



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

Our next Monthly Nutrition Class featuring Victoria Rethmeier will be

Lowering Sodium Without Lowering Flavor

5:30 pm, Thursday, May 23rd 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??? March & April Classes are available on DVD--Call Jen, Stacy or Kerry

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

CHAIR MASSAGES ARE BACK IN MAY

On May 17th & May 31st, Stephanie Krivohlavek will be back at the courthouse from 11:00 - 2:00 to do chair massages. Contact Sharon Jelinek at 402-821-2588 to schedule a 15 minute private massage--or grab two back-to-back appointments to make it a relaxing 1/2 hour massage. 15 minute massages are \$15, 30 minute massages \$30. Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

WELLNESS WEBSITE

Check out the new Wellness Website!!!

Logon to www.co.saline.ne.us

Click on the "Saline" Button (2nd to the Right)

From the drop down menu, select "Saline County Wellness"

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.

Wellness Committee 2013 Prizes

January-Tom Sweeney
January Nutrition Class
February Nutrition Class
March Nutrition Class
Blood Tests
Blood Tests
Blood Tests
1/2 Way Mark Buddy Fitness Challenge
April Nutrition Class

Brandi Kelly
Vergene Kracke
Marvin Kohout
Bruce Filipi
Dean Gorgen
Franklin Myers
Korene Mullen
Kerry Hagemeyer
Lyle Weber

Weight Watchers Cookbook
Lunch Set with Removable Ice Pack
Hand Weights
6 Pack Square Meal Containers
Lunch Set with Removable Ice Pack
6 Pack Square Meal Containers
Lunch Set with Removable Ice Pack
Jillian Michaels Kickbox Fast Fix DVD
5 Pound Kettle Ball

Slow-Cooker Oatmeal

(serves 4)

- 3 cups water (or milk of choice, for a creamier and richer taste) (720g)
- 1 cup steel-cut oats (160g)
- 1/2 tsp plus 1/8 tsp salt
- add-ins of choice (scroll further down on the post for ideas)

Combine all ingredients in a slow cooker or crock pot, put on the lid, and cook on low heat for three hours. No need to stir or anything until the time is up! (If you don't own a slow cooker, you can of course still make steel-cut oatmeal. Just follow the cooking directions on the package of oats. I use a 3-quart slow cooker for this recipe; cooking times may vary if you use a much-larger size.) If you double the recipe, cook for 5-6 hours on low. For variation ideas, scroll further down this post.



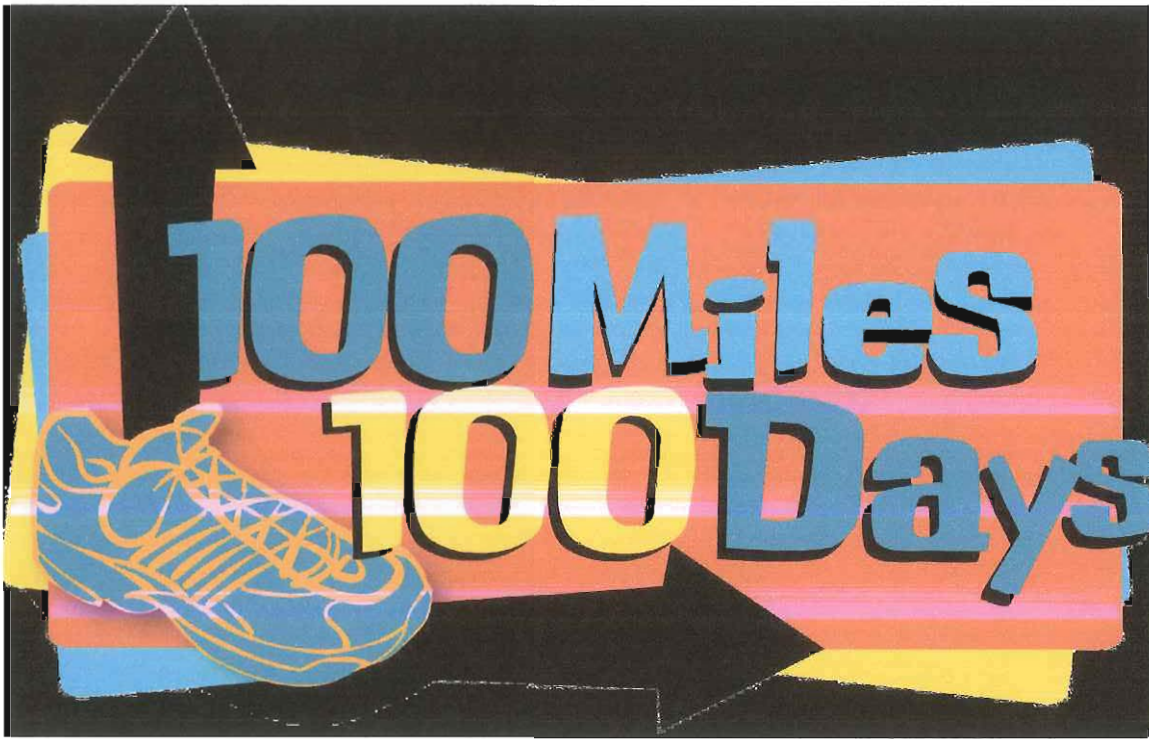
Nutrition Facts	
Serving Size 45 g	
Amount Per Serving	
Calories 140	Calories from Fat 22
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrates 27.0g	9%
Dietary Fiber 4.0g	16%
Protein 6.0g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%

WW Points (new system): 4 points

Variations:

- **Cinnamon Raisin:** add raisins before cooking. Stir in ground cinnamon and sweetener of choice (and butter-type spread if desired) after cooking.
- **Mounds Bar:** add shredded coconut, sweetener, and chocolate chips after cooking. Use coconut milk when it calls for "milk of choice." Slivered almonds optional.
- **Apple Pie:** peel 2 small apples, chop, and add them to the uncooked ingredients along with 1/2 tsp to 1 tsp cinnamon or apple pie spice. After cooking, stir a butter-type spread and sweetener of choice (good choices for this variation include brown sugar or Sucanat or coconut brown sugar) into hot oats.
- **Peanut Butter & Jelly Sandwich:** stir 1-2 tbsp peanut butter and 1-2 tbsp jelly into each cooked serving of oatmeal. Pour some milk of choice (such as almond milk) over top just before serving. Everyone knows a pb&j is nothing without the glass of milk!

Check out www.chocolatecoveredkatie.com for more great recipe ideas



The Saline County Wellness Committee invites you to join their new summer challenge!

Walk, Run or Jog 100 Miles in 100 Days!

Starts May 1st, ends August 8th

**Every County
Employee
Reaching 100
Miles wins
a Prize
and the**

**Benefits of a
Healthier
Lifestyle**



NO ENTRY FEE!!!! Just get up and GO!!!! This needs to be actual EXERCISE—Something out of your daily routine!!!

**SALINE COUNTY WELLNESS COMMITTEE
100 MILES in 100 DAYS CHALLENGE - TRACKING SHEET**

Name: _____ Email Address: _____

Please return the tracking scorecard to the Clerk's Office by Tuesday, August 13. **THANKS!**

Remember, you are a big winner just for taking part in this challenge!

DATE	MILES	DATE	MILES	DATE	MILES	DATE	MILES
May 1		June 1		July 1		August 1	
May 2		June 2		July 2		August 2	
May 3		June 3		July 3		August 3	
May 4		June 4		July 4		August 4	
May 5		June 5		July 5		August 5	
May 6		June 6		July 6		August 6	
May 7		June 7		July 7		August 7	
May 8		June 8		July 8		August 8	
May 9		June 9		July 9			
May 10		June 10		July 10			
May 11		June 11		July 11		YOU	
May 12		June 12		July 12		DID	
May 13		June 13		July 13		IT!!	
May 14		June 14		July 14			
May 15		June 15		July 15			
May 16		June 16		July 16			
May 17		June 17		July 17			
May 18		June 18		July 18			
May 19		June 19		July 19			
May 20		June 20		July 20			
May 21		June 21		July 21			
May 22		June 22		July 22			
May 23		June 23		July 23			
May 24		June 24		July 24			
May 25		June 25		July 25			
May 26		June 26		July 26			
May 27		June 27		July 27			
May 28		June 28		July 28			
May 29		June 29		July 29			
May 30		June 30		July 30			
May 31				July 31			
TOTAL			TOTAL		TOTAL		TOTAL

Do Nothing and Nothing Will Change!!!!





Body Pump & Body Flow FREE Launch

Saturday, April 27th

8:30 Body Pump

9:30 Body Flow

Wilber Physical Therapy

All Fitness Levels Welcome

Les Mills Launch at Wilber Physical Therapy

Saturday, April 27th

8:30 am: BODYPUMP 85

9:30 am: Introducing BODYFLOW 60
(New)

FREE sessions! ALL Fitness Levels
Welcome! Snacks provided!

If you want Change, Be Courageous &
Willing!

BODYPUMP: BARBELL WORKOUT THAT
STRENGTHENS AND TONES ENTIRE BODY

BODYFLOW: YOGA, TAI CHI, PILATES THAT BUILDS
FLEXIBILITY AND STRENGTH TO ACHIEVE A
CENTERED AND CALM FEELING

Real Results with new releases four times a year!

**Stephanie Krivohlavek will be offering FREE
Chair Massages as well!!!**



4 ways to get better sleep



People with insomnia struggle to get a good night's rest. They may be plagued by trouble falling asleep, unwelcome awakenings during the night, or fitful sleep — alone or in combination. They may feel drowsy during the day and yet be unable to nap. Insomnia can leave a person feeling anxious and irritable or forgetful and unable to concentrate.

This common sleep problem isn't by itself a disorder — rather it is a set of symptoms (much like fever or pain). Finding an effective solution requires uncovering the cause. Nearly half of insomnia cases stem from psychological or emotional issues. Stressful events, mild depression, or an anxiety disorder can make falling asleep and staying asleep difficult. Ideally, once the underlying cause is treated, the insomnia improves.

If you are having trouble sleeping or sleeping well, the following four techniques may help.

Sleep restriction. Fight the tendency to spend a lot of time in bed with the hope of falling asleep. In reality, less time in bed promotes more restful sleep and helps make the bedroom a welcome sight instead of a torture chamber.

Reconditioning. A few simple steps can help people with insomnia to associate the bedroom with sleep instead of sleeplessness and frustration. For example, use the bed only for sleeping or sex and go to bed only when you're sleepy. If you're unable to sleep, move to another room and do something relaxing. Stay up until you are sleepy, and then return to bed. If sleep does not follow quickly, repeat.

Relaxation techniques. A racing or worried mind is the enemy of sleep. Sometimes physical tension is to blame. Techniques to quiet a racing mind — such as meditation, breathing exercises, progressive muscle relaxation, and biofeedback — can help.

Cognitive behavioral therapy (CBT). CBT for insomnia aims to change the negative thoughts and beliefs about sleep into positive ones. People with insomnia tend to become preoccupied with sleep and apprehensive about the consequences of poor sleep. This worry makes relaxing and falling asleep nearly impossible. The basic tenets of this therapy include setting realistic goals and learning to let go of inaccurate thoughts that can interfere with sleep.

Even people without insomnia can have trouble getting a good night's rest. Many things can interfere with restorative sleep — crazy work schedules, anxiety, trouble putting down the smartphone, even what you eat and drink can compromise sleep.

The following three simple steps can help you sleep better.

Cut down on caffeine

Caffeine drinkers may find it harder to fall asleep than people who don't drink caffeine. Once they drift off, their sleep is shorter and lighter. For some, a single cup of coffee in the morning means a sleepless night. That may be because caffeine blocks the effects of adenosine, a neurotransmitter thought to promote sleep. Caffeine can also interrupt sleep by increasing the need to urinate during the night.

People who suffer from insomnia should avoid caffeine as much as possible, since its effects can endure for many hours. Because caffeine withdrawal can cause headaches, irritability, and extreme fatigue, it may be easier to cut back gradually rather than to go cold turkey. Those who can't or don't want to give up caffeine should avoid it after 2 p.m., or noon if they are especially caffeine-sensitive.

Stop smoking or chewing tobacco

Nicotine is a central nervous system stimulant that can cause insomnia. This potent drug makes it harder to fall asleep because it speeds your heart rate, raises blood pressure, and stimulates fast brain wave activity that indicates wakefulness. In people addicted to nicotine, a few hours without it is enough to induce withdrawal symptoms; the craving can even wake a smoker at night. People who kick the habit fall asleep more quickly and wake less often during the night. Sleep disturbance and daytime fatigue may occur during the initial withdrawal from nicotine, but even during this period, many former users report improvements in sleep. If you continue to use tobacco, avoid smoking or chewing it for at least one to two hours before bedtime.

Limit alcohol intake

Alcohol depresses the nervous system, so a nightcap may seem to help some people fall asleep. However, alcohol suppresses REM sleep, and the soporific effects disappear after a few hours. Drinkers have frequent awakenings and sometimes frightening dreams. Alcohol may be responsible for up to 10% of chronic insomnia cases. Also, alcohol can worsen snoring and other sleep breathing problems, sometimes to a dangerous extent. Even one drink can make a sleep-deprived person drowsy. In an automobile, the combination significantly increases a person's chance of having an accident.



7 tips for a safe and successful strength-training program

Strength or resistance training challenges your muscles with a stronger-than-usual counterforce, such as pushing against a wall or lifting a dumbbell or pulling on a resistance band. Using progressively heavier weights or increasing resistance makes muscles stronger. This kind of exercise increases muscle mass, tones muscles, and strengthens bones. It also helps you maintain the strength you need for everyday activities — lifting groceries, climbing stairs, rising from a chair, or rushing for the bus.

The current national guidelines for physical activity recommend strengthening exercises for all major muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) at least twice a week. One set — usually 8 to 12 repetitions of the same movement — per session is effective, though some evidence suggests that two to three sets may be better. Your muscles need at least 48 hours to recover between strength training sessions.

These seven tips can keep your strength training safe **and** effective.

1. Warm up and cool down for five to 10 minutes. Walking is a fine way to warm up; stretching is an excellent way to cool down.
2. Focus on form, not weight. Align your body correctly and move smoothly through each exercise. Poor form can prompt injuries and slow gains. When learning a strength training routine, many experts suggest starting with no weight, or very light weight. Concentrate on slow, smooth lifts and equally controlled descents while isolating a muscle group.
3. Working at the right tempo helps you stay in control rather than compromise strength gains through momentum. For example, count to three while lowering a weight, hold, then count to three while raising it to the starting position.
4. Pay attention to your breathing during your workouts. Exhale as you work against resistance by lifting, pushing, or pulling; inhale as you release.
5. Keep challenging muscles by slowly increasing weight or resistance. The right weight for you differs depending on the exercise. Choose a weight that tires the targeted muscle or muscles by the last two repetitions while still allowing you to maintain good form. If you can't do the last two reps, choose a lighter weight. When it feels too easy to complete add weight (roughly 1 to 2 pounds for arms, 2 to 5 pounds for legs), or add another set of repetitions to your workout (up to three sets). If you add weight, remember that you should be able to do all the repetitions with good form and the targeted muscles should feel tired by the last two.
6. Stick with your routine — working all the major muscles of your body two or three times a week is ideal. You can choose to do one full-body strength workout two or three times a week, or you may break your strength workout into upper- and lower-body components. In that case, be sure you perform each component two or three times a week.
7. Give muscles time off. Strength training causes tiny tears in muscle tissue. These tears aren't harmful, but they are important: muscles grow stronger as the tears knit up. Always give your muscles at least 48 hours to recover before your next strength training session.