is your body's way of telling you something is not right, and you could have previous damage or a developing injury," explains Grayson Wickham, certified strength and conditioning specialist, physical therapist and founder of Movement Vault, a company that helps clients increase flexibility and mobility.

It can be difficult to distinguish when you should push through and when to dial it back. Here are six examples of pain you shouldn't ignore during a walk — plus what your symptoms could signal and how to get back to safely pounding the pavement.

Remember: If you ever have chest, shoulder or mid-back or arm pain plus shortness of breath, lightheadedness, cold sweats or nausea (potential signs of a serious cardiovascular problem such as a heart attack), seek medical attention ASAP.

(Continued page #2...)



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

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## SIX WALKING PAINS NOT TO IGNORE -CONTINUED FROM FRONT PAGE...

### SWOLLEN & TENDER FRONT KNEE

#### Possible diagnosis: Tendonitis

It could be tendonitis or damage to the tendon that connects into your knee cap or a hurt meniscus, aka the connective tissue between your upper and lower leg bones, says Wickham.

#### What to Do

If the pain is more than a 6 out of 10 on a pain scale and doesn't go away with rest, head to a doctor for a diagnosis, suggests Thanu Jey, a chiropractor and clinical director of Yorkville Sports Medicine Clinic in Toronto. A recovery plan could involve limiting movements but also adding in a daily stretching routine like pre-walk foam rolling and dynamic stretches, says Wickham.

Often, both tendonitis and meniscus issues stem from tight muscles and joints or a lack of mobility, says Wickham. When your ankles or hips are tight, your knees have to make up for them — and, in the process, are often over-stressed, resulting in knee pain. Check your sneakers, too. Ill-fitting walking shoes could improperly load the body worsening knee pain, says Jey.

### SHIN PAIN

#### Possible diagnosis: Shin Splints

It could be shin splints, which result from tiny stress fractures forming along your shin bones, says Allen Conrad, certified strength and conditioning specialist, chiropractor and owner of Montgomery County Chiropractic Center in North Wales, Pennsylvania.

#### What to Do

Rest — especially if you've been overdoing it. Usually, shin splints show up when you push yourself too hard, too fast (e.g., you're accustomed to walking around your neighborhood then suddenly go for a 10K hike one weekend), says Yera Patel, certified strength and conditioning specialist, an orthopedic physical therapist in New York City. If it persists, a physical therapist can help analyze your walking patterns and form a strengthening plan, so you can stop your shin pain from coming back, she says.

### CRAMPING OR SWOLLEN CALF

#### Possible diagnosis: DVT

If your calf feels like it's cramping or looks red, swollen and even tender and warm to the touch it could be deep vein thrombosis (DVT). This is when a blood clot forms in the deep veins of your legs, and in rare but life-threatening situations, can dislodge and travel to your lungs, says Patel.

#### What to Do

Head to the doctor to play it safe. “A quick doppler ultrasound at your doctor's office can indicate whether your pain is related to a clot or if it is more musculoskeletal in nature,” says Patel. If you've got a DVT, your doc will give you blood-thinning meds to help dissolve the clot and stop future ones from forming.

Your doctor will likely prescribe leg exercises to increase blood flow, plus light movement such as walking. In fact, walking is key for avoiding DVTs, whereas sitting still for a long time,

*(continue on page #3...)*

## SIX WALKING PAINS NOT TO IGNORE -CONTINUED FROM PAGE #2...

having a recent lower-body injury or hip or leg surgery can up your chances of developing one, per the American Academy of Orthopaedic Surgeons.

### HEEL PAIN

**Possible diagnosis: Plantar Fasciitis**

If you have a dull, achy pain in your heel that spreads along the bottom of your foot and gets worse when you take your first steps in the morning, head up the stairs or start walking after sitting for long periods of time it's likely plantar fasciitis, says Patel. This is the irritation of the connective tissue that spans from your heel to your toes.

#### What to Do

If you've upped your step count recently, consider reducing the intensity. Plantar fasciitis is an overuse injury, so it usually begins with excessive walking or weight-bearing activities without proper stability and support from muscles in your feet, says Patel. Push through it, and you could worsen the pain or start walking in an odd pattern — which could result in even more injuries, adds Jey.

If you're still feeling it after you've backed off for a bit, a podiatrist can help with a stretching routine and determine whether you need custom inserts.

### LOWER-BACK PAIN

**Possible diagnosis: Lumbar Strain**

It could be a muscle tear in your low back, or a lumbar strain, which can occur if you don't have proper form when walking, says Patel.

#### What to Do

Ignoring low back pain can actually make your back tighten up even more, resulting in a vicious cycle of muscle loss and increased

weakness, says Patel. Head for a physical therapist — they'll prescribe a stretching and exercise routine to strengthen your back, says Patel. These five simple moves can help, too.

### PINS AND NEEDLES FROM BACK OF LEG TO FOOT

**Possible diagnosis: Sciatica**

Sharp, knife-like or electrical pain along with tingling, numbness and muscle spasms running down the back of your leg to your foot could be sciatica, or irritation of your sciatic nerve. It might feel like a weird muscle cramp or pins and needles and often gets worse when you start walking.

#### What to Do

Repetitive activities like walking can cause misalignments in your low back and, in turn, a tightened piriformis muscle which compresses your sciatic nerve, cueing shock waves of leg-to-foot pain, says Conrad. You'll need a full exam from your doc to pinpoint the source of your pain, but generally, sciatica heals itself over several weeks.

Rest and light movement, plus over-the-counter pain meds and soothing hot and cold compresses, can help lessen your pain in the meantime. A chiropractor can also help with any alignment issues. —end



## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## APRIL WELLNESS QUESTION OF THE MONTH

Within this newsletter are found six (6) "hidden eggs"; digital URL's. Find those links and unscramble the first letter in each domain name. The unscrambled letters will roll out the following:

**Answer:** \_ \_ \_ \_ \_

BONUS: 25 WELLNESS  
POINTS for correct answer

*\*Answer to the March Question: "B: Vitamin B, K & Calcium"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

## WHY LOSING BELLY FAT SHOULD BE A PRIORITY

BY JODI HELMER

Belly fat, scientifically known as visceral fat, has been linked to increased inflammation and problems like Type 2 diabetes. Recent research, published in the Journal of the American Heart Association, shows having excess belly fat is correlated with an elevated risk of heart disease. What's more, it may be especially dangerous for women.

Here's what you need to know about the importance of the waist-to-hip ratio:

### WHY WAIST-TO-HIP RATIO MATTERS

Researchers followed more than 500,000 participants between the ages of 40–69 and found the incidence of heart attack was associated with body mass index (BMI), waist circumference, waist-to-hip ratio and waist-to-height ratios.

The greater the waist-to-hip ratio (calculated as waist circumference divided by hip circumference), the higher the heart attack risk in women. In women, each 0.09 increase in the calculation was associated with a 50% increase in heart attack risk; the risk rose 36% in men with the same increase in waist-to-hip ratio. For men, a waist circumference over 40 inches poses the greatest risk, compared to 35 inches for women.

"Our findings show looking at how fat tissue is distributed in the body — especially in women — can give us more insight into the risk of heart attack than measures of general obesity," says Sanne Peters, PhD, research fellow at University of Oxford.

### WHY BELLY FAT IS THE MOST DANGEROUS

Obesity is a risk factor for heart disease but even those who maintain a BMI in the normal range are at risk if they have excess visceral fat, according to Dr. Erin Michos, associate director of preventive cardiology at Johns Hopkins University School of Medicine.

Michos explains that fat in the abdominal cavity is associated with increased risk of high blood sugar, inflammation, elevated triglycerides and lower levels of HDL "good" cholesterol, making it more dangerous than fat stored elsewhere in the body. Thus, "in two people with the same BMI, the person who has more of an apple shape and stores fat in their abdomen is at higher risk of heart disease than the one who stores their fat elsewhere," says Michos.

What's more, research published in the Journal of the American College of Cardiology looked at CT scans of abdominal fat and found each additional pound of fat gained during the 6-year study was linked to new diagnoses of high blood pressure, high cholesterol and heart disease risk.

### THE BOTTOM LINE

Losing weight can help reduce the likelihood of developing heart disease and improve blood glucose, blood pressure and cholesterol. Michos advocates a combination of healthy eating and exercise to help banish belly fat and improve overall health. Luckily, visceral fat is the easiest to lose and a simple walking routine can help blast belly fat. "If you can lose some inches around your waist, even if the number on the scale doesn't change much, you are still benefiting your heart," says Michos. —end



## Survey Instructions:

1. Go to [www.impactsurvey.net](http://www.impactsurvey.net)
2. Click on right grey arrow to forward to next screen
3. Enter the company password: “**saline**”, then click enter or right arrow
  - **If first time user** (if you were not employed with Saline County during the screening and survey last year or new to wellness program)
    1. Unique I.D. – enter your County employee ID number.
    2. Complete section and continue. You will be asked to answer 3 security questions to retrieve your password in future years.
    3. Take survey
    4. Once survey is finished, your personal report will pop up. If you wish to print your report, click “printer friendly version” on left top corner. Hold control button down while clicking P and send to print, OR email to your email account.
  - **If returning user** (if you were in wellness program last year)
    1. Click on “Sign in Here” in green letters
    2. Unique I.D. – enter your employee ID number.
    3. If you remember your password enter it now
      - You should be in the survey
    4. If you forgot your password:
      - Click on “forgot password” on bottom left
      - Answer a security question
      - Create a new password, Re-type password, click enter
      - Enter password on log in page. Your user name should already be populated
      - Press enter
      - Click right arrow once you get to the employee profile page. You do not need to reset your password on that page.
4. Take survey
5. Once survey is finished, your personal report will pop up. If you wish to print your report, click printer friend version on left top corner. Hold control button down while clicking P and send to print, OR email to your email account.

Current Saline County employees have until the end of April as the deadline to participate in the 2019 Impact Survey.

# Crazy 8 Challenge

Day	Date	Water	Exercise	Sleep	Fruits OR Vegetables	Carbonated Beverages	Tobacco	Healthy Breakfast	Read a Book	TOTAL POINTS
Mon	April 1									
Tues	April 2									
Wed	April 3									
Thurs	April 4									
Fri	April 5									
Sat	April 6									
Sun	April 7									
	TOTAL WEEK 1									
Mon	April 8									
Tues	April 9									
Wed	April 10									
Thurs	April 11									
Fri	April 12									
Sat	April 13									
Sun	April 14									
	TOTAL WEEK 2									
Mon	April 15									
Tues	April 16									
Wed	April 17									
Thurs	April 18									
Fri	April 19									
Sat	April 20									
Sun	April 21									
	TOTAL WEEK 3									
Mon	April 22									
Tues	April 23									
Wed	April 24									
Thurs	April 25									
Fri	April 26									
Sat	April 27									
Sun	April 28									
	TOTAL WEEK 4									
	TOTAL POINTS									

Name: \_\_\_\_\_ Total Points: \_\_\_\_\_

(\*See Instructions on page #7...)

# CRAZY EIGHT CHALLENGE—INSTRUCTIONS

The “Crazy Eight” Challenge has 8 categories in which to earn points:

1. Water: 1 Point for every 8 oz of water drank during that particular day
2. 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)
3. Sleep: 1 Point for every night you sleep 7 or more hours (Max 1 Point/Day)
4. Fruit/Vegetable: 1 Point for every serving of Fruits or Vegetables you eat each day
5. Carbonated Beverage: 1 Point for every day you do not consume soda-pop, beer or other such carbonated beverage, 0 Points if you have one or SUBTRACT 1 point for every carbonated beverage you have over 1 a Day (MAX 1 Point/Day)
6. Tobacco: 1 Point for every day you abstain from tobacco
7. Healthy Breakfast: 1 Point for each day you eat a healthy breakfast
8. Read a Book: 1 Point for each day you read a book for at least 1/2 hour a day

Note the following for this Challenge:

- ♦ One (1) serving of vegetables is equivalent to 1 cup of raw leafy vegetables, or 1/2 cup for other vegetables
- ♦ One (1) serving of fruit is equivalent to 1 medium piece of fruit, 1/2 cup chopped or canned fruit;
  - 1 cup = the size of a small fist; a medium piece of fruit = the size of a baseball
- ♦ 25 Wellness points provided for those earning at least 500 Challenge Points
- ♦ 50 Wellness points provided for those earning at least 750 Challenge Points
- ♦ All entries must be returned by a **5:00 p.m., Monday, May 6th deadline** to qualify!

## STRESSED OUT?

MUSCLE TENSION OR HEADACHES

FATIGUE

FEELINGS OF ANXIOUSNESS, IRRITABILITY OR DEPRESSION

SOCIAL WITHDRAWAL

PROBLEMS CONCENTRATING

APATHY OR LOSS OF INTEREST AT WORK

TROUBLE SLEEPING

STOMACH ISSUES

USE OF DRUGS OR ALCOHOL TO COPE

Are you one of the 75% of people in the U.S. who regularly experience at least one of these symptoms? Before your stress starts gnawing away at your physical and emotional health, reach out to Continuum EAP for help.

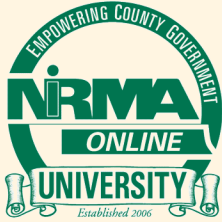
**CONTACT US:**

**CALL:**  
402.476.0186 / 1.800.755.7636

**EMAIL:**  
[easpecialist@4continuum.com](mailto:easpecialist@4continuum.com)

**ONLINE:**  
[www.4continuum.com](http://www.4continuum.com)

Continuum



### APRIL—JUNE, 2019 — NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ “High Blood Pressure—Reducing Your Risk”

**\*Next Wellness Committee Meeting:** April 1, 2019 in the Courthouse Conference Room, 10:00 a.m.

**\*Next Safety Committee Meeting:** Wednesday, May 8, 2019 in the Courthouse Conference Room, 8:30 a.m.

### WELLNESS COMMITTEE

204 S High, Wilber, NE 68465  
Phone: 402-821-2588

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co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



## 2019 IMPACT SURVEY

### REMINDER:

The Wellness Committee has dedicated the entire month of April as the participation period for the 2019 Impact Survey Health Risk Assessment. Instructions for accessing this valuable tool is found on page #5 of this newsletter. —end

## 2018 WELLNESS INCENTIVES

### NOTE:

Upon completion of the April 1 Protest Date and subsequent Wellness Committee meeting, the process of insuring chosen incentives are accurate for those qualifying & expecting either gift cards or time off from work. Incentives will be processed and distributed around the middle of April; if not soon after. —end

## 2019 SPRING TRAINING

### “DEFENSIVE DRIVING”

The Saline County Spring Safety Training event will be held twice at the Extension Building, both from 8:30 a.m. to 12:30 p.m. on Wednesday, May 29th and Thursday, May 30th. There will soon be a sign-up sheet enabling all staff members to designate the best date to attend. Again, as with all Safety Training events, it remains highly recommended that everyone participate. The driving topic for the upcoming Spring session is “Defensive Driving”. —end

### STAYING FIT:

#### Find moments for movement

Research has shown that sitting at a desk most of the day can take a toll on your health. For this reason, some health experts call long-term sitting “the new smoking.”

Stand-up desks and even expensive treadmill-desks have been introduced to mitigate this health crisis. There may be an easier way to mitigate all the risk: **Move when you get the chance!**

**Walk** in the morning, **walk** at lunch, **climb** the stairs, **get up** and talk to your co-worker instead of sending an email, **pace** while on the phone, do some **stretches** every 30 minutes, try a few **sit-ups**, and/or do some **lunges**. Put a reminder sticker near your desk that says “**Move!**” and **fight** the impact of sedentary work. —end

*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*



Saline County, Nebraska



May, 2019  
Volume 6, Issue 5

# Saline County Employee Newsletter

## THREE COMMON WALKING MYTHS, BUSTED!

by Jodi Helmer

When it comes to exercise, walking doesn't always get the respect it deserves — and it's time that changed. Before buying into the idea that walking isn't a worthwhile workout, learn the truth behind these three common walking myths.

### MYTH #1—10,000 STEPS IS THE HOLY GRAIL

There is a great feeling of accomplishment when your fitness tracker buzzes to signal you hit 10,000 steps. But Carol Ewing Garber, PhD, professor of movement sciences at Columbia University, believes it might be an arbitrary target.

Yes, there are studies that show walking 10,000 steps per day is associated with lower blood pressure and improved glucose tolerance but the idea of walking the equivalent of five miles per day could feel overwhelming to new exercisers.

“[Walking 10,000 steps] will result in health benefits,” Garber says. “But it should be noted that ... there is benefit even with small amounts of walking and the benefits increase with the more steps you walk each day.”

Garber suggests aiming for 150 minutes of moderate-intensity exercise each week instead of setting a step count goal.

If you want to count steps, consider this: Walking an additional 2,000 steps per day — even if your current step count is minimal — helps lower body mass index and boost insulin sensitivity, according to research published in the journal BMJ.

(Continued page #2...)



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

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### THREE COMMON WALKING MYTHS -CONTINUED FROM FRONT PAGE...

#### MYTH #2—WALKING DOESN'T HELP WITH WEIGHT LOSS

Leslie Sansone, fitness expert and creator of Walk at Home Workouts is adamant: “Walking works for weight loss!”

A slow stroll around the block isn't going to move the needle on the scale (although it does burn more calories than binge watching legal dramas). To lose weight with a walking workout, Sansone suggests high-intensity interval training or HIIT.

Picking up the pace — without breaking into a run — at regular intervals during your walk has a major impact on weight loss.

In one small study, researchers at the University of Virginia found that overweight women who logged three 30-minute, high-intensity walks and two moderately-paced walks per week for 12 weeks lost six times more belly fat than women who went for a slow stroll five days per week. A second study found that varying speed burned up to 20 percent more calories than maintaining the same pace.

Incorporating HIIT into your walking workout is simple, according to Sansone. After a 5-minute warmup walk at a slow pace, walk at a brisk pace for 30 seconds and then a regular pace for 4 minutes. Repeat the interval four times. End with a 5-minute cooldown walk.

“Walkers have so many choices to get fit and stay fit for life,” Sansone says.



#### MYTH #3—WALKING IS ONLY FOR THOSE WHO CAN'T RUN

Walking can be a “gateway exercise” that helps new exercisers improve their cardiovascular fitness and stamina to transition to running but not all walkers want to run — and that's OK.

“Walking is a good exercise for everyone,” Garber says.

A study published in the journal Arteriosclerosis, Thrombosis and Vascular Biology found rates of hypertension, high cholesterol, heart disease and diabetes were lower for regular walkers than runners.

While a walk around the block is a good start, maximizing the benefits of a walking workout requires logging sufficient time in your sneakers. Garber suggests focusing on distance, duration or calorie expenditure (all viewable on your fitness tracker) noting that it's the amount of exercise that counts — for both walkers and runners.

“If you start fitness walking today, you will instantly feel better and know you're doing something good for your body, mind and soul,” Sansone says. —end

“It's Niagara Falls! It's one of the most beautiful natural wonders in the world! Who wouldn't want to walk across it?”

- Nik Wallenda

## FOUR WAYS TO CREATE A GREAT MORNING ROUTINE —SERAINE PAGE

When you wake up each morning, do you start your day off in a rush?

If so, it might be time to consider creating a familiar morning routine to slow you down.

Morning routines can increase productivity, positivity, health, and reduce stress throughout the day.

Developing a morning routine can be difficult, but is worth the effort. For non-morning folks, giving yourself something to look forward to in the morning (coffee, anyone?) can make it easier to get going.

Starting off the day organized builds confidence that the rest of the day will go smoothly. When you have a productive morning routine, it's guaranteed to make your morning that much more efficient.

### ***Ready to get started?***

Here are four easy ways to start the day off right:

#### **1. Move Your Body**

Get moving first thing in the morning to immediately boost your energy. The later you push off exercising, the less likely it's going to happen as your day unfolds. Even if you do some light stretching or yoga, it helps your circulation and heart rate to get going.

Morning stretching or exercise can:

1. Increase circulation and flexibility
2. Gets your metabolism going
3. Help you stick to the habit
4. Energize your body

Research shows that working out in the morning can help improve overall sleep, which may lead to weight loss. Make your morning exercise routine an appointment you can't cancel on yourself. Consider it as important as a standing coffee date with a good friend — if you miss it you'd be disappointed and less energized.

#### **2. Make Your Bed**

Now that you're an adult you probably thought you could get away with not making your bed, huh? Studies actually show your mom was right that making your bed is important to do. According to National Sleep Foundation research, bed makers tend to rest better at night. In fact, 62% of sleepers felt that sleeping in a tidy bedroom helped them feel more relaxed.

Why bed-making matters:

1. Starts your day with a sense of accomplishment
2. Makes your room more inviting
3. Leads to other organized habits

Also, who wants to wrestle with bed sheets and "making" your bed just before climbing in for sleep? When you don't have a crumpled mess to climb into, it makes it a much more relaxing atmosphere to doze off in.

#### **3. Drink a Glass of H<sub>2</sub>O**

Most of us struggle to drink the suggested amount of water daily. Start your day off right by downing a glass as soon as you get up! Have a glass by your nightstand or by your sink in the morning to remind you to start hydrating.

Why your body needs water ASAP in the morning:

1. Rehydrate to get your energy levels up
2. Can give your metabolism a boost
3. Gets bowels moving

To remember how much water to drink throughout the day: Recall the 8x8 rule of thumb. That's eight 8-ounce glasses. Hate plain water? Add fruit for a refreshing drink and essential vitamins. Here's a water challenge to start drinking more H<sub>2</sub>O!

*(Continue on page #4...)*

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

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## MAY WELLNESS QUESTION OF THE MONTH

The positive, good feeling your body derives from and produces when exercising includes the release of endorphins and what other chemical?

**Answer:**

---

BONUS: 25 WELLNESS POINTS for correct answer

*\*Answer to the April Question: "EASTER"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

*\*All answers submitted for the Question of the Month must be received prior to the subsequent month's newsletter distribution.*

# GREAT MORNING ROUTINES

- CONTINUED FROM PAGE #3

## 4. Use a Gratitude Journal

When you start your day off with a grateful heart, it creates a positive vibe that can last all day. Set your alarm for a few minutes earlier to make time to reflect on your blessings or happiness. You can even include this as part of your meditation or prayer practice.

How to get the most out of your journaling:

1. Take it to pen and paper
2. List 3-5 things you're grateful for every day
3. Review your list when you're having a tough day

For best results, try to journal daily. It will allow you to discover thought patterns and build self-awareness. Not a writer? Make a bulleted list in your phone.

## Your Productive Morning Routine Will Take Time

The benefits of a morning routine are worth the effort.

Some of the most powerful entrepreneurs and leaders have had their morning routines documented and written about over the years. There's something to be said for daily habits of the most successful people in the business world.

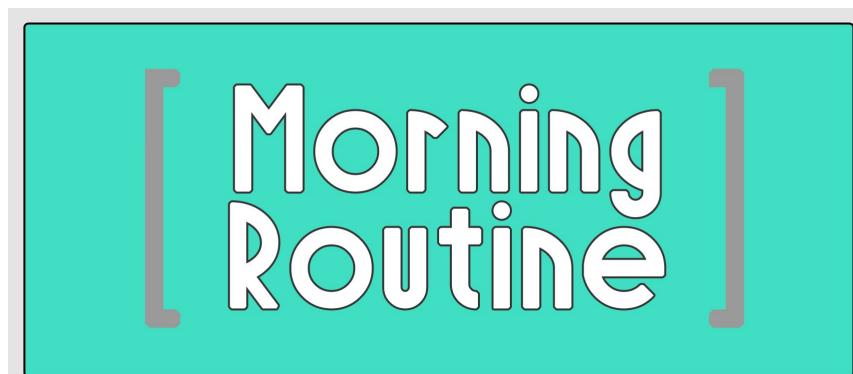
So, why not give it a try? It all starts with a plan and some steps.

A nighttime routine can improve morning routines, too. Finding little ways to create a slower pace in the morning might mean doing a few tasks at night like picking the next day's outfit, meal prepping for the week's lunches, etc.

Above all, remember that habits take time to develop and form.

Ease into a new routine, and know it's okay to add in steps to improve the flow. The idea of creating a routine is to reduce stress, not add to it.

If it doesn't work for you, ditch it ASAP. Your morning routine will be as productive as you make it, and personalizing it to fit your needs will make it work the best. —end





# Can Exercise Help Reduce Depression and Anxiety? -

## by Elizabeth Millard

Exercise has been linked to a breadth of health benefits, including cancer prevention, bone density, heart health and many others. Best of all, while you're boosting your body, you'll also be helping your brain, according to numerous studies.

Many people feel a change in emotions like sadness, anxiety, indifference and anger during and just after a workout, but regular physical activity can also help your mental health in a long-term way as well. That's because when you lift your mood, it often leads to other healthy changes, like eating better, stressing less and getting more sleep. All of those shifts work together to keep your emotions on the upswing, according to Dr. Rita Aouad, who specializes in psychiatry and sleep medicine at The Ohio State University Wexner Medical Center.

"If you're feeling anxious, it can have a ripple effect that increases your negative thoughts because you're not sleeping well and not eating healthy foods," she says. "But that ripple effect goes both ways. When you start increasing healthy behaviors through one habit, like exercise, you often see other good habits begin to take hold."

What's happening in the brain during and after exercise to kick off this happy chain reaction? Let's take a look:

### CHEMICAL REACTIONS

When you exercise, you kick off a cascade of biological reactions, and one of the biggest is the release of endorphins, the body's "feel-good" chemicals.

These activate certain receptors in your brain that work to reduce your perception of pain and increase a feeling of well-being. This is the "runner's high," which tends to switch on after you've been exercising for a short amount of time.

At the same time, the activity releases proteins that cause nerve cells in the brain to grow and make new connections — this improvement in brain function makes you feel better, according to Steven Hicks, PhD, of the Penn State College of Medicine.

He notes the degree to which this happens can vary from person to person — and may depend on how your genes operate — but everyone has the ability to tap into this process.

As these reactions are happening, they can reduce fatigue and improve alertness, which can be helpful if your depressive symptoms or anxiety are caused by stress. With better resistance to stress, your brain operates more efficiently when it comes to cognitive tasks and also physical ones like respiration, heart rate regulation and immune system function.

"The more you're active, the more likely your brain will be able to handle heightened stress situations later and support neuronal survival," says Matthew Capolongo, NASM performance enhancement specialist and a coach at New York-based Professional Athletic Performance Center.

### GUT-BRAIN CONNECTION

The positive changes in your brain are important when you exercise, but there's another vital area also getting some love: your belly.

There's increasing awareness that anxiety and depression may be linked to gut health, and that part of your body is so influential on your thoughts and emotions that it's called your "second brain." Researchers have suggested irritation in your gastrointestinal system may send signals to your central nervous system that could trigger mood changes.

*(Continue on page #6...)*

## EXERCISE FOR DEPRESSION & ANXIETY—CONTINUED FROM PAGE #5

What's helpful in keeping your gut on track? No surprise, it's exercise. One study finds cardiorespiratory fitness is correlated with increased diversity of good gut bacteria, and other research has noted exercise's role in boosting serotonin — another “feel-good” chemical that is predominantly produced in the digestive tract.

### SMALL DOSE, BIG RESULT

One of the best pieces of news about better mental health through exercise is you don't need to become a marathon runner or work out six days a week to reap the benefits.

A recent study in JAMA Psychiatry found just 15 minutes of vigorous physical activity — similar to what you'd find in a HIIT session — or an hour of moderate exercise like walking reduced the risk of depression by 26%. Researchers also noted a lack of exercise may increase your risk.

In an accompanying editorial, New York psychiatrist Adam Mourad Chekroud, PhD, noted that in randomized clinical trials, people who were assigned to exercise groups had greater depressive symptom reduction than those who were not. Also, individuals with depression who were taking antidepressants were significantly more likely to recover with regular workouts than those who exercised less.

The upshot is you don't need to be psyched for workouts to see the benefits, and you may even prevent emotional downturns in the future.

### IMPORTANT NOTE

Although exercise has an incredible range of benefits for physical, emotional and mental health, it's not a cure-all when it comes to conditions like depression or anxiety disorders.

Getting more physical activity can be very helpful, but if you still experience symptoms of depression, such as hopelessness, disinterest in activities that used to excite you, mood swings, sadness and persistent irritability, consider talking with a health professional. —end

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## Dozing off

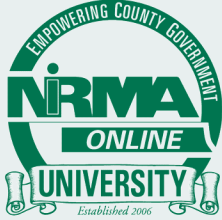
### WITH DIGITAL MEDIA

Is your child falling asleep with technology aglow? Children's eyes are not fully developed, and research shows their eyes are more sensitive to light than the eyes of adults are. This can affect the brain and disrupt circadian rhythms (the biological clock).

Lack of sleep can contribute to excessive tiredness at the end of the school day, grade slippage, conduct problems, loss of interest in other pursuits, depression, and an increase in suicide risk.

Make rules early-on concerning the use of digital media. Doing so later won't be as easy. —end





**APRIL—JUNE, 2019 —  
NIRMA ONLINE  
UNIVERSITY CLASS**

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ **“High Blood Pressure—Reducing Your Risk”**

**\*Next Wellness Committee**  
Meeting: Thursday, May 2,  
2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee**  
Meeting: Wednesday, May 8,  
2019 in the Courthouse Conference Room, 8:30 a.m.

**WELLNESS COMMITTEE**

204 S High, Wilber, NE 68465  
Phone: 402-821-2588

Fax: 402-821-3319 E-mail:  
salinewellness@gmail.com

co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



## CRAZY EIGHT CHALLENGE

For those who had chosen to participate in April’s “Crazy Eight” Challenge, your completed challenge sheets are due to be returned by the end of the day Monday, May 6th. Excellent work! –end

## 100 MILES—100 DAYS CHALLENGE

Winter is OVER! Now might be a good time to get outside and enjoy the weather, or prepare to start!

Beginning May 1st, Walk, Jog, Run, Bike or Row the “100 Miles in 100 Days” Challenge. Begin your journey through spring and summer using this event to provide motivation and enabling you to earn 100 or more Wellness Points in the process!

This annual summer challenge will begin this year on May 1st, 2019 and end on August 8, 2019.

### Rules/Guidelines:

- 1) You **MUST** complete a minimum of 100 Miles to earn 100 or more Wellness Points.
- 2) *Daily work related miles walked are not to be included in your mileage tally.*
- 3) If you are biking or rowing, 2 Miles on bike/rowing machine is equal to 1 recorded Mile.
- 4) Did more than 100 Miles? AWESOME! Earn ONE extra point for EACH additional mile completed over 100!
- 5) Record Double-Miles on holidays that occur during this Challenge.
- 6) Make sure to record your exercise for the challenge in your Wellness Booklet as well; as counting for exercise completed for those days is even MORE points!
- 7) Questions regarding the challenge can be directed to any wellness committee member.
- 8) Remember: You do NOT have to walk one mile each day, you just need to complete a total of 100 miles by August 8th to qualify for points earned.
- 9) Return completed challenge sheets before the end of the day on Friday, August 16, 2019. -end

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*





# Saline County Employee Newsletter

## WHY YOUR WEIGHT ISN'T BUDGING EVEN THOUGH YOU'RE EXERCISING

by Lori Nedescu

Are you working out endlessly only to have the number on the scale never budge — or even worse, go up? This frustrating effect is actually quite common. Before you give up on working out, see if any of these reasons might be to blame.

### DOING THE WRONG TYPE OF TRAINING

Make sure your workouts fit your body goals. Take a look at bodybuilders, swimmers, distance runners and cycling sprinters, and you'll notice their body shapes are very different. The style of your fitness training can dictate whether you're breaking down tissue or building muscles and which muscle areas are targeted.

### UNDER FUELING

Fit bodies need fuel to burn. Having too strict of a diet while engaged in a heavy fitness routine can leave your body in conservation mode. To keep your engine burning, make sure your diet is loaded with high-quality, nutritious foods and balanced meals throughout the day. Try tracking your intake to make sure your daily calorie deficit is not too large. (*Continued page #2...*)



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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## WHY YOUR WEIGHT ISN'T BUDGING—*CONTINUED FROM FRONT PAGE...*

### IGNORING REST

Even top athletes struggle with this one, but taking time off is crucial. Chronic training can increase levels of the stress hormone cortisol in the body, which is known to prevent weight loss, especially around the midsection. Taking a day or several off can keep hormone levels in check.

### POOR SLEEP

Sleep is essential for keeping pounds off. However, struggling to fit workouts in might be detrimental to your sleep schedule. Waking up earlier than your natural wake time to fit in that morning jog or having your system revved up late from an evening basketball game can mess with your sleep rhythm. Craving sugar, constant fatigue, a cranky disposition and weight gain can all be signs that you're not sleeping enough.

### A HIGH-CARB DIET

Most general fitness routines do not require a high carbohydrate intake. Filling up on high-sugar sport foods can leave you craving more. While many carbohydrate-rich foods are healthy (Think: Complex carbs), your body needs extra water to process this macronutrient, which can lead to a puffy, swollen feeling and higher number on the scale. Time your carb intake to promote high energy with your training and stick to non-processed carbs (vegetables, brown rice), protein and healthy fats outside of workouts.

### OVERESTIMATING CALORIE BURN

Cardio machines and online calculators can overestimate how much energy you're really burning during your workout. Eating to match these numbers can have you taking in higher

than necessary calories throughout the day. Also, the more trained your body, the more efficiently your body can complete workouts so less energy is burned. Invest in a fitness tracker that uses heart rate to help accurately track your burn, switch the type of workouts you do and make sure you are challenging yourself often.

### OVERCOMPENSATING

The “but I earned it” mindset can get even the most fit athlete in trouble. Sure, sweating it out at the gym gives you a little diet leniency, but it isn't a free for all. If, after each workout, you give yourself permission to have an extra latte, cocktail and dinner roll, you might be consuming more than is needed by your body and negating all your fitness gains. Tracking your intake on MyFitnessPal can provide insight into how often you're treating yourself with food and if it is contributing to your stalled results.

### BOTTOM LINE

Bottom line, there are many factors that can contribute to not seeing the weight loss you desire when starting a new fitness training routine. The best approach is to assess your eating, training and goals with a professional to make sure everything is working together for a successful outcome.

Another approach is to step away from the scale. Focusing only on total body weight doesn't tell the full story of what is happening to your body composition. Periodically test your body fat composition, which is more important than total weight, and focus on how your clothes fit and how healthy and energized you feel. —end

# Skin Cancer Awareness — *by Seraine Page*

With the warmer weather comes sunny skies and more outdoor activities. It also means an increased chance of sunburn.

May is Skin Cancer Awareness Month, a perfect time to remind ourselves that this most widely-diagnosed cancer is also the most preventable. Most skin cancers are caused by ultraviolet (UV) exposure, which comes from the sun, tanning booths, and sunlamps.

One in 5 Americans will be diagnosed in their lifetime with skin cancer, and between 7,000-8,000 people die from melanoma every year.

Luckily, most skin cancers are curable when caught early.

There is seen the importance of annual dermatology skin scans along with wearing daily sunscreen. You can also learn how to spot early skin cancer warning signs.

Here's some valuable information on this subject during these early summer months:

## SKIN CANCER FAST FACTS

- A person's risk for melanoma doubles with 5+ sunburns
- 1 in 5 Americans will develop some type of skin cancer during their lifetime
- Men are diagnosed more often than women
- The Skin Cancer Foundation estimates 7,200 people will die from melanoma in 2019
- Approximately 90% of melanoma skin cancers are caused by exposure to the sun's UV rays
- Getting sunburned as a child can increase your risk for skin cancer as an adult

## WHAT TO LOOK FOR: SKIN CANCER SYMPTOMS

It's helpful to use the ABCD method when checking for abnormal skin conditions. "A" stands for asymmetry (one half of the mole doesn't

match the other); "B" is for border (should be round, not uneven); "C" is for color (not consistent across the mole); "D" is for diameter (larger than a pencil eraser can be worrisome).

## Now that you know the facts, here's what to look for:

- Skin cancer can form even on the palms of your hands and the bottom of feet
- Look for changes in your skin like sores that don't heal or new bumps with waxy textures
- Can present as flat, brownish patches or raised reddish bumps
- Moles that change color, size, or texture should be checked out

Annual exams by a dermatologist are highly recommended. A dermatologist can spot issues long before you might recognize a worrisome bump or mole. They'll do a full body scan, and they'll check your scalp all the way down to in-between your toes.

## EASY SKIN CANCER PREVENTION MEASURES

Skin cancer is easily preventable, especially with today's advanced sunscreen and clothing options. For women who wear makeup, use a moisturizer with sunscreen and SPF-infused makeup for extra sun protection.

*(Continue on page #4...)*

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**1 in 5 Americans**  
will be diagnosed with skin cancer.  
**DON'T BE THE 1.**

PREVENT. DETECT. LIVE. **SPOT**

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## JUNE WELLNESS QUESTION OF THE MONTH

Which of the following is least true:

- A. 20% of Americans will develop some type of skin cancer in their lifetime.
- B. A yearning for sugar can be a sign of not enough sleep.
- C. People who engage in vigorous physical activities have slightly lower risk of death than those who enjoy gardening.
- D. One-third of youngsters who die between the ages of 16 & 19 are killed in vehicle accidents.

BONUS: 25 WELLNESS POINTS  
for correct answer

*\*Answer to the May Question:  
"Serotonin"*

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

# SKIN CANCER AWARENESS

- CONTINUED FROM PAGE #3

## Skincare tips to remember:

- Use an SPF 15 or higher sunscreen
- Reapply sunscreen every 2 hours and after swimming
- Avoid the sun between 10 a.m. and 4 p.m.
- Long sleeves, hats, and sunglasses all provide protection
- Infants should be protected from the sun (6 months and up can wear sunscreen)
- Protect children from burning to reduce their risk of cancer as adults
- Check your skin regularly for changes
- Get an annual check-up

## SPREAD THE WORD DURING SKIN CANCER AWARENESS MONTH

It's easy to get involved and promote Skin Cancer Awareness in educating ourselves and each other on the dangers of skin cancer — a deadly but highly preventable health concern.

While many cancers may not be preventable, skin cancer is an exception. It can be easy to protect ourselves from sunny skies and skin damage this summer. And, when detected early enough, a skin cancer diagnosis can almost always be cured. *—end*

## DEFENSIVE DRIVING TIPS—FOR PARENTS AND TEENS

33% of teenagers who die between the ages of 16 and 19 are killed in vehicle crashes, and 16-to-17-year-olds are three times more likely to be in a crash than 18-to-19-year-olds.

Here's how parents can make a big difference to reduce risk.

Start with a parent-teen driving agreement. You can find one at [www.cdc.gov](http://www.cdc.gov) (search: "parent-teen driving agreement"). In addition to having conversations about your family's rules of the road, putting those rules in writing helps to clearly set expectations, limits and consequences.

You can also learn dozens of effective, tried and true ways of teaching your teen to drive safely with the information found at [www.libertymutual.com](http://www.libertymutual.com) (search: "coach your teen driver"). Discover how to prevent bad driving habits before they start, the mistakes parents often make when coaching teens to drive, and much more. *—end*



# Gardening Could Reduce Your Risk of a Heart Attack

by *Lindsay Lowe*

## Is gardening just as good for you as hitting the gym?

A new study suggests that even low-to-moderate level physical activities like gardening can have a major impact on your health.

The study, published in the *British Journal of Sports Medicine*, followed a group of more than 88,000 Americans, age 40 to 85, over the course of 11 years.

The people who participated in just 10 to 59 minutes of moderate physical activity per week — such as gardening, walking or dancing — had an 18% lower risk of death from any cause. More specifically, their risk of death from a cardiovascular event like a heart attack or stroke dropped 12%.

Meanwhile, people who did anywhere from 2.5 to 5 hours per week of moderate physical activity reduced their overall risk of death by 31%.

Why is gardening so good for the body? There are plenty of reasons, says Michelle Adams, an instructor of kinesiology and nutrition at the University of Illinois at Chicago.

For one, the movements you make while gardening can give you a light cardiovascular workout.

“The actual motions involved with digging and raking all involve a lot of coordinated upper and lower body movement that actually increases metabolic rate and can get your heart rate a little bit elevated,” Adams told TODAY Home. “Not at an intense level, but at a nice low to moderate intensity level.”

Also, gardening basically forces you to do squats.

“In gardening, you need to get down on the earth, you need to plant, you need to pick,” she said. “You have to be able to do a squat to be able to garden.”

Gardening can strengthen large muscle groups like your quads, hamstrings and glutes, and it can also strengthen smaller muscles and ligaments in the hands and feet.

“You’re using the intricate muscles of your feet to balance on uneven ground when you’re working in grass or on mulch or on dirt,” Adams said. And, you strengthen the tiny “ligaments that are in your hands from digging or shoveling or holding a rake with a grip, or pushing a lawnmower.”

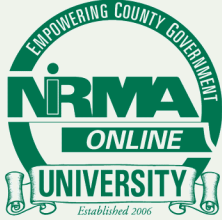
That said, while gardening can definitely have physical benefits, it doesn’t mean you should ditch more high-intensity workouts altogether.

Researchers noted in the same study that more vigorous exercise still has more health benefits than moderate activities. And more rigorous workouts can be a better option for people who only have limited time to exercise.

“Individuals who participated in vigorous physical activities had significantly lower risk of death than those who only did light/moderate physical activity,” the journal said in a release about the study. “So the authors recommend that people short of time should consider more vigorous activities.”

So, maybe don’t cancel that gym membership just yet. That said, with spring & summer upon us, it certainly can’t hurt to get out the watering can and gardening gloves. And chances are, it’ll be way more fun than the elliptical! -end





**APRIL—JUNE, 2019 —  
NIRMA ONLINE  
UNIVERSITY CLASS**

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- ♦ **“High Blood Pressure—Reducing Your Risk”**

**\*Next Wellness Committee Meeting:** Thursday, June 13, 2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee Meeting:** Wednesday, August 21, 2019 in the Courthouse Conference Room, 8:30 a.m.

**WELLNESS COMMITTEE**

204 S High, Wilber, NE 68465  
Phone: 402-821-2588

Fax: 402-821-3319 E-mail:  
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co.saline.ne.us/webpages/  
committees/wellness.html

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



## 100 MILES—100 DAYS CHALLENGE

It's not too late to begin and pick up the pace in participating in the 2019 “100 Miles—100 Days Challenge”. Take note of the May newsletter for rules and charting sheet. It's still possible to get those 100 miles in! Start TODAY! -end

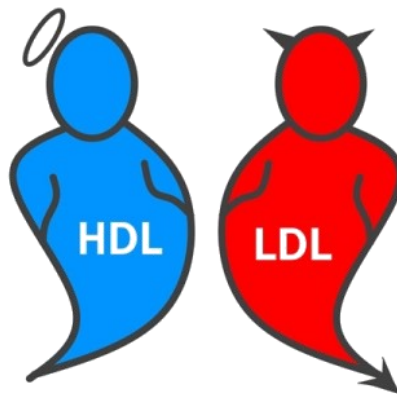
## FITNESS CENTER CODE CHANGE

As is the expected practice on or around July 1st of each year, the code on the lock to enter the Saline County Fitness Facility will be changed next month. The Wellness Committee will confirm this change at the June 13th meeting and establish a new code.

Please use the remaining couple of weeks in June, and anytime thereafter, to submit your updated “Waiver/Release from Liability” form. The new code will then be provided in preparation of the code change.

For easy access, the waiver form is available on the Saline County website: [http://www.co.saline.ne.us/webpages/committees/wellness/fitness\\_center.html](http://www.co.saline.ne.us/webpages/committees/wellness/fitness_center.html) or by visiting with Jamie or Tim at the Courthouse. -end

## JUNE WELLNESS CLASS



Madonna Fit-4-Work will be onsite at the Courthouse Wednesday, June 26, 2019 beginning at 5:30 p.m. to present a topical presentation and discussion on “Cholesterol”; the Good, the Bad and the Ugly!

The Wellness Committee hopes to gain permission to video record this class in the event willing participants find they cannot attend.

Remember, there are 50 Wellness Points available for live attendance. -end

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# Saline County Employee Newsletter

## SMART WAYS TO CUT SUGAR FROM DIET

by Christine Byrne

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

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

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

(continued on page #2...)

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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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

Here are seven simple ways to get started:

### **USE FRUIT AND CINNAMON TO SWEETEN BREAKFAST**

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

### **READ NUTRITION LABELS CAREFULLY**

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



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

### **OPT FOR COLD OR NITRO BREWS**

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

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

### **MAKE YOUR OWN COCKTAILS**

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

### **CUT BACK ON SUGAR WHEN BAKING**

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

### **CHOOSE IN-SEASON FRUIT**

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

### **SWAP SODA FOR FLAVORED SELTZER**

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



## TIPS FOR EATING HEALTHIER EVERY DAY—BY SERAINE PAGE

So, you want to eat healthier, eh?

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

Sound expensive? It's actually not.

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

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

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

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

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

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

## JULY WELLNESS QUESTION OF THE MONTH

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

Answer:

---

BONUS: 25 WELLNESS  
POINTS for correct answer

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

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

## HEALTHIER EATING - CONTINUED FROM PAGE #3

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

## EATING HEALTHY FOR OVERALL BETTER HEALTH

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

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

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

## A FEW OTHER HEALTHY DIET TIPS:

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

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

Here's to happy and healthy eating! -end

# How you Weigh Yourself Matters

by Paul L. Underwood

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

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

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

## WHAT KIND OF SCALE SHOULD I USE?

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

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

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

## WHAT TIME OF THE DAY SHOULD I WEIGH MYSELF?

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

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

## WHAT ABOUT AFTER A WORKOUT?

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

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

## How you Weigh Yourself—*continued*

### WHAT SHOULD I WEAR WHEN WEIGHING MYSELF?

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

### HOW OFTEN SHOULD I WEIGH MYSELF?

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

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

### HOW IMPORTANT IS MY WEIGHT, REALLY?

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

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## TEAM WITH YOUR DOC to help fight depression

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

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

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

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



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

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



### ① COOL DOWN

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

### ② REHYDRATE

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

### ③ REPLENISH YOUR ENERGY STORES

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

### ④ STRETCH

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

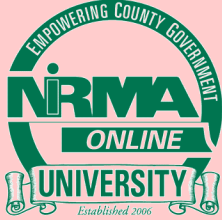
### ⑤ REDUCE MUSCLE SORENESS

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

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

### ⑥ TRACK YOUR PROGRESS

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



**JULY—SEPTEMBER,  
2019 —NIRMA ONLINE  
UNIVERSITY CLASS**

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ **“Defensive Driving Basics”**

**\*Next Wellness Committee Meeting: TBD**

**\*Next Safety Committee Meeting: Wednesday, August 21, 2019 in the Courthouse Conference Room, 8:30 a.m.**

**WELLNESS COMMITTEE**

204 S High, Wilber, NE 68465  
Phone: 402-821-2588  
Fax: 402-821-3319 E-mail: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

[co.saline.ne.us/webpages/committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)

Log onto the Wellness webpage online to review meeting minutes, Wellness newsletters, annual Program document and Fitness Center information.



## “WALK ACROSS NEBRASKA”

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

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

## FITNESS CENTER CODE CHANGE

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

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

For easy access, the waiver form is available on the Saline County website: [http://www.co.saline.ne.us/webpages/committees/wellness/fitness\\_center.html](http://www.co.saline.ne.us/webpages/committees/wellness/fitness_center.html) or by visiting with Jamie or Tim at the Courthouse. *-end*

## WORLD CHOCOLATE DAY

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

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

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*



# Saline County Employee Newsletter

## THIS BAD HABIT COULD BE UNDERMINING YOUR WEIGHT LOSS

by Julia Malacoff

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

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

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

(continued on page #2...)



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

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

### MEMORY RECALL ISN'T ALWAYS ACCURATE

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

### YOU MIGHT IGNORE YOUR HUNGER SIGNALS IF YOU ESTIMATE

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

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

### HOW TO COMBAT THE GUESSING GAME

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

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

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

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

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

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



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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## UP FOR A CHANGE? SALINE COUNTY WELLNESS PROGRAM OPTIONS



### **The Saline County Wellness Committee requests your input:**

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

### **Transition year 2020 will likely encompass two voluntary options:**

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

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

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

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

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

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

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



## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

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- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

\*Next **Wellness Committee**  
Meeting: Monday, August 19,  
2019 in the Courthouse Con-  
ference Room, 8:30 a.m.

\*Next **Safety Committee**  
Meeting: Wednesday, August  
21, 2019 in the Courthouse  
Conference Room, 8:30 a.m.



## 13 TIPS FOR EATING HEALTHIER - SERAINE PAGE

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

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

1. Eat whole foods—If it's been grown in the ground, it's a whole food. The closer to nature your food is, the better it is for your health.
2. Fill your plate with vegetables - In order to meet your daily vegetable intake, fill half your plate with veggies.
3. Eat smaller amounts—If you tend to overeat, it can lead to health issues like obesity. Try eating smaller meals throughout the day to avoid overstuffing yourself when you're starving.
4. Check ingredients—Unfortunately, red #40 isn't an ingredient found in nature. If you can't pronounce it or don't recognize a food ingredient, it's probably not healthy.
5. Cut out sodium—The human body needs sodium to regulate kidneys and control the body's fluid balance. But, too much of a mineral like sodium can cause issues like high blood pressure. According to the American Heart Association, the ideal limit for most adults is no more than 1,500 mg per day.
6. Drink more water—If you're looking to lose weight, drink more water. Water can make you feel full, which often leads to eating less.
7. Find healthy foods you love—Eating healthy shouldn't be painful. You want to associate healthy eating with positive results. If you've always hated broccoli, and you still gag when you eat it, just don't eat it.
8. Snack healthy—If you need a bite to hold you over until your next meal, grab a snack full of protein and good-for-you fats.
9. Meal plan—Eating healthy on a budget doesn't have to be challenging. If you meal plan, you can catch sales and coupons before you head into the grocery store.
10. Bake or roast foods—Even though fried foods are delicious, fried fare is far from healthy.
11. Add some fun to your salads—Keep your salad interesting by adding lots of toppings. The key is to have quality toppings that provide nutritional value.
12. Slow down when you eat—Eating too quickly can lead to poor digestion.
13. Keep junk food out of the house—If you bring your favorite junk food into the house, you're going to eat it. Leave it at the store. -end

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

by Meghan Rabbitt

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

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

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

**DO**

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

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

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

**DON'T**

**HIT IT TOO HARD**

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

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

**DO**

**LISTEN TO YOUR BODY**

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

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

**DON'T**

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

motely strenuous exercise, says Chen.

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

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

**DO**

### TRY FASTED WORKOUTS IF YOU WANT TO IMPROVE YOUR ENDURANCE

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

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

**DON'T**

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

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

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

**DO**

### CHOOSE A HEALTHY MEAL TO BREAK YOUR FAST

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

**DON'T**

### TRY FASTED WORKOUTS BEFORE GETTING USED TO INTERMITTENT FASTING

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


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





## THE JOURNEY OF LIFE

NOW WITH ROADSIDE ASSISTANCE

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

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



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# TACKLE YOUR TRIGLYCERIDES

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

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

## What Is the Target Range for Triglycerides?

National Cholesterol Education Program Guidelines

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

## Why Should I Be Concerned About High Triglycerides?

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

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

## What Can I Do to Lower My Triglycerides?

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

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

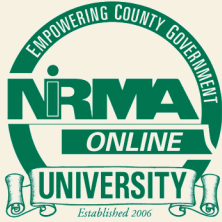
- Reduce Unhealthy Fats. Trade in harmful saturated fat (found in high-fat meats, full-fat dairy, butter) and trans-fat (found in packaged snack foods, baked goods, fried food, margarine) for heart-healthy mono and polyunsaturated fats, like olive, canola, nut and vegetable-based oils, avocados, nuts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

## Helpful Websites:

[www.mayoclinic.com](http://www.mayoclinic.com) | [www.heart.org](http://www.heart.org) –end

## Triglyceride levels

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



### JULY—SEPTEMBER, 2019 —NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ “Defensive Driving Basics”

### AUGUST WELLNESS QUESTION OF THE MONTH

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

Answer: A: Yes or B: No

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

### WELLNESS COMMITTEE

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[co.saline.ne.us/webpages/  
committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)



## “WALK ACROSS NEBRASKA”

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

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

## FITNESS CENTER CODE CHANGE

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

Employees and their household family members wishing to use the fitness center facility must submit an updated “Waiver/Release from Liability” form. The new code will be provided in exchange for the newly submitted form.

For easy access, the waiver form is available on the Saline County website: [http://www.co.saline.ne.us/webpages/committees/wellness/fitness\\_center.html](http://www.co.saline.ne.us/webpages/committees/wellness/fitness_center.html) or by visiting with Jamie or Tim at the Courthouse for a copy -end

## THE SECRET TO A PRODUCTIVE DAY

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

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

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

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*



# Saline County Employee Newsletter

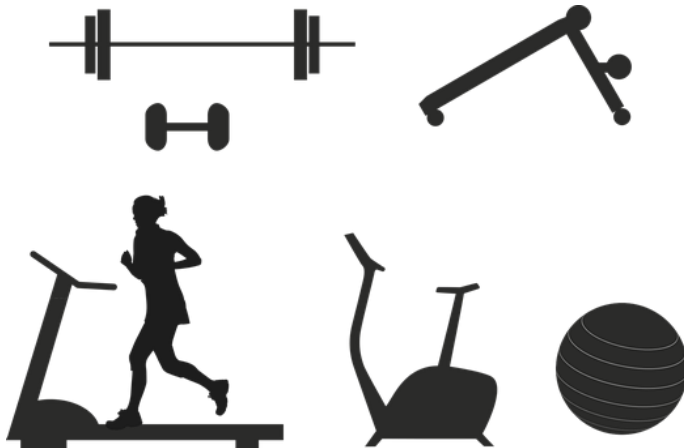
## START WORKING OUT TO LOSE WEIGHT

by Elizabeth Millard

You're doing a solid job of tracking your food and making nutritional adjustments that work well for you, so now you want to step it up and incorporate some exercise into your routine for added weight-loss power.

Here's the problem: It may feel like there are hundreds, if not thousands, of possible starting points. How do you choose the best way to jump in? The wealth of options — from group fitness classes and gyms to personal trainer sessions and online workouts — can make many people feel like giving up before they've even begun.

The trick is to think simple and gradual. You're looking to make exercise into a new lifelong habit that will last after you hit your goal weight, and that requires the same strategy as changing up your food: consistency, predictability and starting where you are. *(Continue on page #2...)*



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**\*NOTE** the IMPORTANT Documents attached alongside this newsletter.

## WORKING OUT TO LOSE WEIGHT—*CONTINUED FROM PAGE #1...*

### *STEPT #1: GET WALKING*

Particularly if you're carrying extra weight, high-impact exercise can be tough on your joints when you're just starting to get into working out, says fitness expert Jimmy Minardi of Minardi Training. That makes walking an ideal starting point, especially if you get outside to do it.

"Studies have shown that outdoor exercise is associated with greater feelings of revitalization, increased energy and positive engagement, while decreasing tension and depression," he says. "That can make you more likely to repeat the activity."

An important strategy is to schedule your walks in terms of time and location adds Marie Urban, a regional group training coordinator and personal trainer for Life Time. That keeps walking from being yet another task you might not get to during the day and makes it into more of a priority.

### *STEP #2: ADD A SHORT-TERM GOAL*

Huge goals are great, but when you just start working out, you need goals that are achievable quickly. For example, aim to walk two times this week. Or walk a block more tomorrow than you did today.

You might prefer to use time as a marker instead, adding 3 minutes to each walk until you get to an hour. These short-term goals give you a sense of progress, which is crucial for staying motivated.

"Pick a short distance and amount of time and build on it day by day," suggests Urban. "My recommendation is to do something every day. Doing something like walking every day establishes a fitness routine and you will feel a difference in your body. This will motivate you to increase your time or distance and you'll begin to make time for fitness rather than placing it on the back burner."

### *STEP #3: BUILD INTENSITY*

After you've created a consistent walking routine you enjoy, begin to vary your walks for more intensity, Minardi says. If you're walking outside, try alternating 3 minutes at a slow pace and 3 minutes at a faster pace. If you're indoors on a treadmill, you can do

this easily by increasing and decreasing the speed, as well as adjusting the incline.

For example, Minardi suggests, doing a 2-minute warmup and then increasing the incline every minute up to 10 degrees, and maxing out at 4 miles per hour. Then adjust back down until you're at your starting point.

This is also when you can begin to incorporate some strength training into the mix a few days a week. That might include holding hand weights as you walk, Minardi says, or doing a few bodyweight exercises after you've warmed up by walking. As you get more comfortable with incorporating these kinds of moves, you can start to explore more strength-training options, like using free weights, resistance bands or gym machines.

### *STEP #4: KEEP EXPLORING*

A large part of what keeps people from exercising is they think of working out as, well, work. They might view exercise as punishment for what they ate or as a chore that needs to be checked off the list. But that means they haven't found the sweet spot that comes with actually enjoying the sensation of movement, believes personal trainer Angelo Grincerì of workout site P.volve.

"Pick up a fun activity," he advises. "The best part about getting back in shape is feeling better when doing other things." For instance, he says, he recently started playing tennis and feels like his game is on target when he's consistent with his fitness regimen.

In other words, having a training goal — beyond losing weight and beyond those initial small goals — is important for the long term. Maybe that means signing up for a 5K walk six months from now or going for a bike ride with your kids instead of taking in a movie. No matter your future goals, though, be kind to yourself about getting there, Grincerì suggests.

"Stop judging yourself and start small," he says. "What can you barely do? Great, start there. Start with a basic plank, a basic hip hinge. When you're exhausted, stop. Then get back to it the next day." -  
*end*



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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## UP FOR A CHANGE? **SALINE COUNTY WELLNESS PROGRAM OPTIONS**

The Wellness Committee is “charging” forward in an effort to transition program participants into a wearable technology option. With this comes a year of testing to help orchestrate the best and most helpful use of a user’s own tracking device, or one offered to for use by the Wellness Committee. Beginning January 1st, the 2020 Wellness Program will begin that transition. It is hoped that by the end of 2020, most users will be acclimated to the functionality and ease of tracking and reporting of their daily activity/points.

Added alongside this newsletter are the current, draft versions of two (2) options for participants to consider for 2020. The Committee will continue to revise these in the next couple months.

You are asked to **complete and return the attached 2020 Application to Participate sheet**. We will need these to ensure that we’ve supplied the Nebraska Safety Council—Workwell with an accurate eligibility list so that those users will have access to their online portal, called “MyVia”.

The two (2) options for consideration in 2020 are:

**Option #1**—Continue using the program as previously offered using the exercise calendar as a means to document daily activity. See the “DRAFT-Option #1” document that may reference any minor changes from the current year.

**Option #2**—Select this option in order to take advantage of daily steps as your method of documenting daily activity. See the “DRAFT-Option #2” document explaining how this process will flow. Option #2 allows participants to utilize either (1) their own wearable device, or (2) one provided by the Wellness Committee and owned by the County.

The Committee knows there are likely many questions regarding the newest option—or what 2021 may develop into. Please provide your specific questions to one of the Wellness Committee members so that it can be openly discussed at an upcoming meeting.

So...

## Please return your 2020 Application Forms ASAP!



## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR or give Continuum a call if experiencing difficulty.

**\*Next Wellness Committee Meeting:** Monday, September 30, 2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee Meeting:** Wednesday, November 20, 2019 in the Courthouse Conference Room, 8:30 a.m.



## TOMATOES: EVERYTHING YOU NEED TO KNOW

- SARAH SCHLICHTER

For many, tomatoes are synonymous with ketchup and salsa, but store-bought condiments are often loaded with added sugar and excess sodium. However, with more than 10,000 varieties, tomatoes shouldn't be overlooked in their whole-food form.

Tomatoes are a main dietary source of lycopene, an antioxidant responsible for their deep red color. Lycopene, found in the tomato skin, may protect against some types of cancer and reduce the risk of cardiovascular disease. Their high water content can also help keep you hydrated in addition to regular sipping.

While typically prepared like (and served with) vegetables, botanists consider tomatoes a fruit because they originate from the ovary of flowering plants and contain seeds. As such, they are part of the nightshade family (edible parts of flowering plants), which includes potatoes, bell peppers and eggplant. These vegetables contain lectins, a group of proteins that bind to carbohydrates, and which many mistakenly believe cause negative health symptoms like leaky gut syndrome. This myth is dispelled by RDs who say you're unlikely to consume harmful amounts of lectins and low levels can actually be beneficial to overall health.

Since there are so many varieties, tomatoes are an extremely versatile ingredient to cook with. Common types include cherry and grape tomatoes, beefsteak, Roma and heirloom, to name a few. They also come in a variety of sizes and colors besides red including yellow, orange, green and purple. -end

### *Did you know:*

⇒ *Tomatoes originated in Peru, where their Aztec name meant, "plump thing with a navel."*

⇒ *Over 60 million tons of tomatoes are farmed annually.*

⇒ *Fresh tomatoes shouldn't be refrigerated; they have the most flavor at room temperature.*

EVERYTHING YOU NEED TO KNOW ABOUT

**TOMATOES**

**NUTRITION HIGHLIGHTS**  
(PER SMALL TOMATO)

16  
calories

4g  
carbs

0g  
fat



1g  
fiber

1g  
protein

**HEALTH BENEFITS**  
Rich in antioxidants  
High in vitamin **A, C** and **potassium**  
95% water

**WAYS TO ENJOY**

**TRADITIONAL**  
On a salad or in pasta sauce

**SAVORY**  
Stuffed (slice horizontally and stuff with cheese and herbs)

**SWEET**  
Jam

# Can Ice Cream Be Healthy?

by Kelly Hogan, MS, RD

Ice cream is a popular dessert — and for good reason. It's hard to imagine summers or special occasions without a scoop of your favorite hard-packed flavor or a soft-serve cone. Still, you'd be hard pressed to find an ice cream shop, social or truck where you don't hear at least one person lamenting about how they "shouldn't," will need to "burn it off" or are going to "be bad" just this one time.

As a non-diet, "all foods fit" dietitian, this drives me mad and tugs at my heartstrings. It's not you or the ice cream that is bad or unhealthy, it's the diet culture promoted through warped messaging from the media.

Here, a look at ice cream's nutritional benefits, why it should be put on a neutral playing field and how it can play a role in a healthy diet.

## *NUTRITIONAL BENEFITS*

Ice cream has energy, or calories, which we need on a daily basis from a variety of food sources like fruits, vegetables, whole grains, lean proteins and yes, fun foods like ice cream. Depending on the type, it also has a bit of protein (around 2 grams per 1/2 cup) and some fat (about 7 grams per 1/2 cup), which helps slow digestion and keeps us satisfied. Ice cream also contains calcium, which promotes strong, healthy bones and small amounts of other vitamins and minerals like vitamin A and magnesium.

Still, we also know ice cream contains sugar, which, when consumed in large amounts, can have negative health effects.

## *WHY ICE CREAM SHOULD BE ON A NEUTRAL PLAYING FIELD*

Despite some of the positives listed above, ice cream is often vilified for being "bad" or "unhealthy." This black-and-white thinking diet culture wants you to associate with food — good or bad, healthy or unhealthy — does nothing but evoke feelings of shame or guilt around food. It can even lead people to associate morality with eating (i.e., thinking "I am bad because I ate ice cream"), which can lead to binge eating, yo-yo dieting and other negative impacts on your relationship with food and quality of life.

We can start to change this by thinking about food in a neutral way — not as black and white but as gray. Focus on including a variety of foods in your diet and add foods that may have been on your "bad" list gradually and occasionally. If one of those foods is ice cream, take yourself out for a scoop on a relaxed afternoon and savor it for what it is — a cooling and delicious sweet treat — then enjoy the rest of your day while holding onto those positive feelings. This can be much easier said than done, and working with a non-diet dietitian can also be extremely helpful.

## *THE BOTTOM LINE*

Yes, ice cream can be part of a healthy lifestyle. Eating ice cream in moderation, if you enjoy and desire it, indicates a healthy relationship with food and gives you a lot more brain space to focus on other important things in your life. I often tell clients the stress caused by avoiding certain foods, like ice cream, because they are perceived as "bad" is a lot more harmful in the short-term and long-term.

Let's recognize that while vitamins and minerals are important, health is about the big picture. That means getting quality sleep, focusing on self-care, regularly moving your body, finding ways to support mental health and more. The foods that truly nourish you in a holistic sense can and should change on a daily basis. Sometimes that food is ice cream, and that is OK. —end



### JULY—SEPTEMBER, 2019 —NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ **“Defensive Driving Basics”**

### SEPTEMBER QUESTION OF THE MONTH

When are the 2020 Wellness Program application sheets in need of return?

- A: January 1, 2020
- B: Yesterday
- C: ASAP
- D: September 26, 2019

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

### WELLNESS COMMITTEE

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[co.saline.ne.us/webpages/committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)



## “WALK ACROSS NEBRASKA”

We're off to the races! September 1st marks the date in which the **“Walk Across Nebraska Challenge”** will commence. Those that have provided application to participate in the challenge, and have been divided into evenly matched teams are as follows:

- ⇒ **Team #1 \*Kathy Homolka**  
Janis Frey  
Jamie Houser  
Judy Florian
- ⇒ **Team #2 \*Hollie Zurcher**  
Marvin Kohout  
Eric Stehlik  
Tim Reetz
- ⇒ **Team #3 \*Anita Novotny**  
Daryl Clark  
Cindy Wollenburg  
Beverly Prebysl
- ⇒ **Team #4 \*Sharon Jelinek**  
Lou Hajek  
Tad Eickman  
Ronnie Baehr

*\*Team Captain*

Safe travels to all team members! *Be on the lookout for a possible detour along the way—what with road construction & bridge work and such. -end*

## PREPARING FOR FLU SHOTS

The Wellness Committee is working to schedule Tuesday, October 15, 2019 as the day for the annual flu shot clinic. As provided last year, the event will be held from 10:00 a.m. to 1:00 p.m. at the Courthouse & from 2:00 p.m. to 4:00 p.m. at the Law Enforcement Center. *-end*

## SELF DEFENSE—LESSON #2

Saline County Deputy Kevin Vogel is working to plan an appropriate date/location in which to hold a follow-up “Self Defense” training session. It is likely to be held sometime in October at the Wilber High School. A forthcoming announcements will follow. *-end*

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*





# Saline County Employee Newsletter

## THE REAL COST OF THE FLU

by Seraine Page—edited

There's no getting around it: flu season is the worst.

Not just for staffers who suffer from a bout of the flu, but also for the county employing workers who catch the flu.

According to the Centers for Disease Control and Prevention (CDC), the flu accounts for billions of dollars in medical costs and lost wages. Most staff members end up in the doctor's office or sometimes even hospitalized.

The timeline of time off can be rough, too. Employees may need up to two weeks of sick days for flu recovery — sometimes longer if there are complications.

By understanding the seriousness of the flu and taking preventative measures — like Saline County hosting its flu shot clinic—you can get vaccinated and stay healthy during flu season.

Here's a look at how dangerous the flu is physically and financially:

Here's a look at how dangerous the flu is physically and financially:  
(Continue on page #2...)



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## THE REAL COST OF THE FLU—CONTINUED FROM PAGE #1...

### The Difference: Allergies vs. Cold vs. Flu

Unfortunately, the only way to determine whether you have the flu is to see a doctor and get tested. Symptoms of allergies, cold, and flu can feel quite similar. For example, a runny, stuffy nose can be a symptom of all three health conditions.

Below we cover the symptoms of all three and how to tell the difference:

#### Allergy symptoms

Allergies typically run its course with clearer mucus, runnier noses, and a scratchy throat. Symptoms stay relatively the same and linger longer than the flu.

- Hay fever (also known as allergic rhinitis) can cause:
- Sneezing
- Itching of the nose, eyes or roof of the mouth
- Runny, stuffy nose
- Watery, red or swollen eyes

#### Cold symptoms

Colds usually don't cause high fevers – maybe 99 to 100 degrees. They typically follow a schedule: First you'll get a sore throat. Then congestion sets in. Then an aggravating cough that can last anywhere from 4-10 days. It's annoying but manageable with medicine and remedies to make you feel more comfortable.

Other cold symptoms include:

- Runny or stuffy nose
- Sore throat
- Low-grade fever
- Cough
- Congestion
- Slight body aches
- Mild headache
- Sneezing

#### Flu symptoms

The flu comes with the worst of symptoms like body aches, chills and sweats, along with and more unpleasant symptoms. The flu usually lasts one to two weeks and will put you in bed for about as long.

Other flu symptoms to watch for:

- Fever over 100.4 F
- Muscle aches

- Headache
- Dry, persistent cough
- Fatigue and weakness
- Chills and sweats
- Nasal congestion
- Sore throat
- The Physical Effects of the Flu
- Unfortunately, the flu will lay you out.

Most flu-ridden employees experience side effects that contribute to lost productivity and the inability to carry out daily activities. Many people relate flu symptoms to feeling like “being hit by a truck” and it requires a lot of rest to recover fully.

The majority of people recover from the worst part of the flu within a week, but it may be a full two weeks of recovery time. For individuals who experience complications, healing can take even longer.

Flu related complications include:

- Pneumonia
- Bronchitis
- Ear and sinus infections
- Dehydration requiring an IV

The trickiest part of the flu is its sudden onset. Symptoms can come on and escalate very quickly, which can cause a large spike in unexpected employee absences.

Chronic medical conditions may become worse when contracting the flu, like asthma, diabetes, and heart problems. Pregnant women are also more susceptible to complications due to the flu.

The '17-'18 season was a record breaking flu season when an estimated 48.8 million people got sick and 79,400 people died from the flu and flu-related complications.

### The Financial Impacts of the Flu

Bad cases of the flu can take up to two weeks recovery time, which means a lot of missed work days.

For small businesses this can be a major hit, especially when most teams are already maxed out with workloads.

*(Continue on page #3...)*

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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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## *THE REAL COST OF THE FLU—CONTINUED FROM PAGE #2*



As tough as it can be for fellow colleagues to take on the work of an out-sick employee, it's better than spreading the flu throughout the worksite by having ill employees come in.

If possible, encourage your team members to stay home when they're sick and work remotely.

Employees often come to work sick, which spreads the virus to their coworkers, creating a domino illness effect. This can cause the flu to go around the office more than necessary, too. Not only does this decrease work output,

it will also increase healthcare costs when employees have to activate their insurance to see a doctor.

Between the costs of medicine, urgent care, and hospitalizations for the flu, U.S. businesses get hit with about \$10.4 billion in direct costs.

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### **Saline County Flu Shot Clinic**

Cold and flu season can be brutal. So prepare yourself now for the flu season!

The Saline County Wellness Committee has scheduled **Tuesday, October 15, 2019** as the day for the annual flu shot clinic. As provided last year, the event will be held from **10:00 a.m. to 1:00 p.m. at the Courthouse & from 2:00 p.m. to 4:00 p.m. at the Law Enforcement Center** available for employees and their families and other available staff members. *(Please remember to bring a copy of your insurance card with you, along with the forms provided to staff earlier—forms will be available on that day also.)*

It's tough to see fellow staff members get sick, so share this information with each other now to help prepare ourselves and workspaces for the arrival of flu season.

In summary, the flu season costs American businesses approximately \$10.4 billion dollars in direct costs for outpatient visits and hospitalizations for adults, according to The Centers for Disease Control and Prevention.

Since the flu is easily spread, employees with flu-like symptoms should stay home and contact their doctor before returning to work. Physicians can run a test to confirm if a patient does have the influenza virus if necessary. —end

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR for login information or give Continuum a call if experiencing difficulty.

**\*Next Wellness Committee Meeting:** Monday, October 21, 2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee Meeting:** Wednesday, November 20, 2019 in the Courthouse Conference Room, 8:30 a.m.



## FOODS THAT PREVENT THE AFTERNOON CRASH

- [FOODINSIGHT.ORG](http://FOODINSIGHT.ORG)

If that droopy feeling zaps your afternoon performance, examine your diet. The culprit might be lunchtime foods like white bread or white rice — or foods that contain white flour, like pasta.

Are you eating enough protein? A protein deficit will affect your energy. Your body wants protein in order to do its jobs, like metabolizing and repairing. A little bit of unsaturated fat is a good thing to keep your metabolism up. Foods like avocados, nuts, seeds and oily fish, like salmon, are good choices. These also supply energy without the crash.

Finally, experiment with smaller, more frequent meals during the day, say every three hours, to see if your energy remains up. Keep a diary, and discover what works for you. —end

## WHEN YOUR CO-WORKER SEEMS DEPRESSED

- [EMPLOYERHEALTHCO.COM](http://EMPLOYERHEALTHCO.COM)

You aren't trying to play doctor, but something's going on with your co-worker. He or she is coming in late, not "caring" as much about their work, putting things off, and their clothing choices or grooming habits have changed. They appear a little absent-minded, unsure of themselves, "scattered" or unorganized, and a little bit isolated or withdrawn from the rest of the group. Sometimes they are snappy, too.

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*Although you can't diagnose,  
you can share your concerns  
(in private), listen and encourage  
your co-worker to get help.*

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A whopping 23% of employees will suffer from depression and miss work because of it, according to one key study. Getting over depression is not an exercise in willpower. It's a neurological disease process often requiring medical intervention to overcome.

As a peer, you could have tremendous influence — likely more than a family member with whom the employee possibly engages in conflict. Simply sharing your observations and encouraging a co-worker to consider contacting Continuum EAP for assistance could be enough to motivate him or her to do so. Depression left untreated can lead down a chronic path of worsening symptoms. You may help your co-worker avoid years of pain as the illness grows worse, and coming to work may even become more enjoyable for you, too. —end



# 5 Reasons to Use the Elliptical

by Adrienne Jordan



A common sight in fitness centers and home gyms, the elliptical machine has slats for the feet and poles for your hands that allow your arms to work in conjunction with your leg movements as you glide back and forth. The machine is popular because it is easier on joints, with less impact than running. It also has benefits that range from muscle activation to cardio to glute strengthening.

**Here are five reasons to get on the elliptical during your next indoor workout.**

## 1—IT'S LOW-IMPACT

“The elliptical is a great piece of equipment for people getting back into working out that may have too much bodyweight, in order to prevent weight-bearing joint injuries — such as the feet, ankles, knees, hips and lower back,” says Rudy Gehrman, DC, executive director and founder of Physio

Logic NYC. Once the body weight comes down, incorporating the treadmill would be next, then eventually outdoor running.

## 2—YOU CAN WORK UPPER- AND LOWER-BODY

“Be cautious of overuse and repetitive stress conditions that the elliptical machine can cause, as their motions and resistance are very linear, not offering enough variety of motion,” says Gehrman. It’s important to change your motion to combat this, and to move from machine to machine after a period of time. You can incorporate resistance for your upper body by utilizing the handles. “Similar to the treadmill, moving in different directions on this machine will aid in preventing repetitive stress syndromes, create a more balanced body and give you a better workout,” advises Gehrman.

## 3—IT ADDS INTENSITY

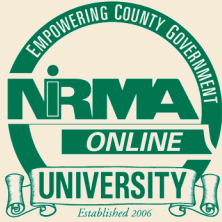
Ellipticals often have a resistance feature that is a great way to challenge your fitness. “Though you can structure many different types of workouts with ellipticals, one of the best things to focus on is maintaining a specific cadence while adding resistance,” says Mecayla Froerer, a NASM-certified personal trainer at iFit. Having a machine with many resistance options helps to lean out your legs and improves your cardiovascular fitness at the same time.

## 4—DOING INCLINES MAY EASE BACK PAIN

One important thing to look for when choosing an elliptical is whether it has an incline feature or not. “Incorporating incline during your workout is a great way to engage your posterior chain, which is a key element to movement and can aid in alleviating lower back pain,” says Froerer. Having an incline feature can take your elliptical workout to the next level by also increasing calorie burn during your total-body workout.

## 5—GOING LATERAL RECRUITS MORE MUSCLE

A lateral elliptical trainer is a machine that moves side-to-side instead of front to back. According to a 2011 study conducted by the University of Tampa, lateral elliptical trainers were scientifically proven to burn more calories and fat — in the same amount of time — as other ellipticals and cardio trainers. The study showed the sideways motion recruits more muscles than standard elliptical trainers. It also produced a targeted heart rate faster than on other machines, resulting in significant cardio and weight-loss benefits. —end



### OCTOBER- DECEMBER, 2019 —NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ♦ "Eating Right for Health & Fitness"

### OCTOBER QUESTION OF THE MONTH

Which previous flu season saw almost 80,000 people die from flu-related illnesses.

- A: 2015-2016
- B: 2016-2017
- C: 2017-2018
- D: 2018-2019

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

### WELLNESS COMMITTEE

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[co.saline.ne.us/webpages/committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)



## "WALK ACROSS NEBRASKA"

The "Walk Across Nebraska" mini-challenge is nearing completion. All participants, via their team captains will need to submit their final walking distances to Jamie Houser by end of day, Friday, October 11th. All the teams have been kickin' up quite a bit of dust! Great work! -end

## 2020 "WELLNESS PORTAL"

The Wellness Committee would like to thank all those who made the effort to submit their 2020 Wellness Program signup sheets as soon as possible last month. This helps the committee plan, not only for 2020 but anticipate 2021 and beyond, using an online portal to track activity and medical data through Workwells' MyVia Portal. The 2020 year will become the testing ground for the future of the Wellness Program. The thirty (30) staff members who gave indication of a commitment to use their own "Fitbit" device, or those offered/loaned by Saline County, will use the Portal in 2020. This will allow ongoing tracking of information, activity, medical visits and other such wellness incentive items, and be easily updated on the portal. If there are others who would like to be involved in this, please let Tim McDermott know ASAP; before devices are distributed & the portal building begins. -end

## PREPARING FOR 2019 FLU SHOTS

The Wellness Committee has worked to schedule Tuesday, October 15, 2019 as the day for the annual flu shot clinic. As provided last year, the event will be held from 10:00 a.m. to 1:00 p.m. at the Courthouse & from 2:00 p.m. to 4:00 p.m. at the Law Enforcement Center. Chose your time and location at will. -end

## SELF DEFENSE—SESSION #2

Saline County Deputy Kevin Vogel continues to work toward an appropriate date/location in which to hold a follow-up "Self Defense" training session. It is likely to be held sometime in November at the Wilber High School. Stay alert to forthcoming announcements. -end

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*



# Saline County Employee Newsletter

## FIVE SIGNS YOU'RE NOT EATING ENOUGH TURKEY

by Emily Abbate

Protein is a cornerstone of healthy eating and weight loss and is readily available in a lot of the foods you eat every day, including poultry (duh, Turkey), meat, dairy, fish, eggs, legumes, nuts, seeds, soy and even whole grains. Research shows higher-protein meals or snacks can also help reduce hunger and extend the feeling of satiety.

The recommended daily allowance (RDA) for men ages 19–50 is 56 grams per day, and it's 46 grams per day for women. To get a more specific recommendation for what you need, you can calculate it based on your body weight says Lindsey Kane, RD. "Generally speaking, you need .8 grams of protein per kilogram of body weight (which is about .4 grams per pound of body weight)." This translates to about 56 grams of protein for someone who weighs 154 pounds. *(Cont. on page #2...)*



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## SIGNS YOU'RE NOT EATING ENOUGH TURKEY—CONTINUED FROM

PAGE #1...



You can track your protein intake with an app like MyFitnessPal and also pay attention to the following signs you might not be getting enough in your diet:

### 1 - YOU'RE LOSING MUSCLE MASS

Protein is made up of amino acids, which are essential for building muscle. This means that if you're not getting adequate protein, your muscle mass could suffer. "You might notice this as decreased strength, change in weight or even how your clothes are fitting," says Randy Evans, RD.

### 2 - YOU'VE BECOME PRONE TO STRESS FRACTURES

In addition to calcium, research shows a protein-rich diet is beneficial for overall adult bone health. "Without sufficient protein to provide energy to our organs and brain, the body will look for other sources, and one place it borrows from is skeletal muscle tissue," says Cheryl Mussatto, RD, author of "The Nourished Brain," and "The Prediabetes Action Plan and Cookbook." "If you are consistently running low on protein, over time, your bones will be susceptible to injuries such as stress fractures and breaks."

### 3 - YOU'RE ALWAYS IN A BAD MOOD

Have you snapped at your significant other or the guy at the coffee shop who wrote your name wrong? "Irritability is one of the signs of low protein," says Jamie Hickey, registered dietitian and personal trainer. "By mitigating the effect of carbohydrates [that can spike blood sugar], slow-digesting protein helps keep your mood stabilized."

### 4 - YOU'RE CONSTANTLY GETTING SICK

If you're always under the weather, a lack of dietary protein could be to blame. "Protein is a building block of antibodies that are produced by our immune system, helping us fight off bacteria and viruses," says Mussatto, who adds that now is a super important time to be mindful of protein consumption with cold and flu season lingering. "A diet deficient in protein also results in a reduction in T cells, which fight off germs and enhance our immune system."

### 5 - YOUR NAILS ARE BRITTLE AND HAIR GROWTH IS SLOW

When protein is lacking, nails can become brittle — breaking off easily — while your hair not only loses its luster, but also may stop growing, says Mussatto. Too little protein shifts the body's focus from growing strong nails and hair to conserving protein. —end

## ARE YOU ADDICTED TO YOUR SMARTPHONE?

Smartphone addiction is not a recognized mental disorder, but it gets a lot of attention in the news. One in three people can't get through a meal without looking at their phones, according to one study.

Signs of problematic phone use may include feeling anxious without your phone, constantly checking your phone without a reason, reaching for your phone when bored, losing track of time while using your phone, being distracted while with friends or watching TV because you are on your phone, and texting while driving — especially after attempts to stop the practice following a near accident or close call.

Compulsive behaviors are actions people engage in repeatedly even though they wish they could stop. Smartphone addiction can be one of them. Don't stay frustrated, feeling out of control. Schedule a time to talk with a Continuum EAP counselor. —end



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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.”* - Saline County Wellness Committee

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## **WHY FRUCTOSE IS WORSE THAN SUGAR**—ALAIN LACROIX, DREAMTIME.COM

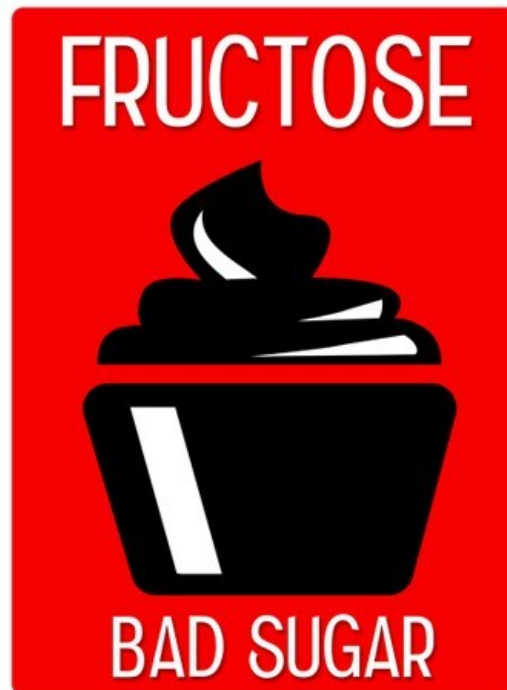
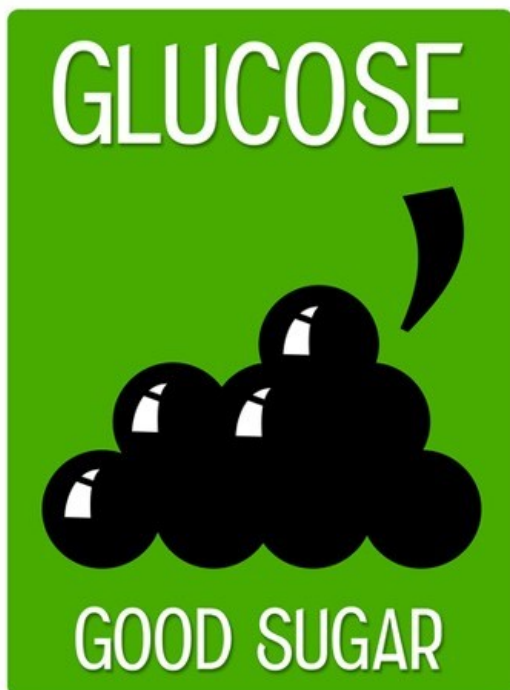
Today's The Atkins diet and a traditional Japanese diet may seem about as far apart as two diets can get: Atkins is low-carb/high-fat while Japanese is high-carb/low-fat. But they both work to promote weight loss and they do have one thing in common: They eliminate the simple sugar known as fructose. But is fructose bad for you?

You may think of fructose (and sugar in general) as empty calories. That's how nutritionists have been vilifying it for years. But Dr. Robert Lustig from University of California at San Francisco is on a campaign, so to speak, to educate other health professionals and the public about why fructose is actually worse than just empty calories.

### **Why Is Fructose Bad for You?**

Dr. Lustig, a neuroendocrinologist at UCSF's Department of Pediatrics and the Philip R. Lee Institute for Health Policy Studies, wants you to know that fructose is very bad news. In published papers, speeches, and interviews over the past several years, he has been spreading the bad news about fructose and explaining how fructose is behind today's worldwide epidemics of obesity, type 2 diabetes, heart disease, high blood pressure, and abnormal cholesterol.

Fructose is the simple sugar that makes up 50 percent of table sugar (sucrose) which is typically made from sugar cane or beets. The other half of table sugar is glucose. And fructose makes up 55 percent of high-fructose corn syrup (HFCS). Dr. Lustig's latest paper, recently published in the medical journal *Advances in Nutrition*, explains why there is nothing empty about the calories in fructose and describes three ways in which fructose harms human health exclusive of its calories.



Even though fructose and glucose are both sugars that make up table sugar, they act very differently in the body. While glucose is so essential for life that your body will manufacture it if needed, there is not even one human biochemical reaction that requires fructose from the diet. The only place in the body that fructose is physiologically necessary is in semen, and the fructose there is made by the body out of glucose. (Cont. on page #4...)



## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR for login information or give Continuum a call if experiencing difficulty.

**\*Next Wellness Committee Meeting:** Monday, November 18, 2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee Meeting:** Wednesday, November 20, 2019 in the Courthouse Conference Room, 8:30 a.m.



## IS FRUCTOSE BAD FOR YOU?

- CONTINUED FROM PAGE #3

### HOW IS FRUCTOSE BAD FOR YOU?

In many ways, says Dr. Lustig, fructose is much more like ethanol (grain alcohol) than glucose. In fact, fructose behaves so much like ethanol inside the body that he has nicknamed it "alcohol without the buzz." Although fructose does not slow the central nervous system like ethanol, the long-term toxic effects are the same.

By comparing fructose to both glucose and ethanol, Dr. Lustig points out the three different negative impacts fructose has on your metabolism: First, when you take in more calories than you immediately need, both fructose and ethanol overwhelm the liver and drive the transformation of excess energy into fat. Dr. Lustig illustrates how a can of soda and a can of beer both put a similar load on the liver.

Not only can you gain excess weight, this process also leads to high triglycerides along with small, dense LDL particles (the really dangerous type of cholesterol), and low HDL cholesterol (the "good" cholesterol). This combination of abnormal cholesterol is called dyslipidemia and causes heart disease and strokes. Excess fructose, like ethanol, also leads to fat accumulation in the liver (resulting in liver dysfunction) and insulin resistance, the precursor to diabetes.

Second, both fructose and ethanol generate excess reactive oxygen species (ROS), which, if not quenched by antioxidants because of nutrient deficiencies, increases the risk of fatty liver disease and liver damage and accelerates aging in general. Glucose does not generate the same load of damaging oxidative stress.

Last, Dr. Lustig explains how fructose affects cellular receptors in the brain's reward pathway. When the brain is exposed to fructose over and over, dopamine receptors are altered in a way that drives increased food intake and weight gain. You tend to want to take in more food even though you don't need it for energy. And, with both fructose and ethanol, chronic use causes you to become addicted. You experience symptoms of tolerance (you start to need more and more to feel satisfied) and withdrawal (you get symptoms if you go without it).

Now that you know the answer to the question "Why is fructose bad for you?" it's time to do something about it! Since common forms of sugar (sucrose) are half fructose, Dr. Lustig believes the key is to dramatically cut down on all common forms of sugar, not just fructose. In doing so, you'll be improving your metabolism, saving your cardiovascular and liver health, and putting the brakes on the aging process. -end



# Is Coffee Good For You? Discover the Health Perks

by Seraine Page

If you can't start your day without coffee, you're not alone. Last year, the National Coffee Association surveyed 3,000 Americans on their java drinking habits. The survey found that 64 percent of Americans drink at least one cup of coffee daily.

The amount of Americans downing this beverage is the highest it's been in years. Thanks to its ability to wake us up quickly, it's become the go-to beverage for working Americans for decades.

As a stimulant, coffee is known to:

- Improve memory
- Increase energy levels
- Shorten reaction times
- Boost productivity

As one of the best instant energizers, coffee is well-known for its stimulant effects, but it also has several surprising health benefits, too, like reducing pain.

Need another reason to keep up your daily coffee habit? Read on to learn about all the positive benefits hiding in your favorite brew.

## THE POSITIVE EFFECTS OF COFFEE

Due to its antioxidants and nutrients, coffee does more than stimulate the brain. In fact, it improves mental function and can aid the body in fighting off chronic health issues.

It's also a powerhouse beverage for staving off other health concerns that impact body functions of the brain, liver, and heart. Backed by science, here's why it's definitely okay to have that cup of coffee every morning:

### WORKS AS A PAIN REDUCER

Love to workout but hate the muscle soreness that follows? A published Journal of Pain study by the University of Georgia found that downing about two cups of brewed coffee could minimize exercise-induced muscle pain.

### REDUCES DEPRESSION AND SUICIDE RISK

A 10-year study found women who drink coffee are less likely to commit suicide and are less depressed. The study was conducted on 86,000 female nurses. Another study by Harvard School of Public Health discovered women who drink four or more cups of java a day were 20% less likely to have depression.

### IMPROVES LIVER HEALTH

Worried about the health of your liver? Aside from cutting out alcohol use, upping your coffee intake may protect against cirrhosis of the liver. Ingesting both caffeinated and/or decaf coffee lowers enzymes of the liver, according to a Hepatology Journal published study.

### STAVES OFF PARKINSON'S & ALZHEIMER'S

Downing dark-roasted coffee (caffeinated or decaf) can be quite good for brain health. Since this type of coffee has compounds called phenylindanes, it may protect the human brain from developing Parkinson's and Alzheimer's. In some studies, coffee lovers had up to a 60% lower risk of developing such neurodegenerative disorders.

### DECREASES CHANCE OF TYPE 2 DIABETES

This chronic disease which impacts millions of people worldwide is often largely preventable by making healthier lifestyle choices. Aside from eating healthier and exercising more, studies have shown that each daily cup of coffee can translate to a 7% decrease in type 2 diabetes. *(Cont. on page #6...)*

## *Is Coffee Good for You? -Continued from page #5*

### MAY REDUCE CARDIOVASCULAR DISEASE

Studies have shown that coffee doesn't raise the risk for heart disease and actually reduces the chance for strokes. Researchers have also discovered that people who were drinking 2+ cups of coffee daily after a heart attack had the least risk of dying from one.

### PROTECTS AGAINST CANCER

With each cup of java, coffee drinkers may be building protection against liver and colorectal cancers, the third and fourth leading causes of cancer death worldwide. A University of Southern California (USC) study found that the more coffee consumed, the lower the risk of colorectal cancer development.

### DECREASES MULTIPLE SCLEROSIS RISK

A study published in the Journal of Neurology, Neurosurgery & Psychiatry found that high consumption of coffee has been linked to a decreased multiple sclerosis risk, possibly due to its neuroprotective properties like reducing neural inflammation. The study showed that drinking at least four cups a day could be helpful.

### FULL OF ANTIOXIDANTS AND VITAMINS

Coffee is high in antioxidants and contains vitamins like B2, B5, manganese, potassium, magnesium, and niacin — all vital for the body to function properly. While the vitamins aren't in large amounts per cup, if you drink several cups a day, it can add up.

### BOOSTS FIBER INTAKE

Wonder why you feel so full after drinking a cup of coffee? If you consider the actual coffee plus any additional creamers you add, it's got some fiber content you might not think about. A cup of coffee counts as almost two grams of the daily recommended amount of 20-38 grams.

### HELPS PREVENT GOUT

If you suffer from gout, some research supports that drinking regular coffee in moderation can potentially reduce gout risk.

### HOW MUCH DO I NEED TO FEEL THE POSITIVE EFFECTS?

About 400 milligrams of caffeine per day is viewed as a "safe" daily amount for most adults. To put that into perspective, the average cup of coffee has 95 milligrams. That's about three to five cups, depending on the strength of your brew. Espresso, on the other hand, has much more caffeine if you consume multiple shots.

### HOW LONG DO COFFEE EFFECTS LAST?

It's important to note that some people are highly sensitive to caffeine and should limit intake accordingly since coffee's caffeine contents can linger in the body for quite some time.

If you're planning on getting a good night's sleep, it may be wise to reduce or eliminate your intake by early afternoon since caffeine effects can last up to five hours.

Aside from being a pep-you-up beverage, coffee is a wonderful source of antioxidants and offers a myriad of health benefits for anyone who drinks it.

However, if you have other medical conditions that need to be considered, it's important to talk to your doctor to make sure that caffeine intake won't adversely impact your health. Anxiety and GERD are two conditions that might be negatively impacted by too much coffee, including decaf or regular.

Don't like coffee? Tea also has many antioxidants and health benefits, some similar to coffee. Tea generally has less caffeine, too, which can keep the jitters away.

For the best positive effects of coffee (or tea) limit the amount of sugar you add to your beverage. Sugar can minimize a lot of the perks of java if you add too much! *-end*

## Saline County Honored as 2019 Governor's Wellness Award Recipient

FOR IMMEDIATE RELEASE, 10/18/19—Saline County was recognized by Governor Pete Ricketts and the Nebraska Department of Health and Human Services (DHHS) as a recipient of the 2019 Governor's Wellness Awards. Saline County is one of 42 Nebraska employers honored for offering evidence-based worksite wellness programs to its employees. Saline County has been offering worksite wellness programs for employees for 10 years. It is the second such time Saline County has been recognized.

"The businesses recognized today are putting people first and are making the workplace a healthy environment," Governor Ricketts said. "Worksite wellness provides an opportunity for Nebraskans to live healthy lives, improve quality of life, and help grow a healthier Nebraska for the next generation."

"In the past year, award recipients increased the percentage of people meeting Surgeon General Guidelines for Physical Activity by more than 11 percent, reduced tobacco use by 19 percent, and increased those meeting fruit and vegetable consumption guidelines by four percent. Great work also continues to manage stress and improve culture within these organizations."

This year marks the 12th year recognizing businesses that dedicate leadership, resources, and time to wellness efforts in the workplace. The application process is designed to recognize businesses that have planted and nurtured the seed for wellness within their organization. Each applicant must provide information in the areas of leadership, data collection, intervention strategies, policy/environment support, and evaluation of outcomes.

The Governor's Wellness Award has three categories. The Sower Award recognizes workplaces that have established quality wellness programs; the Grower Award honors businesses and organizations demonstrating significant improvement in employee health behaviors; and the Harvester award recognizes businesses that are experiencing documented value and return on investment. Including this year's winners, 466 total awards have been distributed across the state.

The award program is a partnership between the Governor's Office, DHHS, and the Nebraska Safety Council/WorkWell.



**Heather Vanover, Lisa Henning, Marvin Kohout, Jamie Houser, Tim McDermott and Gary Anthone M.D.**



# Thanksgiving BINGO Challenge



Join your pie-eating cohorts for this year's Thanksgiving Bingo Challenge! The rules are stuffed with simplicity. Using the provided game card on the following page in this newsletter, note the tasks needing to be completed in order to place your mark onto that square. For each "Bingo" you gobble up, (across, down, diagonal) you will have garnished five (5) feathers (*points*)! There are no additional incentives for dropping the entire game card into a vat of fry oil! "Blackouts" of this sort are dangerous—and rare indeed. Yet, there IS the potential to harvest up to 60 Wellness Points otherwise.

Remember: the Challenge is on the honor system. No pilgrim will want to add tar to their feathers! Deadline for return of cards: 12/6. —end

## November Wellness Class—"Mindfulness"

All employees, and others if you wish to invite them, are encouraged to join each other in a presentation provided by Allison Leonard, Beatrice YMCA CEO on the topic of "Mindfulness". Allison had presented a class previously and has graciously offered to visit with all of us again.



This topic may cover a variety of areas, but is most likely associated in our dealings with Holiday stress. The class will be held on **Wednesday, November 20th at 5:30 p.m.** in the Courthouse Assembly Room. —end



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## Want a Snack That Doesn't Put on the Pounds? Grab These

Feeling famished? Skip the cookies and pop a handful of healthy nuts in your mouth instead. A study published in the online BMJ Nutrition, Prevention & Health journal found eating a handful of nuts can help you from gaining weight as you age. Eating nuts regularly was associated with a lower risk of obesity and less long-term weight gain. Researchers noted that as people were eating nuts more often, they ate less unhealthy foods like pastries, pies, and doughnuts. —end

## You're Never too Old to Sweat

No matter how old you get, it's never too late to start working out. A University of Birmingham study found older adults who had never participated in exercise programs can build muscle mass as much as a highly-trained master athlete of the same age. The lead researcher went on to report that anyone can benefit from exercise no matter what phase of life they're in. —end

## Garlic Does the Body Good

A recent University of Louisville study found that eating garlic can potentially minimize age-related memory problems. The compound "allyl sulfide" found in garlic works in the gut microbiome, which may be responsible for creating a protective result on older people's memory. Add it to soups, mix it with roasted vegetables, and rub it on poultry to easily get your daily dose. —end

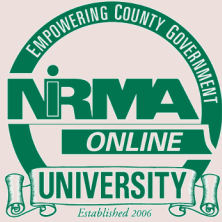


# Happy Thanksgiving

B	I	N	G	O
Replied with the correct answer to the November <i>"Question of the Month"</i>	Relax and do something you enjoy for an hour 3 times each November week	Stretch for 5 minutes after waking up 3 consecutive each week in November	Do strength training for 15-minutes on 6 separate days in November	Count your total calorie intake each day for one week in November
Incorporate 20 squats or 20 push-ups into your routine for 5 days in November	Avoid tobacco every day in November	Maintain your weight (or lose weight) during the month of November	Drink at least eight 8oz glasses of water 3 days each week in November	No carbonated beverages for seven consecutive days in November
Do cardio for at least 30 minutes on 6 separate days in November	Perform a kind deed for someone in need this Thanksgiving Holiday		Avoid alcohol five consecutive days during one week in November	Find a "healthy" recipe that you've yet to try and prepare it for dinner this month
Avoid ALL refined, sugary snacks for one solid week in November	Make a concerted effort to monitor Fiber intake for one full week	Volunteer your time with a church, civic organization or fundraiser in November	Eat 4 cups of fruits and/or veggies for five consecutive days in November	Walk, Run, or Bike 30 minutes on 3 days each week during the month of November
Avoid fast food for one full week in November	Avoid sitting between each quarter & during the entire half of at least one football game	Try a form of exercise you have never done before for at least 3 times in November	Eat fresh fruit for a mid-day snack at least one day every week in November	Get at least 7 or more hours of sleep for 5 days every week in November

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





### OCTOBER- DECEMBER, 2019 —NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ "Eating Right for Health & Fitness"

### NOVEMBER QUESTION OF THE MONTH

It has been shown that after consuming each cup of a hot drink, taken from ground & roasted seeds from its associated tropical shrub, equates to a seven percent reduced risk in what type of disease?

“ \_\_\_\_\_ ”

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

### WELLNESS COMMITTEE

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committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)



## “WALK ACROSS NEBRASKA RESULTS”

The “Walk Across Nebraska” mini-challenge concluded with a neck-n-neck race to the finish line. Squeaking through with a final tally of 459.5 total miles was Team Reetz, Zurcher, Stehlik & Kohout. They ended the challenge besting the 2nd place team by less than eight (8) miles. Congratulations to all travelers! -end

## 2020 “WELLNESS PORTAL”

The 2020 year will become the testing ground for the future of the Wellness Program. The thirty (30) staff members who gave indication of a commitment to use their own “Fitbit” device, or those offered/loaned by Saline County, will use the Portal next year. This will allow ongoing tracking of information, activity, medical visits and other such wellness incentive items, and be easily updated on the portal by the participant or the WC; activity dependent. Communication will be extended to those individuals soon. Others still interested in using the portal must contact the Wellness Committee at [salinewellness@gmail.com](mailto:salinewellness@gmail.com) soon. -end

## DAYLIGHT SAVINGS TIME

The Daylight saving time is almost over for another year. We know that for most of the country, clocks will “fall back” on November 3. Here are some facts you might not know about daylight saving time:

1. Germany started the trend during World War I when they turned the clocks ahead in an attempt to save fuel.
2. The U.S. adopted daily saving time during both world wars, but it wasn't actually put into law until 1966 with the passage of the Uniform Time Act.
3. Not all U.S. states participate, including Hawaii and most of Arizona.
4. Daylight saving time technically begins at 2 A.M. EST in the U.S.
5. Currently, only 40% of countries use daylight saving time and many do not begin and end on the same dates.
6. Countries near the equator experience almost the same amount of daylight hours no matter what the season, so they don't need daylight saving time.
7. Following Hawaii and Arizona, more U.S. states are asking to do away with daylight saving time. -end

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*NOTE: Articles found in this newsletter are for informational purposes only and are not intended as medical advice. For further information, please consult a medical or legal professional.*



# Saline County Employee Newsletter

## HOW TO BE A “QUITTER”, AND BETTER FOR IT!

by Seraine Page (edited)

More than 34 million people smoke cigarettes and roughly 8 million more use smokeless tobacco. Of those 34 million smokers, over 16 million live with a smoking-related disease. Cigarette smoking causes almost one-third (or 32%) of all cancer deaths in the U.S.

### Missed the Great American Smokeout?

In November of every year, smokers are invited to unite in kicking their habit for good. While quitting tobacco isn't easy, the immediate and long-term health benefits are worth the quitting struggle. While you may have missed that special, annual date to begin thinking about quitting, now is the time to start!

### A few reasons to quit:

- Lower health and life insurance costs
- Can improve taste and sense of smell
- No smoky residue on clothing
- Immediately improves health
- Save money on nicotine products

(Continued on Page #2...)



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## ***BE A QUITTER!***—CONTINUED FROM PAGE #1...

Best of all, the physical benefits of quitting smoking start right away. Within 20 minutes, a person's heart rate returns to normal. In 2-3 weeks, the odds of having a heart attack lower. It also reduces the chance of developing lung cancer later in life.

### **Need Some Help?**

The Wellness Committee wishes to encourage employees who want to quit to create a plan to quit tobacco. The following are resources available in which to create your own support network:

- **Your Doctor** – Make an appointment with your primary physician to discuss the facts and expectations when choosing to quit or not to quit.
- **Buddy System** – Team up with someone else wanting to quit with a buddy system, or find another that has earlier quit so you can gain encouragement.
- **Cessation Program** – Paid Cessation Plan via Madonna Fit for Work (See additional information about this program later in this newsletter).
- **Quitters Hotline** – 1-800-QUIT NOW (784-8669). Smokers can talk to an expert on how to develop their quitting plan. Best of all, it too is free.

### **Find Your Big “WHY”**

This addictive habit is hard to break, so reflecting on your “why” is important. It should be specific — more than “because I should” — to feel worth following through on. When your reason to quit is big enough, you have something positive to fall back on when kicking the habit gets tough.

### **Try Nicotine Replacements**

Some state programs offer quit aids to reduce the chances of a smoker going back to the habit. These options can be a successful part of a stop smoking plan if quitting cold turkey doesn't work for you.

- Over-the-counter options include:
- Nicotine gum
- Nicotine patches
- Nicotine lozenges

If over-the-counter nicotine replacements don't work

for you, a prescription inhaler or nasal spray might be worth considering. Again, talk to your doctor to help make the best choice for you.

### **Ask Your Doctor**

If you're planning on quitting tobacco, it might be helpful to have backup support from a medical professional. Your doctor can present a variety of methods and help you choose which would be best for you. Additionally, there are alternatives to medication or nicotine patches, too.

### **Here are a few alternative options:**

- Hypnosis
- Acupuncture
- Magnet therapy
- Cold laser therapy
- Quit smoking apps
- Behavior modification therapy

Ask your doctor how to minimize withdrawal symptoms, especially if your attempts to quit have been unsuccessful before.

### **Avoid Your Smoking Triggers**

Identify what encourages your smoking habit. It's different for everyone, but if you plan in advance to have another activity to minimize the temptation, it can deviate your behavior in the right direction. Some of those triggers may include:

- Stress
- Drinking
- Certain friends
- Cigarette smoke

If possible, try to avoid or mitigate being around those triggers the first few weeks after you quit. It's always hardest during the first few weeks as your body is processing the nicotine out of your system.

### **Use Your Support System**

Tobacco users who quit the habit are generally on edge the first few weeks. It's a difficult transition to stop smoking or other forms of tobacco, so be sure to tell your family and friends. Ask for their support and patience.

(Continue on page #3...)

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*“Providing opportunities for employees to develop healthier lifestyles and supporting an adoption of habits attitudes contributing to their positive well-being.” - Saline County Wellness Committee*

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## ***BE A QUITTER!—CONTINUED FROM PAGE #2***

### **Not sure where to find support? Try these resources:**

- SmokefreeTXT - Receive supportive texts during your quitting journey for 6-8 weeks. You'll get between 3-5 messages daily.
- Smokefree Apps - Two apps called QuitGuide and quitSTART are available to offer 24/7 support. Both are available for Android and iOS phones.
- Chat with an expert - Have questions about quitting smoking? Call and speak to the National Cancer Institute's trained counselors at 877-448-7848.

You don't need to feel alone in your journey to quit. Partner up with another smoker to hold each other accountable. Tell a friend or family member and ask for their daily encouragement.

### **Make Other Healthy Changes**

Feeling fidgety because you don't have that fix in hand? It may be time to find new hobbies and implementing changes to keep your mind occupied. Here are a few ideas:

- **Try moving** - Exercise can help improve your mood and take your mind off smoking.
- **Fix your diet** - Since you won't be putting a cigarette in your mouth, it can be tempting to fill that void with food. If you do, try to make it a point to eat healthy snacks and foods.
- **Do a good deed** - Non-profit organizations always need hard workers to help out. You'll be too busy helping others that you will forget all about your desire to fill your need for tobacco.
- **Watch your savings grow** - Any time you feel like you want to run out to buy tobacco, put the cash into a clear jar instead. Once it's full, empty it and treat yourself with the savings.

If stress always has you turning to a can of chew or pack of cigarettes, look at other positive ways to relieve stress naturally. Your health — and your wallet — will thank you.

### **Finally, Don't Give Up**

This physical addiction is a tough one to give up. For many people, the quitting process can come with unpleasant side effects — including moodiness. If your plan wasn't working, switch it up and try again. Positively confirm your quit status, too. Instead of saying, "I'm quitting," you can say: "I don't smoke" or "I'm not a tobacco user." It confirms in your mind that you've already stopped the habit. -end

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## **MADONNA FIT FOR WORK TOBACCO CESSATION PROGRAM**

For County employees who wish to support their decision to “kick-the-habit”, yet feel additional support would be helpful in the form of a tobacco cessation program, the **Wellness Committee is offering, through June 30, 2020, to fund the \$150 cost of this** program offered through Madonna Fit for Work. The Madonna “Fit to Quit” program is effective with all forms of tobacco use—from cigarettes to smokeless varieties. (See flyer on page #4...)

If interested, please contact Caitlin Orth at Madonna and let her know of your interest as a Saline County employee to participate. Phone: 402.413.3937, or via email at [corth@madonna.org](mailto:corth@madonna.org). -end





## TOBACCO CESSATION

Fit to Quit: Individual or Group Tobacco Cessation Program

Fit to Quit offers a tobacco cessation program designed to help individuals be successful in stopping tobacco use. Participants enrolled in the Fit to Quit program will:

- ➊ Better understand the reason they smoke.
- ➋ Understand benefits of stopping tobacco use.
- ➌ Select a quit date.
- ➍ Create a plan for action.
- ➎ Identify the individual barriers and create solutions to cope and prevent relapse.

The focus is not only on short-term strategies for success, but also on the importance of long-term self care. Participants will have a greater understanding of the emotional, physical, psychological and situational factors that sustain tobacco use. The Fit to Quit program is effective with all forms of tobacco use - from cigarettes to smokeless varieties.

 **MADONNA  
FIT FOR WORK**  
Occupational Health and Wellness  
5633 NW 1st St, Lincoln, NE 68521 | 402-420-0002

### TOPICS COVERED IN THE FIT TO QUIT PROGRAM

#### Becoming Tobacco Free

- Understanding current tobacco habits
- Assess behavior change
- Understand chemical and physical addictions
- Benefits of quitting for you and those around you

#### Preparing for Quit Day

- Set a quit day
- Establish an action plan
- Identify your support network
- Understanding triggers/urges

#### Motivational Strategies

- Staying motivated
- Barriers and solutions
- Evaluate your action plan

#### Living Healthier

- Eating healthy
- Physical activity
- Establish personal wellness goals

#### Stress Management

- Coping methods
- Keeping perspective

#### Quitting for Good

- Tips for success
- Dealing with "falling off the wagon"

## ONLINE LEGAL RESOURCES

Continuum EAP's online resources includes a library of 100+ free fillable legal forms, including:

- Wills/Living Trusts
- Bill of Sale
- Rental Agreements
- Promissory Note

To get started, visit [4continuum.com](http://4continuum.com) and click "MEMBER LOGIN" at the top of the page. Use Saline County username and password. Contact HR for login information or give Continuum a call if experiencing difficulty.

**\*Next Wellness Committee Meeting:** Monday, December 16, 2019 in the Courthouse Conference Room, 8:30 a.m.

**\*Next Safety Committee Meeting:** Wednesday, February 19, 2020 in the Courthouse Conference Room, 8:30 a.m.



## WHAT'S BETTER: ELIPTICAL OR WALKING?

BY EMILLY ABBATE

You don't have to hammer through a high-intensity interval training (HIIT) session or go out and crush a 10-mile run to get in a good workout. There are plenty of activities that offer a low-impact form of cardio, including both walking and the elliptical machine. Both activities can potentially strengthen your heart and reduce the risk of heart disease. Regardless of your method, you should be aiming for 2 1/2 hours of moderate-intensity cardio every week.

But which of these two modalities is actually better for your body and an overall better workout? Here, the experts weigh in on the pros and cons of using the elliptical versus going for a walk.

### For Convenience? The Winner: WALKING

The great thing about walking is you can do it anywhere, anytime. "When it comes to choosing a workout, convenience can sometimes be more significant than anything else," says Caleb Backe, certified personal trainer and health and wellness expert at Maple Holistics. "There's a low barrier to entry, you just need a good pair of walking shoes." Whether you're traveling and don't have access to a gym or are looking to up your step count at the office, walking is the perfect way to fit more movement into your daily routine.

### For Calorie Burn? The Winner: ELLIPTICAL

A 150-pound individual will burn 459 calories during 45 minutes on an elliptical versus 145 calories walking 3.5 miles per hour at a brisk pace, according to MyFitnessPal's calorie calculator. It's important to note this calorie burn can vary greatly, depending on the intensity of your effort on the elliptical or on the open road.

Also worth noting: The elliptical can offer a full-body workout if you use it as intended. "When using the handles, the arms are involved through pushing and pulling, which can increase the amount of calories burned," says Joshua Gray, a certified strength and conditioning specialist.

### For Spending Time Outdoors? The Winner: WALKING

Spending more time in nature helps decrease stress, boost mood levels and more. A study published in the journal Environmental Science and Technology also found that exercising outside is associated with increased energy and greater feelings of revitalization.

### For Impact on Joints/Bones? The Winner: ELLIPTICAL

While walking is nowhere near as high-impact as running, it's still higher compared to the elliptical. On the elliptical, your feet never leave the pedals, which means there's zero impact. "Walking is a weight-bearing exercise, meaning the joints have to absorb and produce force to keep moving forward," explains Gray. If you're recovering from an injury or often experience joint pain, the elliptical might be a better choice.

### For Cost? The Winner: WALKING

Whether you buy an elliptical to keep in the comfort of your own home or you use one at the gym, an elliptical usually comes with a price tag. While putting money down may keep you accountable to some sort of fitness routine, that doesn't mean there isn't potential for that piece of equipment to collect dust and go unused over the years. Walking, on the other hand, is free.

### The Bottom Line:

Both walking and the elliptical can be great to incorporate into your workout routine, especially if you're looking for low-impact activities. Ultimately, you should choose the type of exercise you enjoy the most, so you're more likely to stick with it. Just make sure to pair exercise with a well-balanced diet to set yourself up for lasting weight loss and overall health. —end

# Christmas BINGO Challenge



Join us for this year's Christmas Bingo Challenge! The rules are stocked with simplicity. Using the provided game card in this newsletter, mark the tasks completed with a mark of good cheer onto that game card. For each "Bingo" you've wrapped, (across, down, diagonal) you will have gifted yourself five (5) Wellness Points. There are no additional incentives for a night of "Blackness" during this season. Work through each box of goodness with enjoyment and find blessing in overcoming some of these boxed challenges. There is the potential to sleigh up to 60 Wellness Points. *(This Challenge is on the honor system. Christmas is about nice; not naughty!)*

Return your form on or before Friday, January 10, 2020. –end

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## 2020 Saline County Health Fair

**2020 Saline County  
Employee  
Health Fair**



Plan ahead now for the 2020 Saline County Employee Health Fair! This annual health screening 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!

This screening is currently slated for February 11th and 12th, 2020 from 5:00 a.m. to 8:00 a.m. at both the Law Enforcement Center and Courthouse respectively.

The basic screening options will be FREE for all Saline County employees. The basic health screenings will also be free for spouses on the County BCBS health insurance group plan.

Remember, while there is no better time than now, January 1st may be the perfect time of year in which to RESOLVE to be healthier than you were last year! –end

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## Don't Use the Internet as a Doctor

With internet access at our fingertips, using online resources for answers to your health care concerns seems like a fast, reliable and cheap solution. From the rash on your leg to the swelling in your neck, "answers" to medical questions seem to be only a click away. But are they the right answers right now? If not, a delay in the right treatment could mean tragedy.

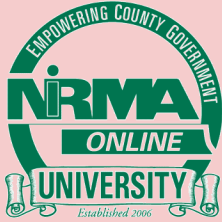
With online self-diagnosis and treatment recommendations comes big risk. Does that odd-looking red spot really match the image on Google? Talk to your doctor, and don't let fear be a roadblock to making the call. Doctors are trained in more than just examinations; they are trained in medical history, decision-making, pharmacology, psychology, prognostic indicators, and dozens of other factors. Many or all may be necessary to help you. –end

# Merry Christmas BINGO

B	I	N	G	O
Relax and do something you enjoy for an hour 3 times each December week	Eat fresh fruit for a mid-day snack at least one day every week in December	Maintain your weight (or lose weight) during the month of December	Do strength training for at least 15-minutes 6 times in December	Avoid tobacco every day in December
Perform 20 squats or 20 push-ups into your routine for 5 days in December	Try a form of exercise you have never done before at least once in December	Volunteer your time with a church, civic organization or fundraiser in December	Drink at least eight 8oz glasses of water 3 days each week in December	Get at least 7 or more hours of sleep 5 days each week in December
Do cardio for at least 30 minutes 6 times this December	Perform a kind deed for someone in need this Thanksgiving Holiday		Exercise 30 minutes on 3 days each week during the month of December	Avoid sugary sweets for three consecutive days at least twice during the month of December
Reply with the correct answer to the December "Question of the Month"	Avoid placing a candy cane in your mouth 30 out of 31 days in December	Count each and every one of your blessings during the month of December	Avoid alcohol for five consecutive days in December	Find a healthy recipe that you've yet to try and prepare it for dinner this month
Avoid fast food for one full week in December	Avoid sitting between each quarter & during the entire half of at least one Bowl Game	Stretch for 5 minutes after waking up on 3 consecutive days every week in December	Eat 4 cups of fruits and/or veggies for five consecutive days in December	Avoid carbonated beverages for seven consecutive days in December

Name: \_\_\_\_\_ (To be returned on or before Friday, January 10, 2020)





### OCTOBER - DECEMBER, 2019 —NIRMA ONLINE UNIVERSITY CLASS

The upcoming quarter offers the following NIRMA Online University course. Successful completion provides 75 Wellness incentive points by completing the following offering:

- ◆ "Eating Right for Health & Fitness"

### DECEMBER QUESTION OF THE MONTH

The following amount represents the estimated number of Americans smoking cigarettes and/or using smokeless tobacco products:

- A. 8,000,000
- B. 16,000,000
- C. 34,000,000
- D. 42,000,000

Email your name and correct answer to: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)

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

### WELLNESS COMMITTEE

204 S High, Wilber, NE 68465  
Phone: 402-821-2588  
Fax: 402-821-3319 E-mail: [salinewellness@gmail.com](mailto:salinewellness@gmail.com)  
[co.saline.ne.us/webpages/committees/wellness.html](http://co.saline.ne.us/webpages/committees/wellness.html)



## 2019 WELLNESS PROGRAM ENDS

**NOTICE:** After the close of this year, in order to claim your Wellness incentives earned in 2019, all staff members will need to return their program booklets, and sealed medical verification forms in the envelope provided, to the Wellness Committee via Jamie Houser in the Assessor's office by end of day, **Friday, January 10, 2020.**

1. Please ensure that all **medical forms** are placed inside the smaller, **medical envelope ONLY.**
2. Please ensure that your **tobacco affidavit form** is provided in the **main document envelope ONLY.**
3. Denote the anticipated choice of incentive requested (*as found on page #26*) with the points calculated as earned. The Committee will review and tabulate final points after the 2020 Health Fair to take place in February.

You will be provided notification of the total incentive points earned by the Wellness Committee once they are tabulated.

An announced 'protest period' will be opened in order to insure proper calculation of points—Protests are intended to correct miscalculations of points. *—end*

## 2020 WELLNESS PROGRAM BEGINS

The 2020 year will become the testing ground for the future of the Wellness Program. The twenty-eight (28) staff members who gave indication of a commitment to use their own "Fitbit" device, or those offered/loaned by Saline County, will use the new Workwell Portal in 2020. This will allow ongoing tracking of information, activity, medical visits and other such wellness incentive items, and be easily updated on the portal by the participant or the WC; activity dependent. Communication will be extended to those individuals soon.

Yet, there remains **extra wearable Fitbit devices to be loaned to users if they are still interested in using Option #2 and the new portal** designed by Workwell. To update that change, please contact the Wellness Committee at [salinewellness@gmail.com](mailto:salinewellness@gmail.com) for a new application form.

Delivery of 2020 Wellness packets will be provided in late December. *—end*

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