

Employee Newsletter



January, 2021

Volume 8, Issue 1

Special points of interest:

- 2020 Wellness Program—
Return Booklets by Friday,
January 15, 2021: deadline
- Holiday Bingo Challenge—
Deadline: Friday, January
8, 2020
- 2021 Health Fair Update

Top New Year's Resolutions - by Albrecht Powell

The New Year's Eve has always been a time to reflect on the past, but more importantly, to plan for the future. Resolutions are a trendy thing to make come January 1. They can be anything from meal prepping more to volunteering, but there are a few that are more popular than others. According to an Inc. study of 2,000 people, these are the 10 most common resolutions that were made in the most recent year.

01 - Eat Healthier

The no. 1 resolution (every year, it seems) is to eat healthier. More than two thirds of American adults are considered to be overweight or obese, so it should come as no surprise that diet is the first thing people want to tackle in the new year. According to Time, though, this is also one of the most commonly broken resolutions. People dive head-first into dieting gimmicks in early January, then lack control later on. The key to making your weight loss resolution stick, says the American Psychological Association, is to start small and change only one behavior at a time.

02 - Exercise More

Under the same umbrella as eating healthier, working out more is the second most common New Year's resolution. You can tell by the way the popularity of your neighborhood gym seems to swell extraordinarily after the holidays. This resolution, too, is a frequently broken one as people struggle to prioritize their fitness against work, family, and everyday life. If you have fitness goals this year, be sure to outline them in detail, stick to a regimen, and reward yourself (but not too much).

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New Year's Resolutions— *cont. from page #1*

03 - Save Money or Spend Less

After all the holiday spending, many Americans are eager to get on top of their finances in the new year. Some want to get out of debt while others are more focused on bulking up their savings accounts. About a third of Americans make this their goal. Debt.com says to be specific, set a budget, let go of unhealthy spending habits, track your spending, and use cash whenever you can.

04 - Learn Something New

Sometimes New Year's resolutions are about losing things: extra weight, debt, or emotional baggage. Sometimes, on the other hand, they're about gaining something, like a new skill or hobby. If you've always wanted to learn a new language, acquire a new skill, pick up a new hobby or craft, you could be one of the 25 percent who make this their resolution. After all, the start of a new year—or decade, in this case—is the perfect excuse.

05 - Quit Smoking

Many resolutions are concentrated on letting go of nasty habits, like eating junk food and smoking. As the Centers for Disease Control and Prevention has said, "it's never too early to quit." There are plenty of tools to help you through it, too. Over-the-counter nicotine replacement therapy products now make it easier to kick nicotine without spending a fortune or even stepping a foot into the doctor's office. On average, smokers try about four times before they quit for good, so don't let a failed attempt discourage you.

06 - Read More

Although probably not as packed as the gym or the health food aisle of your local supermarket, the library gets pretty busy after the first of the year as well. The longtime literati are eager to get back to their regularly scheduled reading and the folks who have vowed to pick up more books this year (**17 percent of the population, that is**) will be scouring for good titles, too.

07 - Drink Less

Many want to quit drinking in the new year, but quitting anything cold turkey (alcohol, specifically, especially if you're an addict) is no easy feat. Research has proven time and again that quitting bad habits (smoking, eating sugar, drinking, etc.) is more successful when taken in stages. The 15 percent who resolve to give up alcohol might find it hard to socialize after the booze is gone. Find a support group, take it in baby steps, and consider taking up a new hobby to distract you.

08 - Spend More Time with Family & Friends

All the time you spend with family and friends during the holiday season might make you want to get away from them, or it could make you want to socialize with them even more. About 13 percent of Americans vow to appreciate loved ones and spend more time with them in the new year. —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 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: TBA in 2021; Courthouse Assembly Room, for tabulation of Program Points, 8:30 a.m. (*Late January...*)

*Next Safety Committee

Meeting: Wednesday, February 10, 2021 in the Courthouse Assembly Room, 8:30 a.m.



Five Ways to Overcome Food Guilt—Brittany Risher

Our relationship with food can be very complex, especially if we struggle with body image issues. Guilt and shame are two emotions sometimes linked to food that can result in negative eating habits. Although the two are similar, there are distinctions between them that are important to understand to develop a healthier relationship with food.

THE DIFFERENCE BETWEEN GUILT AND SHAME

"Food guilt is a negative emotion where you feel bad for something you did or didn't do related to a decision or behavior around food," explains Rebecca Scritchfield, RDN, author of *Body Kindness*. "The emphasis is on the thing — 'I did a bad thing,'" she adds.

For example, maybe you made a batch of cookies and then ate too many before bed while standing up in the kitchen instead of sitting down and savoring them. Perhaps you wished you had made a cup of tea, put two cookies on your plate and slowly eaten them at the table. That's food guilt.

Food shame would be thinking: I suck. I shouldn't have eaten cookies right before bed. I didn't even sit down to enjoy them. I'm never going to reach my goals. "You feel an intense amount of guilt that's a judgment about you as a 'person' because of something related to food," Scritchfield explains.

Many of us experience food shame because of our appearance-driven diet culture. "We think we need rigidity to pursue this ideal appearance we have in our mind," Scritchfield says. When we break the "rules" of a diet or other eating advice, we feel guilty and, in turn, criticize our worthiness.

WAYS TO DEVELOP A POSITIVE RELATIONSHIP WITH FOOD

Here are five ways to overcome food guilt and shame to cultivate a better relationship with food once and for all:

#1—LEAD WITH COMPASSION: Because food is a huge part of our social lives, it's not realistic to skip happy hours, birthdays, weddings and almost every event. If you catch yourself feeling guilt or shame, Scritchfield says to first come up with a compassionate response: "It's OK that I ate in front of the TV after dinner." Then reaffirm your commitment to your goals: "Tomorrow, it's really important for me to not eat in front of the TV. After dinner, I'll brush my teeth and go to bed."

#2—DISMANTLE YOUR FOOD BELIEFS: We have certain beliefs about food, but our beliefs aren't always facts. Nurse practitioner Robyn Nohling, RD, suggests writing a list of your beliefs about food, your body and exercise, such as "pizza makes you fat" or "white carbs are bad." Then dismantle all those beliefs.

"Where is that belief rooted — in fact or is it some arbitrary belief made up by diet culture?" Nohling asks. Take your thoughts to paper in this way and discover what is and isn't true, working with a therapist or dietitian if you need help.

#3—WRITE OUT YOUR VALUES: "If you are truly healthy, you're not stressing about what you are eating," Nohling says. She recommends writing down the things that, at your core, you want to live by. Then when you second-guess your food choices and guilt or shame starts to creep in, recall your values. If ordering chicken parm because it's what you want, then own it, even if your friend orders a salad because he's "trying to be healthy."

#4—NEVER DIET AGAIN: "Dieting isn't helpful. Those external rules are what grows shame the most," Scritchfield says. But she understands that going on your own is scary. Because of this, intuitive eating can be a powerful tool.

Scritchfield suggests three things to start this practice: 1. Most of the time, eat when you're hungry. 2. Balance your plate. You can still have pizza night, but consider adding a salad for more veggies or making sure you have a protein. 3. Savor your meal. Eat off of a plate or bowl and notice the texture and tastes of each bite. (Hint: Turning off the TV helps.)

#5—THINK BIG PICTURE: Try to shift your perspective when food guilt attempts to rob you of living your fullest life. "What are you going to remember a year, three years, five years, 10 years down the road?" Nohling asks. "You will never remember the food you didn't eat or the number of calories you consumed or the run you did. But you will remember the experiences you had and the people you engaged with." —end



January-March, 2021 Continuum EAP Online Webinar Class

The upcoming quarter offers the following Continuum EAP Webinar. Successful completion provides 75 Wellness points. The offering of points is limited to:

"Fixing Your Broken Sleep"

(Return Certificate by 4/9/2021)

January, 2021 Question of the Month

Beginning around the first of the year, about 16-18% of the population have vowed to do what in increase compared to the previous year?

Answer:

- A. Learn something new
- B. Exercise
- C. Healthy eating
- D. Read
- E. Spend time with Family

Email your answer to:
salinewellness@gmail.com

*25 Wellness Points for a correct answer received prior to the subsequent month's newsletter distribution.

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The Trick to Burning Fat While You Sleep—*Kevin Gray*

The desire to burn fat is one of the most commonly cited health and fitness goals. There are many ways to accomplish that objective through diet and exercise. Eat the right food and stay active, and you can burn calories and fat while building lean muscle. That's great for roughly 2/3 of the day when you're awake, but what about that other 1/3 when you're asleep?

The human body is constantly burning calories for fuel, even when asleep. According to Dr. Michael Breus, aka The Sleep Doctor, a 150-pound person can burn about 440 calories over a 7-hour night of rest. This can translate into fat loss over time, but science shows sleeping at cooler temperatures not only produces better, more restful sleep — but it also boosts metabolism and alters our fat stores.

THE SLEEP-FAT CONNECTION

A 2014 study published in the *Diabetes* journal tested different sleeping temperatures on adult males over a four-month period. Each slept for one month at temperatures of 75°F (23.8°C), 66°F (18.8°C), 75°F (23.8°C) again and 81°F (27.3°C). After a month of sleeping at 66°F, the participants displayed a 42% increase in brown fat volume (a good thing) and a 10% increase in fat metabolic activity. These changes returned to baseline amounts after a month at 75°F and actually reversed at 81°F.

Brown fat burns calories in a process known as thermogenesis, which creates heat and helps maintain body temperature. White fat, on the other hand, stores energy. It's a characteristic of obesity that increases risk of Type 2 diabetes and other diseases.

Additional research from the University of Kentucky School of Medicine found that, in response to cold, white fat cells can take on the characteristics of brown fat cells. This can occur whether you're working out in frigid temperatures, recovering in a cryochamber, or sleeping with the AC on full blast. The authors noted this shift from white to brown fat is a defense against obesity, as it results in the body burning extra calories rather than converting them into fat tissue.

Another nod for sleeping cooler comes from a recent study published in the *Endocrine Society's Journal of Clinical Endocrinology & Metabolism*. It found short-term cold exposure may activate brown fat to help people burn 15% more calories. In addition to greater calorie expenditure, study participants exposed to colder temperatures also displayed healthier blood profiles.

SLEEP AFFECTS FOOD CHOICES

According to the National Sleep Foundation, optimal sleep temperature can vary by person, but a good range to shoot for is 60–67°F, with most research suggesting around 65°F. We now know sleeping in a colder room increases brown fat and burns more calories during those 7–8 hours of shuteye. But a good night's sleep is about more than chemical reactions in the body. It's also about feeling alert and making good choices when you're awake.

A 2018 Cleveland Clinic study found getting adequate sleep helps to fight off junk food cravings. The impact is twofold. People who are feeling lethargic due to lack of sleep tend to want food for energy, and then they choose high-calorie foods loaded with sugar and fat. These foods may provide an initial rush of energy, but that doesn't last, and the extra calories lead to weight gain.

THE BOTTOM LINE

The importance of sleep can't be overstated. Adequate sleep can fend off disease and weight gain and improve everything from your work and relationships to what you eat. Try sleeping in a cooler room, and see how it impacts your waking hours. —end

SOFT SKILL: STAYING ENERGETIC—*Continuum EAP*

Being energetic at work is more than avoiding the sluggish feeling after lunch. When you're energetic, you possess and exhibit energy in abundance that's an obvious part of a vigorous work style and temperament. Employers value energetic employees for a key reason — their energy is contagious as they engage, create and participate effectively with teams. You don't have to undergo a personality transformation to be more energetic.

- Start with regular exercise and stress management techniques.
- Have a proper diet that maximizes your energy and contains fewer food substances that weigh on metabolism.
- Get enough sleep.
- Practice positivity to help you feel energetic. Good physical health and nutrition influence a positive mood, but this works both ways. Combine this with reducing negative self-talk that can bring you down.
- Practice work/life balance so to nurture yourself with activities you enjoy and that renew your spirit. —end



2020 Wellness Program Concludes

NOTICE: After the close of 2020, in order to claim your Wellness incentives earned in 2020, all staff members will need to **have returned** 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 15 2021. *(MyVia participants have already submitted their materials via the portal throughout 2020.)*

- Please ensure that all medical forms are placed inside the smaller, medical envelope ONLY.
- Please ensure that your tobacco affidavit form is provided in the main document envelope ONLY.
- The Committee will review and tabulate final points after the 2021 Health Fair to take place in February. You will then be asked to denote the anticipated choice of incentive, if a choice exists, in connection with a notification of the total incentive points earned 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

2021 Wellness Program Begins

The Wellness Committee has now begun preparations for the 2021 Program year. Notices were provided to all County staff members regarding the return of sign-up sheets for the 2021 Program year by November 15th. **If you are one of those individuals who've overlooked this date please provide your sign-up sheet to either Jamie or Tim ASAP.** We need these in order to place orders for wearables, to print/package/distribute Wellness program materials and to create a signup list for eligible participants on the Wellness portal through Workwells' MyVia portal. If the return of your sign-up sheet is not received, you will assumed to be a non-participant.

In addition, please know that regardless of your choice for using either of the below listed three (3) options, **ALL participants**, with the exception of Option #3, **will be provided access to and must use the MyVia online portal.** This portal will be used to receive submitted data from either a wearable device, or via a scanned, readable calendar-document provided in the Wellness booklet through 2021.

Budgeted funds have been set aside to purchase addition wearable devices for distribution in 2021 and made available to those choosing to make that move for the upcoming year. The use of your own device is equally acceptable. 2021 Wellness materials will be distributed in December.

In short, each option will work similarly, with variation in data collection due to each participant needing to use the online portal.

Option #1 & Option #2—(Portal Access for the 2021 Program will be available sometime during mid to late January...)

- **Option #1—Document exercise/activity using the standard large calendar** provided in the Wellness booklet; or,
- **Option #2—Provide data exported from your Fitbit/Wearable device** for exercise/activity using 'steps' to obtain the stated goal count each day earning a set point value of 20 Points.
 - Use the www.startmyvia.org portal to upload the following information throughout 2021:
 - **Option #1—Exercise/Activity** using similar measurements as previous years; minus double-points for Holidays and Birthdays via PDF scan or legible photo. Points capped per-day are the same, but final points at the end of month will be rounded down to the nearest total divisible by 20.
 - **Option #2—Exercise/Activity** via Step Count minus double-points for Holidays and Birthdays via exported Excel or PDF spreadsheet.
 - Medical Data; doctors physical, dentist, eye doctor, flu shot outside the SC Clinic, etc.
 - All other data, such as collected by the Wellness Committee, will be uploaded for you; i.e. Webinars, Classes, Challenges, Impact Survey, SC Flu Shot Clinic, non-Tobacco Affidavit, etc.

Option #3

- Non-participation —end



**Saline County Nebraska
Wellness Committee**

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

**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.*

Fun Fact

The adult human body consists of 206 bones. Of these bones, 106 of them are located in our hands and feet.

Help a loved one COPE WITH CHRONIC PAIN

Over 40% of households have a family member who experiences chronic pain. However, when pain experts focus on helping victims, family members are often overlooked. Family members have a powerful role in helping, but they need support. Do you feel helpless not being able to comfort a family member in chronic pain? You are not alone. Frustration, stress, anxiety, depression, anger — and guilt for being angry — are common family experiences.

Your household may feel toxic, cycling between conflict, isolation, and the inability to be an effective and willing support for your loved one. Read the insightful handout “Ten Tips for Communicating with a Person Suffering from Chronic Pain” at www.practicalpainmanagement.com/Handout.pdf. It hits every key point from how their pain affects you to communication, taking care of yourself, what you can do, reading nonverbal cues, and more. The team at Continuum EAP is also available to provide support. —end

2021 County Employee Health Fair

The Wellness Committee Meeting has begun discussions on the 2021 Health Fair (Screenings) to the degree in which a predictable schedule for the following will occur:

Screenings will again be held on two (2) separate days at two (2) separate locations.

1. **Tuesday, February 23, 2021 at the LEC from 5:00 a.m. to 9:00 a.m. for LEC Staff only**
2. **Wednesday, February 24, 2021 at the Courthouse Assembly Room from 5:00 a.m. to 9:00 a.m. for all other staff members**

Health Screen Includes:

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- **The above baseline screening is available FREE and ONLY to all Saline County employees.**
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Hemoglobin (A1C), Prostate (PSA), Thyroid Stimulating Hormone (TSH) tests available to you at an additional cost of \$30 for A1C, \$45 for Vitamin D, \$20 for PSA and \$15 for the TSH test.

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:

Within the email you received alongside this newsletter, please use the online link provided for access to the scheduling system in order to sign up. **DEADLINE to register participation is Friday, February 12, 2021.** —end

Pandemic Strain & Young People—Continuum EAP

Teens need peer interaction and emotional validation to grow mentally healthy. So, isolation for teens during the pandemic is difficult. It's not just a drag, it's a risk issue because over one-third of teens periodically have suicidal thoughts. Not knowing when “normal” will return can add to their anxiety.

As a parent, trust your gut. If your teenager demonstrates agitated behavior, moodiness, problems with self-motivation, disinterest in school, or is apathetic with unusual sleeping and eating patterns, talk to a Continuum professional counselor. A simple assessment may help identify a mental disorder and prevent self-harming behavior or even suicide. —end

Employee Newsletter



February, 2021

Volume 8, Issue 2

Special points of interest:

- Wellness Committee Meeting: **Monday, February 1, 2021**
- **2021 Health Fair:**
February 23rd: LEC
February 24th: CH
5:00 a.m. to 9:00 a.m.
SIGN UP DEADLINE 2/12

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Heart Healthy Team—Join with Positivity

February is the ideal month in which to be reminded of our health, especially our heart health. Not only do we celebrate this month with our valentine on the 14th, we are also presented with the opportunity of participation in our annual Health Fair within that similar time frame.

In every case, we should stop our worried motions and center contemplation on the 'center of our core' with an observance of American Heart Month in February. Why should we be reminded of this? Well, every year more than 600,000 Americans die from heart disease. The number one cause of deaths for most groups! Heart disease affects all ages, genders, and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, excessive alcohol use, and lack of exercise.

Do you know how to keep your heart healthy? You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity, and managing your cholesterol and blood pressure. While there's no better time than now, the upcoming screening event is a great chance to start heart-healthy habits! So start by participating in the upcoming Health Fair! Then continue the year by being active, taking control of your health, and visiting with your doctor regularly.

That said, the human heart is responsible for pumping blood throughout your body, supplying oxygen and nutrients and removing toxins and waste. Weighing between 8 and 12 ounces, the heart is a mighty organ divided into four chambers that work together to pump blood in and out. The heart gets oxygenated blood from the lungs and pumps it throughout the rest of the body. It does this by contracting at a rhythmic pace, about 60-80 times per minute, thanks to electrical cells called "pacemakers."

Heart disease occurs when the arteries leading to the heart become clogged. Although heart disease has been around for thousands of years, we do know that many aspects of modern life exacerbate risk factors and make people more prone to heart disease and heart failure. Today, one in four deaths in the U.S. is attributable to heart disease. Heart disease can affect everyone. Taking stock of your prior health risks, activities and diet can help you reduce your risk.

Although we've learned a lot about how the heart works, there are still many unanswered questions about heart health and the cardiovascular system. As far as we know, the best way to protect our heart is to stay active, eat a healthy and balanced diet, and reduce your daily stress by being better than the negativity around you. So take some time this month to learn about heart health risks, find your favorite heart-healthy activities, cook healthy meals with your family, and be positive! —end





Turn Negative Thinking Around—*The Cleveland Clinic*

Noticing what's right in the world can have a big impact on your life

Does negativity dominate your thinking? If the thoughts in your head about people, situations — and even yourself — are on the harsh side, you're doing yourself a disservice. Here psychologist Scott Bea, PsyD, answers questions about why so many people struggle with negative thinking and explains how to adopt a more positive outlook on life.

What problems does negative thinking create?

Negative thinking makes you feel blue about the world, about yourself, about the future. It contributes to low self-worth. It makes you feel you're not effective in the world.

Psychologists link negative thinking to depression, anxiety, chronic worry and obsessive-compulsive disorder (OCD). But almost all human beings contend with it — even those born with a positive outlook on life.

It's because of the way our brains are constructed. Our amygdala and limbic system are built to notice threats, to protect our survival. In rustic times, it may have been a beautiful day on the savannah, but when we were stalked by a predator, we were trained to notice that danger.

Today, the same parts of our brain are active even when physical threats are minimal. The threats we deal with today are more cognitive — involving finances, whether we're loved, whether we're succeeding at work. They can set our hearts racing. That's why we can panic on a Sunday night just thinking about work.

Can negative thinking become a habit?

Absolutely. We practice worrying, and we get better at it over time. Worry is maintained by what we call ritualized reassurance. We think of all the negative scenarios that can possibly occur, and then all the ways we would survive them, to calm ourselves down.

But reassurance is a drug with a short half-life, like caffeine. If you use caffeine to combat fatigue, the more you use, the more fatigued you become over time. When people say, "The older I get, the more I worry," it's because they've been practicing!

And while we work out thousands of scenarios, the story is still only going to unfold in one way. It's estimated that approximately 94% of the time, what we worry about doesn't happen. What does happen is usually something we've never worried about.

We're also constantly dosed with negative thinking because the media, and often our work environment, primarily portrays negative events. People are often more drawn to what's wrong than to what's right.

Is it possible to change the way you think?

Rather than change the way you think, it is recommended to change the relationship to your thoughts. We have about 50,000 spontaneous thoughts, images and ideas every day. Whether they're positive or negative, they intrude into our awareness. Those that are negative are more likely to capture our awareness, or become "sticky." Further recommendation is learning to watch your thoughts, rather than engaging with them.

When you get distracted by a negative thought of your own making, or one expressed by others, notice something to engage with in the present. What are you seeing, smelling, hearing, tasting, feeling?

Being mindful of our own negativity as it develops helps us program in ourselves a sense of that which is right. We can systematically notice what's going well in the present. We can notice something favorable about each person or event we encounter. Words of admiration or positivity help us notice the rightness of things.



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- Promissory Note

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Negative Thinking—continued from page #2

Does thinking positively change your brain?

Yes, we're learning that when we change habits, we change brain circuitry. It's hard to exchange bad habits or negative, preconceived notions for good ones because they exist deep within the brain.

But when new habits are formed, they tend to stick and become more automatic. We may resist an exercise or wellness program at first, but after a while it becomes automatic. In the same way, we can try to form new habits around how we relate to our thoughts.

That's why, more and more, mindfulness is being used as a tool to treat problems like social anxiety, OCD and depression. Mindfulness helps us accept things as they are, rather than always being in fix-it mode.

What happens as you start to think more positively?

Your thoughts affect the way you regard your life. Positive thinking fosters self-acceptance and self-efficacy.

Maybe you have a gift to give that makes the lives of those around you better. Praising others has such an impact. It creates delight. It makes us all feel better and function better, and makes the world a better place.

Practicing positivity can also guide you to a different way of working within your profession. If you're in a leadership position, for example, you may want to switch from an adversarial role to more of an advocacy role.

Developing positivity can even influence the ways we choose to behave, leading us to feel better and to experience better outcomes in our lives. —end

Make Your Goals Happen—Continuum EAP

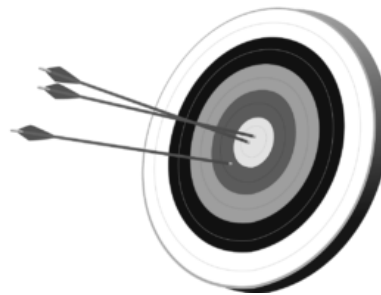
Continue to make your goals happen in 2021!

Those who succeed in accomplishing big goals often practice similar behaviors. Since "like behaviors" often produce "like effects," consider the following:

- ♦ **Put it in writing.** Write down your goal and action steps to accomplish it.
- ♦ **Evaluate changes needed in your life** to facilitate realization of the goal (e.g., creating a new routine that produces massive action).
- ♦ **Create methods to make the goal "top of mind."** You have many goals — important, urgent, big and small. Each competes for your time and attention. So, preventing defocus and distraction is critical to keeping your goal ever present. If focus does not happen, you risk losing the momentum created the day you decided on your goal.
- ♦ **Act on tasks during the time of day when you have the most pep.** Many goal-slayers start early in the morning and practice an early-to-bed, early-to-rise routine (the "5 a.m. Club"). If you're nodding off while working, it's likely that you haven't figured out this step. Getting up early helps curb procrastination and provides precious time early, even on weekends, without interfering with work-life balance or risking burnout. Energy, ideas, answers and motivation are often found in social groups, so hanging out with like-minded goal seekers can be helpful, and those who want to win can keep you focused, but avoid open-ended groups that lack structure and purpose.
- ♦ **Reward yourself** at incremental steps and measurable milestones along the way.

If achieving your goals remains a struggle, a Continuum EAP professional may be able to help you identify and address the barriers standing in your way. —end

GOAL SETTING



January-March, 2021 Continuum EAP Online Webinar Class

The upcoming quarter offers the following Continuum EAP Webinar. Successful completion provides 75 Wellness points. The offering of points is limited to:

"Fixing Your Broken Sleep"

(Return Certificate by 4/9/2021)

February, 2021 Question of the Month

What built-in process does your body have which protects itself from muscle injury or tear, but can be overcome toward relaxation when properly held at bay?

Answer:

- A. Stretch Reflex
- B. Withdrawal Reflex
- C. Pain Reflex
- D. Golgi Tendon Reflex
- E. Crossed Extensor Reflex

Email your answer to:
salinewellness@gmail.com

*25 Wellness Points for a correct answer received prior to the subsequent month's newsletter distribution.

Wellness Committee

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Ways to be More Flexible—*Lauren Bedosky*

The Many of us spend the bulk of our workout time on the usual pursuits: Fitness and strength. Few of us ever think about the other essential piece of a well-rounded fitness routine: flexibility training.

Flexibility — the ability to move muscles and joints through their complete range of motion — offers many benefits, and can affect how you feel physically and mentally, says Jessica Matthews, an assistant professor of kinesiology and integrative wellness at Point Loma Nazarene University in San Diego, California, and author of “Stretching to Stay Young.”

Tight, tense muscles and joints can limit your movements during exercise and daily living and cause muscle aches and pains over time. With greater range of motion, on the other hand, you may be able to minimize aches and pains, improve posture and make exercise more enjoyable, Matthews says.

Try these five expert-approved tips for upping your flexibility.

1 - HOLD STATIC STRETCHES

Static stretching, a tried-and-true method of increasing flexibility, involves stretching your muscle(s) to the point of mild tension or discomfort and holding it there. But you can't just bob in and out of a stretch after a few seconds — it takes at least 15–30 seconds (ideally 60 seconds) to see any changes in muscle length.

Why? Because that's about how long it takes for your muscle to get used to the stretch, which helps shut off a built-in safety mechanism known as the stretch reflex.

“When your muscles detect a change in length — such as during a stretch — a signal is sent to the nervous system, which triggers a stretch reflex,” Matthews says. The stretch reflex opposes your attempts to lengthen your muscle by causing the muscle to contract or shorten. This may be annoying if you're trying to stretch, but the ultimate goal of the stretch reflex is to protect your muscles against overstretching and injury (like a muscle tear).

However, when you hold a stretch long enough, the stress reflex calms down, which allows your muscle to relax and lengthen.

So, be sure to hold static stretches for about a minute, or a minimum of five slow, controlled breaths.

2 - TARGET ALL MAJOR MUSCLE GROUPS

Just because you can touch your toes doesn't mean you have whole-body flexibility. And just because today was leg day at the gym doesn't mean you should neglect your shoulders, neck and chest during your post-workout stretch.

For your body to feel and function at its best, it's important to stretch all your major muscle groups, Matthews says. Key areas include:

- Neck
- Chest
- Shoulders
- Trunk
- Lower back
- Hips
- Legs
- Ankles

Aim to stretch these areas at least 2–3 times per week.

3 - MIX UP YOUR APPROACH

“While static stretching often comes to mind when [people] think of flexibility training, there are a variety of other effective and enjoyable approaches to improving flexibility and enhancing joint range of motion,” Matthews says. Using a variety of techniques can help keep your flexibility routine fresh.

Other methods you can incorporate into your flexibility routine include:



Dynamic stretching: This is where you move your body through its full range of motion, instead of holding one position for an extended period. Examples of dynamic stretches include cat-cow, quadruped rotation, hinge and reach and leg swing.

Proprioceptive neuromuscular facilitation: PNF stretching involves contracting and relaxing the target muscle group.

Self-myofascial release: Foam rolling is a classic way to practice self-myofascial release. By rolling target muscles over the foam roller's surface, you can release tension, increase blood

flow, and improve range of motion.

4 - STRETCH WARM MUSCLES

Stretching may be most effective when the target muscles are warm, according to Matthews. So, consider saving your stretch session (especially if you're doing static stretches) for after exercise. Or, warm up your muscles with a hot bath or shower.

5 - LISTEN TO YOUR BODY

“When it comes to flexibility training, or any type of training, there's nothing to be gained by pushing your body to the point of pain,” Matthews says. To safely and effectively improve your flexibility, stretch only to the point where you feel tightness or mild discomfort. Going beyond these limits only increases your injury risk.

And remember: “Your flexibility training routine should be a relaxing and rejuvenating mind-body experience that supports and nourishes your overall health and optimal well-being,” Matthews says. It shouldn't cause you pain or stress. —end



2021 County Employee Health Fair

The 2021 Health Fair (Screenings) are scheduled in accordance with the following:

Screenings will again be held on two (2) separate days at two (2) separate locations.

1. **Tuesday, February 23, 2021** at the LEC from 5:00 a.m. to 9:00 a.m. *for LEC Staff only*
2. **Wednesday, February 24, 2021** at the Courthouse Assembly Room from 5:00 a.m. to 9:00 a.m. *for all other staff members*

Health Screen Includes:

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- **The above baseline screening is available FREE and ONLY to all Saline County employees.**
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Hemoglobin (A1C), Prostate (PSA), Thyroid Stimulating Hormone (TSH) tests available to you at an additional cost of \$30 for A1C, \$45 for Vitamin D, \$20 for PSA and \$15 for the TSH test. (Bring your payment with you at the time of the screening—made payable to Saline Co.)

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:

Within the email you received alongside this newsletter, please use the updated link provided for access to the scheduling system in order to sign up. **DEADLINE** to register participation is **Friday, February 12, 2021**. —end

Have a Workplace, Injury-free Year

Approximately 5,000 people die from workplace-related injuries each year in the United States. The “fatal four” (not including automobile accidents) are falls, electrocution, being struck by an object, and getting caught “in between.” These awareness tips can help ensure you don’t become a victim:

RECOGNIZE HAZARDS		CORRECT AN UNSAFE SITUATION WITHOUT DELAY	
USE PROPER SAFETY EQUIPMENT		MONITOR LARGE OR HEAVY MOVING OBJECTS	
MAINTAIN A SAFE DISTANCE		GET THE PROPER TRAINING	
RESPECT BARRICADES		AVOID RUSHING AND DON'T SHORTCUT SAFETY MEASURES	



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

**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.*

“Don’t let negative, toxic people rent space in your head. Raise the rent! Then kick them out!” - **Robert Tew**

7-Day Guide to Forming Better Habits For Weight Loss—*Lisa Fields*

Small changes add up to big results over time, especially if you’re looking to lose weight with tweaks to your nutrition and fitness habits. Moreover, making simple changes gradually helps ensure it’s an overall lifestyle change and something that’s sustainable long term — preventing the likelihood you’ll gain the weight right back.

“People should plan to establish habits that they can follow indefinitely,” says Tami Smith, a certified personal trainer based in Williamstown, Massachusetts. “They should ask themselves this question: ‘Is this something that I can see myself adhering to forever?’ If the answer is no, then it’s not a great plan.”

The healthy habits in the chart below are ideal for starting small, although if it’s still intimidating, don’t worry, you can always go at your own pace and implement two a week or even two a month. Find what works best for your lifestyle and build from there.

While it’s a great plan to form better weight-loss in the new year, you can always start (or return to it) anytime. —end

YOUR 7 DAY GUIDE						
TO FORMING BETTER HABITS FOR WEIGHT LOSS						
DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
NUTRITION: Sip more water	NUTRITION: Add more fruits and veggies	NUTRITION: Rethink your snacks	NUTRITION: Keep a food journal	NUTRITION: Prep your grocery list	NUTRITION: Be prepared for slip-ups	NUTRITION AND FITNESS: Get enough sleep
FITNESS: Take a 10-minute walk, 3 times	FITNESS: Master a bodyweight move	FITNESS: Keep your intensity low	FITNESS: Do a full-body workout	FITNESS: Know your heart rate zones	FITNESS: Start a challenge	

Being Positive—*Continuum EAP*

BEING POSITIVE MAY REDUCE MEMORY DECLINE

Positivity or demonstrating an optimistic attitude has always been a valuable workplace trait in employees. Many research studies have examined its benefits on the bottom line, its ability to favorably influence others, and its affirming effects on general health. Now research shows its benefits for helping prevent memory decline as we age. Positivity is learned, and optimism is a teachable skill. A simple online search will show hundreds of tips on how to develop a more optimistic disposition.

Continuum EAP can also help, especially if depression or other life circumstances feel like they are robbing you of your ability to feel positive. —end



Employee Newsletter



March, 2021

Volume 8, Issue 3

Special points of interest:

- **Wellness Committee Meeting:** Monday, March 8, 2021 at 8:30 a.m.
- **'Know Your Numbers'**
March 10, 2021
at 10:00 a.m. (Courthouse Assembly Room)
- **Daylight Savings Time**
Sunday, March 14th

Inside this issue:

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7 Foods Dietitians Say "Eat More"

by Jessica Migala

When you're losing weight, it's helpful to focus on the things you can add to your life instead of what you need to subtract. Rather than cutting out entire food groups (which can lead to cravings and yo-yo dieting), focus on enjoying more of the foods that make you feel great and deliver the nutrients your body needs to function at its best. Here, registered dietitians share what underrated or overlooked foods they'd like to see more of on people's plates and how to make it happen.

#1 BARLEY – When it comes to whole grains, "barley doesn't get as much attention as oats, but it's an affordable, filling and nutrient-dense grain choice," says Desiree Nielsen, RD, author of "Eat More Plants." Like oats, barley contains soluble beta-glucan fiber that is fantastic for regulating digestion and supporting a healthy gut microbiota. The potassium, sterols and beta-glucan also make barley a heart-healthy pick.

Barley is great in grain bowls and for healthier risotto. "I recommend substituting couscous or rice with barley for a more filling meal," adds Nielsen.



#2 BASIL SEEDS – You probably know basil as a flavorful herb you can add to pizza, pasta or soup. But its relatively flavorless seeds "are the new super seeds," says Lisa Moskovitz, RD, CEO at New York Nutrition Group. "With twice as much digestion-regulating fiber as chia seeds, basil seeds are nutrient-packed. They offer bone-building calcium and magnesium, as well as iron and plenty of inflammation-fighting antioxidant properties."

Like chia seeds, you can blend them in a smoothie, mix into baked goods or pancakes, and even soak them in water or milk for a smoother basil seed pudding, says Moskovitz.

"Eating about 2 tablespoons of basil seeds per day will help

you reach more than half your fiber quota for the day."

#3 BLACK BEANS – "Black beans are a gut superfood because they are incredibly high in fiber (15 grams per cup)," says Nielsen. In particular, they contain fermentable resistant starch that helps foster a healthy gut microbiota, she notes. "The combination of fiber, protein and slow-digesting carbohydrates keeps blood sugar stable for longer-lasting energy. Black beans also contain a host of critical minerals such as zinc, iron and energizing copper."

Continued on page #2...



“Eat More...” —continued from page #1

“If you’re new to beans, start with a smaller serving, perhaps 1/4 cup, and slowly work up to a full serving to let your digestive system adjust,” recommends Nielsen. Start with these 5 creative ways to use beans (no recipes required) and work your way up to savory bean-packed chilis and even baked goods like brownies.

#4 BONE BROTH – “Bone broth is great for gut health and high in protein,” says Amy Shapiro, MS, RD. “One cup contains 41 calories and 9 grams of protein, making it an easy snack.” It’s also rich in antioxidants and some research suggests it could help with inflammation related to respiratory tract symptoms — making it great for cold and flu season.

When purchasing bone broth at the store, pay attention to sodium levels. You can also make your own at home by simmering leftover chicken bones in water with aromatics like onion and celery. This bone broth egg drop soup serves one, but it can easily be doubled or tripled.

#5 EGGPLANT – “Eggplant is an under-utilized veggie, and it’s rich in potassium, fiber and vitamins, A, C and K,” says Beth Warren, MS, RDN, author of “Secrets of a Kosher Girl.” Including it in sides and mains “helps keep you full and enhance flavor and texture.”

Get creative with eggplant, says Warren, who recommends making eggplant “boats” by scooping out the inside and refilling it with sautéed veggies and whole grains. You can also slice it thinly and top it with sauce and cheese for a pizza-like preparation. Or make this lighter, quicker eggplant Parmesan or this hearty stir-fry.

#6 SPAGHETTI SQUASH – “Spaghetti squash is an easy-to-whip-up, plant-based, low-carb veggie option,” says Warren. “It’s high in vitamins B6 and C and keeps you full with its high-fiber content.” One cup (150g) of spaghetti squash contains just 42 calories and 10 grams of carbs compared to 220 calories and 43 grams of carbs in standard pasta.

Simply use spaghetti squash as a base for any comparable pasta dish or make these 10 simple recipes.

#7 WILD SALMON – “Cold-water, oily fish like salmon is one of the leading sources of omega-3 fatty acids, as well as bone-building calcium, vitamin D and potassium,” says Moskovitz. Eating just 8–9 ounces of wild salmon per week gives you all the anti-inflammatory omega-3’s you need for an entire week.

Wild-caught salmon has an advantage over farm-raised due to its higher omega-3 to omega-6 ratio, though it has a stronger taste and tends to be more expensive. As an alternative, farm-raised is still OK, says Moskovitz. In either version, you’re getting a great source of protein, which can help with weight loss.

Bake salmon with veggies for an easy sheet-pan meal, make salmon burgers by combining canned salmon with bread crumbs, eggs and seasoning, or top your avocado toast with a few slices of lox, or smoked salmon, recommends Moskovitz.—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 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, March 8, 2021;
Courthouse Assembly
Room at 8:30 a.m.

*Next Safety

Committee Meeting:
Wednesday, May 5, 2021
in the Courthouse
Assembly Room, 8:30 a.m.

3 FAT MYTHS, DEBUNKED

The nutrition field has recovered from its fat-phobia of the ‘90s. Just in case any of those old beliefs are lurking in your mind, we want to be extremely clear.

1. EATING FAT WILL MAKE YOU FAT

Your body stores fat mainly from excess calories. If a calorie excess is available, even if those calories are from carbs or protein, your body is fully capable of turning them into fat for storage.

2. YOUR BODY ONLY USES CARBS DURING EXERCISE

Your body burns a combination of carbs, fat and protein. Fat is the fuel of choice at rest and during low-intensity exercise (e.g. exercising at less than 70% maximal heart rate). Your body’s fuel of choice shifts to carbs when you exercise harder — at a moderately intense pace and beyond.

3. EATING LOW-FAT AND NONFAT FOODS SAVES CALORIES

Contrary to what the label might tell you, low-fat and nonfat versions of foods tend to contain more fillers and additives to make up for missing flavor. A common additive is, unsurprisingly, sugar (or any one of its 44 cousins).—end

National Wear Red Day

On Friday, February 5th, staff members of the Saline County Courthouse supported the fight against cardiovascular disease by participating in...

“National Wear Red Day.”



Volume 8, Issue 3



January-March, 2021 Continuum EAP Online Webinar Class

The upcoming quarter offers the following Continuum EAP Webinar. Successful completion provides 75 Wellness points. The offering of points is limited to:

“Fixing Your Broken Sleep”

(Return Certificate by 4/9/2021)

March, 2021 Question of the Month

Billy and Bobby are identical twin brothers. They're both watching the same ballgame together for an hour. Billy is standing. Bobby is sitting. On average, what percentage more in calories closely reflects what Billy burns compared to Bobby?

Answer:

- A. 40%
- B. 60%
- C. 80%
- D. 100%

Email your answer to:
salinewellness@gmail.com

*25 Wellness Points for a correct answer received prior to the subsequent month's newsletter distribution.

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Getting out of a COUPLES RUT—*The Couples Activity Book*

You would not overlook changing the oil in a new car — basic preventive maintenance. But what about your love relationship? Do you practice preventive maintenance with it? Many couple therapists say one of the biggest mistakes couples make is not giving as much attention to the relationship as they do their partner. There is a difference.

Bliss will only take a relationship so far.

A car without proper care will sputter and eventually break down. The normal ups and downs of a healthy relationship can also become mostly sputters without due care.

“Warning lights” of relationship trouble are fighting more often, feeling bored, and losing interest in showing intimacy and affection.

To practice preventive maintenance in your relationship, invest in it by practicing behaviors and engaging in activities that produce the following:



- 1) More positive thoughts about each other.
- 2) More frequent feelings of confidence that “This is the right partner for me.”
- 3) A desire to behave more affectionately toward each other.
- 4) Feelings of satisfaction following sharing projects, activities, and challenges with each other.
- 5) General feelings of happiness and life satisfaction about your relationship when you are alone or sharing time together.

Continuum EAP counselors are also available to help you identify strategies to reconnect and/or strengthen your relationship. —end

Be a Healthy Role Model for Children—*USDA*



You are the most important influence on your child. You can do many things to help your children develop healthy eating habits for life. Offering a variety of foods helps children get the nutrients they need from every food group. They will also be more likely to try new foods and to like more

foods. When children develop a taste for many types of foods, it's easier to plan family meals. Cook together, eat together, talk together, and make mealtime a family time!

SHOW BY EXAMPLE.

Eat vegetables, fruits, and whole grains with meals or as snacks. Let your child see that you like to munch on raw vegetables.

GO FOOD SHOPPING TOGETHER.

Grocery shopping can teach your child about food and nutrition. Discuss where vegetables, fruits, grains, dairy, and protein foods come from. Let your children make healthy choices.

GET CREATIVE IN THE KITCHEN.

Cut food into fun and easy shapes with cookie cutters. Name a food your child helps make. Serve “Janie’s Salad” or “Jackie’s Sweet Potatoes” for dinner. Encourage your child to invent new snacks. Make your own trail mixes from dry whole-grain, low-sugar cereal and dried fruit.

OFFER THE SAME FOODS FOR EVERYONE.

Stop being a “short-order cook” by making different dishes to please children. It’s easier to plan family meals when everyone eats the same foods.

REWARD WITH ATTENTION, NOT FOOD.

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards. It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need “extras”—such as candy or cookies—as replacement foods.

FOCUS ON EACH OTHER AT THE TABLE.

Talk about fun and happy things at mealtime. Turn off the television. Take phone calls later. Try to make eating meals a stress-free time.

LISTEN TO YOUR CHILD.

If your child says he or she is hungry, offer a small, healthy snack—even if it is not a scheduled time to eat. Offer choices. Ask “Which would you like for dinner: broccoli or cauliflower?” instead of “Do you want broccoli for dinner?”

LIMIT SCREEN TIME.

Allow no more than 2 hours a day of screen time like TV and computer games. Get up and move during commercials to get some physical activity.

ENCOURAGE PHYSICAL ACTIVITY.

Make physical activity fun for the whole family. Involve your children in the planning. Walk, run, and play with your child—

instead of sitting on the sidelines. Set an example by being physically active and using safety gear, like bike helmets.

BE A GOOD FOOD ROLE MODEL.

Try new foods yourself. Describe its taste, texture, and smell. Offer one new food at a time. Serve something your child likes along with the new food. Offer new foods at the beginning of a meal, when your child is very hungry. Avoid lecturing or forcing your child to eat. —end

Take a Stand! *Burning More Calories*

When you stand, you burn anywhere from 100 to 200 calories an hour. It all depends on your sex, age, height, and weight. Sitting, by comparison, only burns 60 to 130 calories an hour.

Think about how fast that adds up! You could burn anywhere from 120 to 210 more calories just by swapping three hours of sitting for standing.

While this may not help you lose a significant amount of weight, it can certainly help you maintain your current weight and reduce certain health risks. Read on to learn more.

Your body burns more calories when you’re moving. Sitting or lying down burns the fewest number of calories. When you’re on your feet, you activate your muscle mass. This muscle mass helps you burn more calories. Plus, when you stand, you’re moving your body more. All of those foot taps and stretches can add up over time.

Use your best judgment when deciding how long and how often to stand. If you’re unsure of how long to stand or experience discomfort, see a doctor or other healthcare provider. They can help you set a goal tailored to your individual needs. —end

3rd Annual Shamrock Shuffle



5K (3.1 miles) or 1 Mile FUN RUN/WALK on

- Saturday, March 27, 2021
- Day of Race Registration from 9:15 AM - 9:45 AM
- Start time: 10:00AM SHARP
- Location: Legion Park, Wilber, NE
- Post Celebration and Door Prizes Wil Bol

Pre-Register NOW at:

Saline County Aging Services or Sponsors' Business Locations

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

Pre-registration DUE by Wednesday, March 17, 2021 to guarantee T-Shirt

Gratefully Sponsored by: First State Bank Nebraska, Heath Sports, Wil Bol, Rose Refinery, Wilber Heating & Plumbing, Karpisek's Market, Wilber Physical Therapy, Wilber Chiropractic, Downtown Family Vision, Farmers & Merchants Bank, Fox Hole Tavern, Food Mesto, Madison+Barrett, 202 Hairdo, K & G Body Shop, and ShopQwik

Entry Fees: 1 Mile Fun Run or 5K:

- \$15 adult
- 12 & under \$10 (Strollers Welcomed!)

(Pre-Entry Fee Includes: T-Shirt, Water, After Race Snack, One Free Beer or Soft Drink at the Wil Bol)

*ONLY PRE-REGISTRANTS ARE GUARANTEED A T-SHIRT

All Proceeds will benefit Saline County Aging Services and W-C Schools TCBY Program!

Early Packet Pick-Up at Saline County Aging Services: Thursday, March 25th or Friday, March 26th; or on Race Day

Prizes will be awarded to 1st & 2nd places in the age categories of:

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

Wellness Program Participants will receive fifty (50) wellness points for involvement in either of the following:

1. Participation in the event; or
2. Assisting in preparation or on-day volunteering with the event

2021 Registration Form

Name _____ Phone# _____

Age: _____ Circle one: 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 XXL XXXL

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 _____



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

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“It is health which is real wealth and not pieces of gold and silver.” – Mahatma Gandhi

The Great American Spit Out—USD Veteran Affairs-edited

As noted during the month of February, and easily observed at most any time of the year, there continue to be those to be reminded of the opportunity to, “Kick the Can During The Great American Spit Out”!

Each year, we recognize and celebrate those quitting tobacco during the “Great American Smoke Out”, but have you ever heard of the Great American Spit Out? Probably not, but using smokeless tobacco is a habit that also needs to be kicked.

Chew, dip, snuff, and snus are common smokeless tobacco products, but there are also growing trends in the use of nicotine pouches that pose similar harms. Recognizing misconceptions about these products can be a first step in making the choice to quit.

Smokeless Tobacco Common Myths

MYTH Smokeless tobacco is safer than smoking.

Smokeless tobacco contains 2,000 chemicals, with 30 linked to causing cancers like cancer of the mouth, esophagus, and pancreas. Tobacco-specific nitrosamines are one of the most harmful chemicals and can be found in quantities as much as 100 times higher in smokeless tobacco compared to other tobacco products.

MYTH Smokeless tobacco is less addictive than cigarettes.

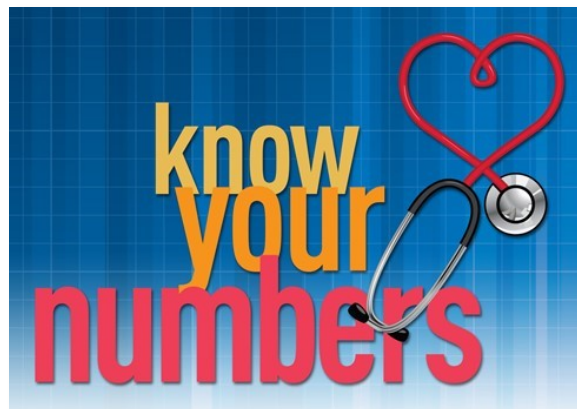
Actually, smokeless tobacco may be more addictive than cigarettes. Smokeless tobacco contains nicotine, the addictive chemical found in tobacco products, often at a higher content than cigarettes. Exact amounts of nicotine absorption vary based on brand and usage patterns and is absorbed quickly through the bloodstream. An average-sized dip held for 30 minutes delivers as much nicotine as chain-smoking 3-4 cigarettes.

MYTH I don't use any tobacco products; this doesn't matter to me.

No matter what, you are affected by tobacco use. Tobacco-related illness costs Nebraska \$795 million in health care costs each year and 2,500 Nebraskans die each year from tobacco-related illness. One of the best things you can do to help is support those you know in their tobacco quit journey.

Ready to quit? Call the Nebraska Tobacco Quitline for FREE assistance at 1-800-QUIT-NOW. There may also be help available by contacting Caitlin Orth at Madonna Fit-for-Work regarding their tobacco Cessation program. —end

Know Your Numbers—March 10th at 10:00 a.m.



The February 23rd and 24th Health Screening event succeeded with good success—with minor adjustments soon to be resolved for some. In total, seventy-five (75) staff members participated this year. We thank Madonna for a job well presented and concluded.

In connection to the Health Fair, the test results from lab work performed on blood draws, along with individual and aggregate data for the Wellness Committee (WC), will be delivered and made available to all on **Wednesday morning, March 10th at 10:00 a.m. in the Court-**

house Assembly Room. There is to be an advisor from Madonna present to answer any questions attendees may have regarding the return of their health data. Those unable to attend will have packets delivered by members of the WC soon after. —end