



# SALINE COUNTY WELLNESS NEWSLETTER

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

### Mission Statement of the Saline County Wellness Committee

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

### MONTHLY NUTRITION CLASSES (4 Fitness Points)

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

## Heart Healthy Cooking

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

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

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

### INDIVIDUAL FITNESS PROGRAM (2 Fitness Points)



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

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

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

**Don't be too embarrassed to ask!!!**

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

Send an email to [kerryh@diodecom.net](mailto:kerryh@diodecom.net) and we will help get you set up!!

### HEALTHY SNACKS

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

### SALINE COUNTY FITNESS CENTER

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



### SALINE COUNTY 2ND ANNUAL HEALTH FAIR

(2 Fitness Points)

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

Included in the Wellness Health Screening:

\*Body Mass Index (BMI)

\*Height & Weight

\*Blood Pressure

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

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

\*TSH (Thyroid Stimulating Hormone)

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

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

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

# Beef Nachos



Weight Watchers Recipe



Ratings (209)

PointsPlus Value 3

Prep time: 12 min  
Cook time: 11 min  
Other time: 0 min  
Serves: 8

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

## Ingredients

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

## Instructions

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

# NEW FITNESS CHALLENGE STARTS FEBRUARY 5, 2013



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

**Many ways to WIN!!!!**

## Team Challenge

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

## Individual Challenge

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

## Weigh Ins/Weigh Outs

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



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

### Fitness Points

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

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

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

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

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

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

IF YOU HAVE ANY QUESTIONS, PLEASE ASK SOMEONE ON THE  
WELLNESS COMMITTEE or email [kerryh@diodecom.net](mailto:kerryh@diodecom.net)

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

# Why is HDL cholesterol good for you?

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

## A little about LDL

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

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

## And on to HDL

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

## How HDL helps

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

HDL also acts as:

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

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

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## Hypertension

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

# High blood pressure and diabetes—double trouble

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

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

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

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

## Key points

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

## Testing for diabetes

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

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

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

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

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

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

## Taking control

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

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

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

# Nutrition 101: Good eating for good health

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

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

## Making changes

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

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

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

## Your goals

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

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