



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

Happy Hour: Alcohol & Nutrition

5:30 pm, Thursday, April 11th at the Extension Office

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

Missed a Past Nutrition Class??? Call 402-821-2374 to Get a Copy of the Class and Handouts.

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

TOM SWEENEY

Tom Sweeney will be at the Fitness Center Tuesday, April 30th

Open House 5:00 - 8:00 pm

Stop in and ask Tom questions about the fitness center equipment, starting an exercise program, revving up your existing workout routine, tips and tricks, etc.

Feel free to stop in anytime between 5:00 and 8:00 pm on Tuesday, April 30th at the Saline County Fitness Center

WORKOUT IN A RUT??

The following Fitness DVDs can be checked out in the clerk's office (402-821-2374.)

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|--|---------------------------------------|
| *Jillian Michaels: Kickbox Fastkick | *Trudie Styler: Weight Loss Yoga |
| *Jillian Michaels: Ripped in 30 | *Leslie Sansone: Walk Away the Pounds |
| *Jillian Michaels: 30 Day Shred | *Leslie Sansone: Walk Your Belly Flat |
| *Jillian Michaels: Extreme Shed & Shred | *Leslie Sansone: 5 Day Walk Plan |
| *The Biggest Loser: At Home Challenge | Billy Banks: Tae Bo Bootcamp Shred |
| *The Biggest Loser: 30 Day Power X-Train | Billy Banks: Tae Bo Express |

USEFUL WORKOUT APPS



Walkmeter

Tracks all kind of information about your walks, including time, distance and speed, keeps a history of them and allows you to compare your workouts on a graph.



Nexercise

It uses your GPS to register your movement and the length of time and distance you've gone. Once you complete your workout, you hit Submit and earn points. Almost any activity counts, including housework.



Run Keeper

It helps you keep track of different fitness activities, including cycling--not just running. It logs the duration of your workout, calories burned and distance traveled. There is also an auto-pause function--pauses when you stop moving.

We had 99 participants in our 2nd Annual Saline County Employee Health Fair. Here is an aggregate report of our test results—this report was prepared by Warren Memorial Hospital. NO individual tests results are reported to Saline County. If you have any questions regarding your test results, please contact your doctor.

SALINE COUNTY EMPLOYEE 2013 AGGREGATE REPORT			
Measure	National Guideline Standard	% of Participants	# of Participants
Systolic BP (SBP)			TOTAL 98
normal SBP	≤ 120 mmHg	18.4%	
borderline high SBP	121-139 mmHg	35.7%	
high SBP	≥ 140 mmHg	45.9%	
Diastolic BP (DBP)			TOTAL 98
normal DBP	≤ 80 mmHg	30.6%	
borderline high DBP	81-89 mmHg	28.6%	
high DBP	≥ 90 mmHg	40.8%	
Uncontrolled BP			
	≥ 140/90 mmHg	36.73%	
Fasting Glucose (FBG)			TOTAL 99
normal	≤ 100 mg/dL	68.7%	
borderline	101-125 mg/dL	24.2%	
high	≥ 126 mg/dL	7.1%	
Total Cholesterol			TOTAL 99
desirable	≤ 200 mg/dL	66.7%	
borderline high	201-239 mg/dL	28.3%	
high	≥ 240 mg/dL	5.1%	
LDL Cholesterol			TOTAL 97
ideal (individuals with CVD)*	< 70 mg/dL	9.28%	
optimal	< 100 mg/dL	43.3%	
near above optimal	100-129 mg/dL	32.0%	
borderline high	130-159 mg/dL	19.6%	
high	160-189 mg/dL	19.6%	
very high	≥ 190 mg/dL	0.0%	
Triglycerides			TOTAL 99
normal	< 150 mg/dL	63.6%	
borderline high	150-199 mg/dL	12.1%	
high	200-499 mg/dL	23.2%	
very high	≥ 500 mg/dL	1.0%	
HDL Cholesterol (Men)			TOTAL 50
ideal	≥ 50 mg/dL	34.0%	
normal	40-49 mg/dL	36.0%	
low (high risk)	< 40 mg/dL	30.0%	
SALINE COUNTY EMPLOYEE 2013 AGGREGATE REPORT			
HDL Cholesterol (Women)			TOTAL 49
ideal	≥ 60 mg/dL	34.7%	
normal	50-59 mg/dL	24.5%	
low (high risk)	< 50 mg/dL	40.8%	
BMI (BODY MASS INDEX)			TOTAL 96
under healthy weight	<19%	0.0%	
healthy weight	19-25%	19.8%	
overweight	26-30%	28.1%	
obese	>30	45.8%	

*This value is recommended for individuals with diagnosed cardiovascular disease

Prepared by Warren Memorial Hospital 3/6/2013

Mason Jar Salads

Make fresh, fantastic lunches in a shake!



Make portable lunches in a Mason jar! Don't cheat yourself during the busy work week. Create fresh lunches that hit the work lunch trifecta! They're money saving, good for you, and so quick and easy to make! The Mason jar is perfect for layering ingredients, for storing in the fridge, and then—with a shake—combining everything together for a quick, delicious lunch that you can feel good about. The salad stays fresh and crisp in the refrigerator for up to 4 days (with a lid). So you can make a variety of salads and dressings for the week.

Main points to Remember:

1. Any tall jar with a lid will work. Don't forget to put a lid on your salad so that it will stay fresh for up to 4 days in the fridge.
2. Dressing on the bottom, lettuce on the top. If the two are touching the lettuce will turn to slime.
2. So, dressing goes in first. On top of your dressing, use a rather "hearty" vegetable, such as shredded cabbage, pea pods, or julienne carrot matchsticks. They can withstand the acidity of the dressing, and actually get better!
3. Pack it in. Use a nice variety of colorful vegetables! When you are ready to eat—Shake it Up!!!

Salad

Makes 2 salads in 32 oz mason jars

1 cup cooked quinoa
2 big handfuls spinach
1 cup chopped mushrooms
1 cup cherry tomatoes
1/2 red onion, diced
4 tbsp balsamic vinaigrette

Layer the ingredients in the jar as follows:
dressing
onion
mushrooms
tomatoes
quinoa
spinach

REMEMBER: The most important part of the layering is making sure the dressing and the spinach (or whatever 'leaf' you choose) don't touch. Make a few jars on Sunday night and just grab one to bring to work everyday. When you're ready to eat, just shake it up.

Vegan Cobb Salad



Dressing: Apple cider vinegar + walnut oil + spices

Diced Carrots

Diced Onion

Diced Tomato

Diced Naval Orange

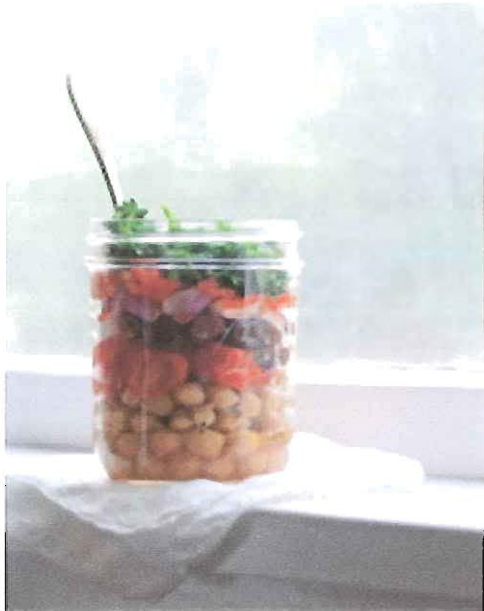
Diced Avocado

Lemon Circles (they keep the avocados fresh)

Diced [Lemon/White Miso-Marinated Tofu](#)

Diced Tempeh Bacon

Greek Chickpea Salad



Sea salt and freshly ground black pepper

Pinch red pepper flakes

1 clove garlic, minced

1/2 cup cooked chickpeas

Small handful cherry tomatoes, chopped (about 1/2 cup)

8 kalamata olives, chopped

2 tablespoons red onion, chopped

1/2 roasted red pepper, chopped (about 1/3 cup)

1/3 to 1/2 cup fresh parsley, chopped

Crumbled feta (optional)

Fills one pint-sized mason jar.

2 teaspoons olive oil

Squeeze of lemon juice (the juice of 1/4 of a small lemon)

10 cheap shortcuts to good health

10 budget-friendly ways to improve your health and fitness

If you think getting fit and healthy will blow your budget, it may be time to think again. Luckily, many of the things that are best for our health are actually low cost or even free. To improve your wellbeing without the hefty price tag, check out our 10 cheap shortcuts for boosting your health.

Stay fit at home

If expensive gym memberships are out of your price range, luckily there are many other ways to get fit for free. Try incorporating exercise into your regular routine through everyday activities such as gardening and housework, and take up a free activity such as walking, running or cycling to stay in shape. For those who fancy taking up an exercise such as yoga or Pilates, it may be helpful to take a few classes to master the basics then you can continue to practice the poses at home for free.

Create a healthy recipe archive

Want to get started in healthy cooking but can't afford to invest in a good cook book? Thanks to the wonders of the internet you don't need to shell out any money to build up a collection of recipes. With many websites catering to healthy eating recipes on a budget, you are guaranteed to find something to suit your tastes and price range without having to spend a penny.

Practice deep breathing

It's free, it's unavoidable and we do it every day, but did you know that the simple act of breathing could help to boost your health? Research has suggested that yogic deep-breathing techniques can help people more effectively handle depression, anxiety and stress as well as stimulating the lymphatic system to more effectively deal with toxins. Try learning and practicing deep breathing techniques on a regular basis to improve your physical and mental health for free.

Spend time with friends

Spending time with your friends is great for your health, with research suggesting that having a strong social network can help you live longer and reduce feelings of depression and stress. If you think that you can't afford a social life, there are many ways you can spend time with friends on the cheap. Rather than eating out a restaurant, try taking turns to cook each other a cheap and healthy meal. Alternatively, plan a movie night instead of a trip to the cinema, and stock up on comedy films to boost your endorphins.

Drink lots of water

One of the cheapest and simplest ways to improve your health is by upping your intake of fluids. While there is no definitive guideline for how much you should drink a day, it is important not to wait until you are thirsty to drink as by this time you are already dehydrated. Some of the

benefits of drinking more water include increased energy levels, improved digestion, less water retention and a better complexion. Replacing sugary drinks with water will also benefit your waistline and wallet.

Opt for home-grown produce

Getting your recommended daily portions of fruit and veg can sometimes work out expensive, so why not take the cheaper and healthier option and grow your own fresh produce? If you haven't got green fingers, try to at least buy seasonal produce where possible to cut down the costs, or visit your local farmers' market to stock up on fresh, cheap and healthy fruit and vegetables and support your local farmers too.

Have a bath

If you fancy a little pampering on the cheap, you can't do much better than a nice, relaxing bath. While many of us think of bathing as a purely functional activity, soaking in the tub actually has many benefits outside of getting you clean. Taking time out to soak in a hot bath has many psychological benefits for a start, helping to induce relaxation and calm the mind. However, it can also help stimulate circulation and relax sore or tired muscles.

Get more sleep

If you regularly get less than eight hours sleep a night, getting more shut-eye could be one of the best (and cheapest) steps to improving your health. Not only can sufficient sleep help you live longer, boost memory and improve heart health, but lack of sleep has been proven to increase appetite, leading to weight gain, increased junk food consumption and more expensive shopping bills.

Cut back on your vices

Whether you like to indulge in a few too many glasses of wine, are addicted to takeaways, or have a smoking habit, ditching these unhealthy and expensive habits could drastically improve both your health and finances. Cigarettes and alcohol are notoriously expensive, as well as being leading causes of stroke, cancer and premature ageing, so try cutting down as much as you can or, better still, cutting out these vices entirely.

Practice portion control

With restaurant portions getting increasingly bigger, many of us have grown used to eating larger portions than we actually need. This not only puts us at risk of obesity and health problems but it can also add significantly to our shopping bills. Rather than eating until you're fit to burst, try to stop eating at the very first signs of fullness and freeze any leftovers for another day. If you're worried that smaller portions won't keep you going all day, try loading up on low-GI foods such as oats, beans and yoghurt which will help you feel fuller for longer.