



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

Nutrition Myth Busting

5:30 pm, Monday, March 11th 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.

WELLNESS WEBSITE

Check out the new Wellness Website!!!

Logon to www.co.saline.ne.us

Click on the



on the home page.

You will be prompted for a password.

Enter "saline" in all lowercase letters.

Then Select the "OK" tab.

This is a work in progress, but we have the dates for all scheduled Nutrition Classes, Handouts from Past Classes and Times for all exercise classes in the area.

MORE INFORMATION WILL BE COMING SOON!!

SALINE COUNTY FITNESS CENTER

~EFFECTIVE MARCH 1, 2013, THE RULES, WAIVER AND COMBINATION HAVE CHANGED. PLEASE CONTACT THE COUNTY CLERK'S OFFICE TO SIGN A NEW WAIVER AND RECEIVE THE NEW COMBINATION. (THE NEW RULES ARE LISTED ON THE OTHER SIDE OF THIS SHEET.)



Saline County 2nd Annual Health Fair

Don't forget to Fast 10-14 hours before your APPT.

Bring your BCBS Card so that We Can Make a Copy!

(2 Fitness Points)

MARCH 5th (Courthouse) & 6th (Jail)

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)

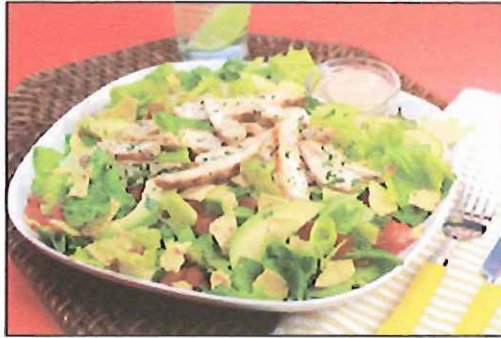
*TSH (Thyroid Stimulating Hormone)

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

Saline County Fitness Center
Facility Rules

- 1). The Facility will be open 24 hours a day, seven days a week.
- 2). All persons using this Facility must have signed a Waiver/Release of Liability & Indemnity Agreement with Saline County (available in the County Clerk's Office).
- 3). You must sign in / sign out to use this Facility.
- 4). This Facility is available to Saline County employees, their guests, and employees of any Saline County facility. Children under 19 years of age are allowed when accompanied and directly supervised by their parent.
- 5). No alcoholic beverages or tobacco use allowed in this Facility.
- 6). Saline County employees may sponsor their immediate family members (spouse and children aged 19 and older and their spouses) and one (1) non-relative to the Fitness Center.
- 7). Please be considerate of others by using each machine a reasonable amount of time.
- 8). The combination to this Facility lock will be changed January 1st and July 1st of each year. Please check with the County Clerk's Office for the new combination.
- 9). The last person to leave the Facility will turn off all equipment, turn out the lights, and lock the door.

HG's Wild Southwest Chicken Salad



Do You Know the Way to Santa Fe?

Serving Size: 1 salad (entire recipe)

Calories: 305

Fat: 9.5g

Sodium: 828mg

Carbs: 24g

Fiber: 7.5g

Sugars: 6g

Protein: 31.5g

PointsPlus® value 7*

Because we do. That is, we know the way to take the Santa Fe Chicken Salad at Chili's and turn it into a totally guilt-free meal option! Looking for actual directions to New Mexico? Umm, try Google Maps...

Ingredients:

One 4-oz. raw boneless skinless chicken breast cutlet, pounded to 1/2-inch thickness

1/8 tsp. chili powder

1/8 tsp. salt

Dash garlic powder

Dash onion powder

2 tbsp. fat-free sour cream

1/4 tsp. ranch dressing/dip seasoning mix

1 tsp. chipotle pepper sauce (like the kind by Tabasco)

4 cups chopped romaine lettuce

1/4 cup fresh pico de gallo

1 1/2 oz. sliced avocado (about 1/3rd of an avocado)

2 tbsp. coarsely chopped plus 1 tsp. finely chopped cilantro

5 baked tortilla chips, broken into bite-sized pieces

Directions:

Bring a grill pan (or skillet) sprayed with nonstick spray to medium-high heat. Season chicken with chili powder, salt, garlic powder, and onion powder. Cook chicken for about 3 minutes per side, until cooked through.

To make the dressing, in a small bowl, thoroughly mix ranch seasoning into sour cream. Add chipotle pepper sauce, and stir until uniform.

Place lettuce in a large bowl (or on a large plate). Top with pico de gallo, avocado, coarsely chopped cilantro, and tortilla chip pieces.

Slice chicken, and transfer to a medium bowl. Sprinkle with finely chopped cilantro, and toss to coat.

Top salad with chicken, and serve with dressing!

MAKES 1 SERVING



Hungry Girl's PB Cheerios Pudding Carnival

1/2 large banana, cut into coins

1/2 cup Multi Grain Cheerios & Peanut Butter cereal

1 sugar-free vanilla pudding snack with 60 calories or less

1 tsp fat-free, low-fat, or light caramel dip

1/2 tbsp chopped peanuts

1. Place banana coins in a medium bowl or parfait glass.
2. Add half the cereal, all the pudding and the remaining cereal.
3. Drizzle with caramel and sprinkle with peanuts!

1 Serving: Calories 235; Fat 5g; Sodium 205mg; Carbs 49g; Fiber 2g; Sugars 17g; Protein 4g



Hungry Girl's PB Cheerios Popcorn Balls

3 tbsp light whipped butter or light buttery spread

2 cups mini marshmallows

4 cups popped 94% fat-free kettle corn popcorn

4 cups Multi Grain Cheerios & Peanut Butter cereal

1/3 cup peanut butter baking chips, roughly chopped

1. Set out a baking sheet. Place butter in a large nonstick pot and set to low heat. Once melted, add marshmallows. Cook and stir until melted, about 10 minutes.
2. Remove pot from heat. Add popcorn, cereal, and chopped peanut butter chips. Gently stir until coated. Transfer to a large bowl.
3. Evenly and firmly form into 15 balls. (If needed, lightly spray your hands with nonstick cooking spray.) Enjoy!

1/15th of recipe (1 popcorn ball): Calories 101; Fat 3g; Sodium 93mg; Carbs 17g; Fiber 1g; Sugars 9g; Protein 1.5g



Hungry Girl's Freezy PB Crunch Scoops

Prep Time: 10 Min

Start to Finish: 40 Min

1 cup low-fat vanilla ice cream

1/4 cup Multi Grain Cheerios & Peanut Butter cereal, coarsely chopped

2 teaspoons peanut butter chips, chopped

1. Scoop 1/2 cup ice cream into sheet of plastic wrap; completely wrap ice cream. Use hands to form plastic-wrapped ice cream into ball. Repeat with remaining 1/2 cup ice cream. Freeze 30 minutes or until firm.
2. In shallow dish, mix cereal and chopped peanut butter chips.
3. Remove firm ice cream from freezer, and unwrap. One at a time, roll each ball in cereal mixture until thoroughly coated, pressing in slightly.

1 scoop: Calories 170 (Calories from Fat 45); Total Fat 5g (Saturated Fat 2.5g; Trans Fat 0g; Polyunsaturated Fat 0.5g; Monounsaturated Fat 1.5g; Omega-3 0g); Cholesterol 20mg; Sodium 90mg; Potassium 180mg; Total Carbohydrate 23g (Dietary Fiber 0g; Soluble Fiber 0g; Insoluble Fiber 0g); Sugars 23g; Protein 4g

7 Best Yoga Poses to Soothe Back Pain

Whether you're living with chronic pain or just want to stretch and strengthen your back, here are seven beginner yoga poses to try.

Achy back? Give yoga a go. Multiple studies have shown the power of the ancient practice, which emphasizes stretching, strength, and flexibility, to relieve back soreness. In fact, several studies have found that yoga can even trump usual care for back pain when it comes to improving back function.

People who took yoga or stretching classes are twice as likely to cut back on pain medications for their back aches as people who managed symptoms on their own, one University of Washington study found.

While yoga isn't a good idea if you have severe pain, those with occasional soreness or chronic aches may greatly benefit from certain postures that can help lengthen your spine, stretch and strengthen your muscles, and return your back to its proper alignment, says Everyday Health fitness expert Jennifer Bayliss, ATC, CSCS. (You'll reap these other [health perks of yoga too.](#))

It's always a good idea to ask your doctor before starting a new fitness regimen, especially if you're prone to pain. Once you get the green light, try these seven [soothing poses for back pain.](#) You can do these poses in any order. Gradually increase the intensity by holding them for longer amounts of time.



Downward-facing Dog

This classic yoga pose is a great total body stretch that targets back extensors, or the large muscles that help form your lower back, support your spine, and help you stand and lift objects.

Try It: Start on your hands and knees, with your hands slightly in front of your shoulders. Pressing back, raise your knees away from the floor and lift your tailbone up toward the ceiling. For an added hamstring stretch, gently push your heels toward the floor. Hold the position for 5 to 10 breaths, and repeat the pose five to seven times.



Child's Pose

It may look like you're resting, but child's pose is an active stretch that helps elongate the back. It's also a great [de-stressor](#) before bed at the end of a long, exhausting day.

Try It: Start on all fours with your arms stretched out straight in front of you, then sit back so your glutes (butt muscles) come to rest just above — but not touching — your heels. Hold the position for 5 to 10 breaths, and repeat as many times as needed for a good, soothing stretch.



Pigeon Pose

Pigeon pose, which can be a little challenging for yoga newbies, stretches hip rotators and flexors. It might not seem like the most obvious position to treat a [back ache](#), but tight hips can contribute to lower back pain.

Try It: Start in downward-facing dog with your feet together. Then draw your left knee forward and turn it out to the left so your left leg is bent and near-perpendicular to your right one; lower both legs to the ground. You can simply keep your back right leg extended straight behind you, or for an added hamstring stretch — seasoned pigeon posers, only! — carefully pull your back foot off the ground and in toward your back. Hold the position for 5 to 10 breaths, then switch to the other side, and repeat as needed.

Stacy Gross is teaching Yoga in the Wilber Elementary Library. A new 6-week Class starts March 21, 2013 and costs \$25. Classes are every Thursday from 5:30-6:30.



Cat and Cow Pose

The perfect poses for an achy, sore back, cow and cat stretches loosen back muscles, whether as part of a [yoga routine](#) or as a warm-up for another workout.

Try It: Starting in an all-fours position, move into cat pose by slowly pressing your spine up, arching your back. Hold for a few seconds and then move to cow (pictured at left) by scooping your spine in, pressing your shoulder blades back and lifting your head. Moving back and forth from cat to cow helps move your spine onto a neutral position, relaxing the muscles and easing tension.

Repeat 10 times, flowing smoothly from cat into cow, and cow back into cat. Repeat the sequence as needed.



Upward-Facing Dog

Sometimes called a forward fold, the upward forward bend stretches the hamstrings and back muscles while providing a release for tight, tense shoulders.

Try It: Stand straight with feet shoulder-width apart, and your [knees](#) loose, not locked. While you exhale, hinge at your waist and bend forward, reaching toward the floor. Don't worry if you can't reach all the way to the floor at first; just stop wherever your hamstrings feel a comfortable stretch. Repeat the pose five to seven times. On the last bend hold the position for 5 to 10 breaths.



Upward-Facing Dog

Cobra works to open up your chest, stretch your [abdominal muscles](#), and engage your back.

Try It: Start lying flat on the floor with your palms facedown by the middle of your ribs. While drawing your legs together and pressing the tops of your feet into the floor, use the strength of your back, not your hands, to lift your chest off the floor. Leave your legs extended straight out at first. Hold the position for 5 to 10 breaths, and repeat as needed.



Triangle Pose

Triangle pose is great for [strengthening the back](#) and legs and can help lengthen your muscles along the sides of your torso while stretching the muscle fibers along your outer hip (your IT, or iliotibial, band).

Try It: Start standing straight with your feet together. Next, lunge your left foot back three to four feet, and point your left foot out at a 45-degree angle. Turn your chest to the side and open up the pose by stretching your right arm toward the ground and the left arm toward the ceiling, keeping both your right and left legs straight. You may not be able to touch the ground with your right arm at first, so don't over-stretch — only bend as far as you can while maintaining a straight back. Hold the position for 5 to 10 breaths, then switch to the other side, and repeat as needed.

Checking blood pressure: Do try this at home

Home monitoring makes sense if you have high blood pressure.

Your blood pressure changes from hour to hour, sometimes even minute to minute. It jumps around so much that you are more likely to get a good sense of your blood pressure if you check it at home rather than in the doctor's office.

Just a few of the things that can influence your blood pressure:

- **standing up from a chair
- **watching an exciting show on television
- **eating a meal
- **listening to soothing music
- **stress
- **the time of day

In fact, the American Heart Association (AHA), American Society of Hypertension, and Preventive Cardiovascular Nurses Association urge people with high blood pressure, or at high risk for developing it, to become blood pressure do-it-yourselfers.

There are many good reasons to follow their advice. Taking your blood pressure at home allows you to:

- **Find your real blood pressure.** The measurement your doctor or nurse takes is just a single frame from an ongoing movie. In some people, that snapshot tells the whole story, and is an excellent approximation of their usual blood pressure. In others, it isn't.

Up to 20% of people diagnosed with high blood pressure have white-coat hypertension. This is a temporary spike in blood pressure brought on by the stress of trekking to and seeing a doctor. Still others have what's called masked hypertension—normal blood pressure in the doctor's office but high blood pressure everywhere else.

- **Improve your control.** People who check their blood pressure at home tend to be more successful at keeping it under control. It seems that timely feedback helps. Instead of getting a blood pressure reading once every few months under unusual conditions (in a doctor's office), you can get a reading every week or so at home.

Taking the measurements yourself also helps. People who actively participate in their care generally do better than those who take a hands-off, let-the-doctor-do-it approach.

- **Track your progress.** You can't feel your blood pressure get better—or worse. Measuring it at home offers vital information about whether your lifestyle changes and the medications you are taking are having their desired effects.

- **Save time and medications.** Monitoring your blood pressure at home may mean fewer trips to the doctor's office. If you have white-coat hypertension, it may also mean taking fewer, or no, blood pressure medicines.

- **Run with the right crowd.** Of every 100 people with high blood pressure, 70 or more don't have it under control. Checking your pressure at home and acting on the results can help you join the "in" crowd who do.

For example, a study showed that people who checked their blood pressure at home and emailed the results to a pharmacist who offered advice were far more likely to keep their blood pressure in check than those who merely measured it at home or those who had it taken by a doctor every now and then.

Who needs to monitor their blood pressure at home?

Consider home monitoring if you fall into any of these groups:

- **People with known or suspected hypertension.** That includes the whopping 73 million Americans with high blood pressure. It also includes the millions more with type 2 diabetes or chronic kidney disease, who are at high risk for developing high blood pressure.
- **Pregnant women.** High blood pressure is a common, and problematic, side effect of pregnancy.
- **People who are seriously overweight.**
- **Smokers.**
- **People with a family history of high blood pressure.**

Could heart-healthy HDL cholesterol also be good for the brain?

High-density lipoprotein (HDL) is the "good" cholesterol particle. Under the right conditions, HDL scoops up cholesterol from the bloodstream and brings it to the liver, where it gets broken down. That's why having high levels of HDL cholesterol is a good thing.

But wait, there's more! Studies suggest that HDL may stop inflammation, prevent blood clots from forming, and prevent other heart-harmful events in the body.

And there is now evidence that HDL might be good for the brain, too. A small but growing number of studies suggest that high levels of HDL might decrease the risks for stroke and dementia. For example, a re-analysis of data from the Vitamin Intervention for Stroke Prevention study showed that people with high HDL levels were more likely to fully recover from a mild or moderate stroke. Other studies have found that high HDL lowers people's chances of having certain kinds of strokes. And there's some interest in experimenting with HDL levels to treat strokes.

HDL and dementia

Studies have identified an association between low HDL levels and dementia. Of course, that does not mean that low HDL levels cause dementia. Still, there is some evidence that HDL may hinder the development of beta-amyloid plaques. These plaques, many experts believe, are a primary cause of Alzheimer's disease.

How to raise HDL levels

Here are a few ways to increase your HDL levels. First we'll talk about lifestyle choices, then medications.

Five lifestyle choices that boost HDL

1. **Exercising**
2. **Drinking moderate amounts of alcohol.** That means one drink a day if you're a woman, and one to two if you're a man. And only drink alcohol if you can do so safely and responsibly.
3. **Losing weight, if you're overweight.**
4. **Avoiding trans fats.** If you see "partially hydrogenated oil" on a food's ingredient list, then it has some level of trans fats. Processed foods and fried foods from restaurants tend to be the biggest sources of trans fats.
5. **Eating a diet high in fruits, vegetables, and low-fat dairy products can increase HDL levels.** Mediterranean-style diets (large amounts of olive oil, whole grains, fruit, and vegetables) are also HDL boosters.

Four medications that can boost HDL

1. **Niacin.** In large doses (1 to 2 grams per day), niacin can increase HDL by 20% to 30%. One problem with niacin is that it can cause flushing, a sudden reddening of the skin that can be very uncomfortable. Taking aspirin 30 minutes or so before niacin can prevent flushing.
2. **Fibrates (clofibrate, fenofibrate, gemfibrozil).** These medications lower triglycerides and raise HDL, making them a good choice if you have high triglycerides (200 to 499 mg/dL) as well as low HDL (40 mg/dL or lower). Side effects are a worry: taking both a fibrate and a statin increases the risk of muscle weakness. Fenofibrate (Antara, Tricor, other brands) is the best fibrate to take with a statin.
3. **Statins.** These drugs are most often prescribed to lower "bad" LDL cholesterol, but they also increase HDL. However, the effect on HDL varies with the statin and is most pronounced at high doses. Rosuvastatin (Crestor) seems to be more effective at boosting HDL than simvastatin (Zocor), and simvastatin may be more effective than atorvastatin (Lipitor).
4. **Statin-niacin combinations.** These have been shown to increase HDL by 18% to 21%. Muscle weakness can be a problem with statins, but adding niacin to a statin doesn't seem to increase this risk. One combination pill, Advicor (niacin and lovastatin), is already on the market.