



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

Mark your calendars for the upcoming nutrition classes:

WEDNESDAY, SEPTEMBER 11, 2013

THURSDAY, OCTOBER 10, 2013

WEDNESDAY, NOVEMBER 13, 2013

MONDAY, DECEMBER 2, 2013

Missed a Past Nutrition Class??? Nutrition Classes are available on DVD--copy at Extension Office, Courthouse & Jail

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

CHAIR MASSAGES ARE BACK

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.

Stephanie is at the Courthouse on 'PayDay' Fridays.

15 minute massages are \$15, 30 minute massages \$30.

Massages are a great way to relax, alleviate stress and rejuvenate your body!!!

10 Ways to Get Your Diet Back on Track

By PositiveMed.com

Start now by recommitting today
Drink water like it's your job
Plan each meal

Eat! don't make up for overeating by not eating
Revisit your food journal and repeat a good week

Remind yourself how far you've come

Move get your sweat on

Don't let a bad week turn into a bad month

Vegetables are your friends

Repeat this tomorrow

More health & wellness tips on PositiveMed.com

Congratulations to the Winners of the 100 Miles in 100 Days Challenge!!!

**Matt Jonas (175.00)

**Anita Novotny (110.00)

**Diane Krupicka (105.00)

**Jennifer Warning (100.31)

**Kathy Nienaber (102.00)

**Daryl Fikar (146.00)

**Kylie Hanson (110.93)

**Diane Troshynski (122.6)

**Judy Florian (105.00)

Each Winner Will Receive a \$15.00 Gift Certificate From Subway!!!

THE HEALTHY KITCHEN

A complete guide to healthier cooking & baking

PIECESINPROGRESS.TUMBLR.COM

START WITH THE RIGHT INGREDIENTS

Focus on healthy & fresh ingredients, they'll make your overall dish taste better & be better for you!

FOR YOUR GRAINS: QUINOA, WHOLE WHEAT, BROWN RICE, RYE/DARK GRAINS, ENRICHED PASTA, WHOLE OATS.

FOR YOUR VEGGIES: GO TO LOCAL FARMER'S MARKETS, GET THEM AS FRESH AS POSSIBLE.

FOR YOUR DAIRY: BUY LOCAL IF POSSIBLE, GREEK YOGURT, ORGANIC OR NATURAL, LOW FAT OR FAT FREE.

FOR YOUR FRUITS: ESPECIALLY LOOK FOR LOCAL OR IN SEASON FOODS (it'll save money too!)

OTHER: MAKE YOUR OWN SAUCES AND TOPPINGS! ITEMS LIKE HUMMUS, GREEK YOGURT DIPS, SALSAS, SALADS MARINADES, SALAD DRESSING, EVEN FROSTINGS!

WAYS TO ADD FLAVOR!

DRIED SPICES

LEMON JUICE

GARLIC

FRESH HERBS

LIME JUICE

PEPPERS

CURRY PASTE

FOCUS ON COOKING METHODS

BAKING: Spray pan with non stick spray or use tin foil to keep from sticking.

BROILING: Like baking but on a much higher temperature. Great for meat or tofu!

GRILLING: Try marinating your items in lemon, garlic, wine or other lighter ingredients for a few hours or the night before. I love putting grilled items on skewers!

PRESSED: Make Panini's! You don't need extra oil or butter but still get a great crisp by adding pressure on a small in home griddle.

RAW: Try going raw! Beans, veggies and tofu are all great raw with light dressings!

SAUTEING: Use medium heat and water (instead of oil) to keep from sticking.

STEAMING: Excellent with veggies like asparagus or broccoli, it preserves nutrients and flavor. Use lighter dressings once cooked like fresh lemon juice.

Crazy 8 Challenge

New Challenge starting September 1, 2013

This new challenge is FREE to join. It is a 6 week challenge, starting September 1, 2013 and ending Sunday, October 13, 2013.

There are 8 categories (and one BONUS category) in which you can receive points:

- **Water**—1 Point for every 8 oz of water drank during the day
- **Exercise**—5 Points for every 30 minutes of continual exercise per day (45 min = 7.5 points, 60 min = 10 points, etc.)
- **Sleep**—1 Point for every night you sleep 7 or more hours (**Max 1 Point/Day**)
- **Fruits or Vegetables**—1 Point for every serving of Fruits or Vegetables you eat each day
- **Alcohol**—1 Point for every day you do not consume alcohol, 0 Points if you have one and Subtract 1 Point for every drink you have over 1 a day (Example—if you have 4 drinks in one day, you would subtract 3 points for that day) (**Max 1 Point/Day**)
- **Relaxation**—1 Point for every day you do something to relax (Ex. Massage, Read a Book, Hot Bath, Hobby, Long Walk, Pedicure, etc.) (**Max 1 Point/Day**)
- **Nutrition Class**—10 Points for each nutrition class you attend (if you are unable to attend, you may watch a video tape of the class to earn the points)
- **Tom Sweeney**—10 Points if you attend the September Tom Sweeney/Victoria Rethmeier Open House (if you are unable to attend, you may contact a wellness committee member to watch the video or learn how to use the fitness center equipment to earn the points)
- **Bonus**—Weight Loss—1 Point for Every Pound You Lose

To "Win" the challenge you must have at least 500 points at the end of the 6 weeks. In addition, you must submit a copy of your log sheet each week by the following Wednesday in order for that week's points to count. If you fail to turn in your log sheet, that week's points will be disqualified from your total. **Each week you will be entered into a weekly drawing!**

Submit a weekly copy via email to kerryh@diodecom.net or by fax to 402-821-3381 or drop off a copy in the Clerk's office.

Only employees can qualify for prizes during this challenge, but we encourage you to get your whole family or a buddy involved!!

Crazy 8 Challenge

Beginning Weight _____

If you would like an electronic log sheet, please let me know.

Ending Weight _____

Drop off a weekly copy at Clerk's office, fax to 402-821-3381 or email to kerryh@diodecom.net

BONUS

| | Water | Exercise | Sleep | Fruits OR Vegetables | Alcohol | Stress Relief | Nutrition Class | Tom Sweeney | Weight Loss | TOTAL POINTS |
|---------------------|-------|----------|-------|-------------------------|---------|------------------|--------------------|----------------|----------------|-----------------|
| September 1 | | | | | | | | | | |
| September 2 | | | | | | | | | | |
| September 3 | | | | | | | | | | |
| September 4 | | | | | | | | | | |
| September 5 | | | | | | | | | | |
| September 6 | | | | | | | | | | |
| September 7 | | | | | | | | | | |
| TOTAL WEEK 1 | | | | | | | | | | |
| September 8 | | | | | | | | | | |
| September 9 | | | | | | | | | | |
| September 10 | | | | | | | | | | |
| September 11 | | | | | | | | | | |
| September 12 | | | | | | | | | | |
| September 13 | | | | | | | | | | |
| September 14 | | | | | | | | | | |
| TOTAL WEEK 2 | | | | | | | | | | |
| September 15 | | | | | | | | | | |
| September 16 | | | | | | | | | | |
| September 17 | | | | | | | | | | |
| September 18 | | | | | | | | | | |
| September 19 | | | | | | | | | | |
| September 20 | | | | | | | | | | |
| September 21 | | | | | | | | | | |
| TOTAL WEEK 3 | | | | | | | | | | |
| September 22 | | | | | | | | | | |
| September 23 | | | | | | | | | | |
| September 24 | | | | | | | | | | |
| September 25 | | | | | | | | | | |
| September 26 | | | | | | | | | | |
| September 27 | | | | | | | | | | |
| September 28 | | | | | | | | | | |
| TOTAL WEEK 4 | | | | | | | | | | |
| September 29 | | | | | | | | | | |
| September 30 | | | | | | | | | | |
| October 1 | | | | | | | | | | |
| October 2 | | | | | | | | | | |
| October 3 | | | | | | | | | | |
| October 4 | | | | | | | | | | |
| October 5 | | | | | | | | | | |
| TOTAL WEEK 5 | | | | | | | | | | |
| October 6 | | | | | | | | | | |
| October 7 | | | | | | | | | | |
| October 8 | | | | | | | | | | |
| October 9 | | | | | | | | | | |
| October 10 | | | | | | | | | | |
| October 11 | | | | | | | | | | |
| October 12 | | | | | | | | | | |
| October 13 | | | | | | | | | | |
| TOTAL WEEK 6 | | | | | | | | | | |
| TOTAL POINTS | | | | | | | | | | |

Water--1 Point for every 8 oz of water drank during the day

Exercise--5 Points for every 30 Minutes of continual exercise per day (45 min = 7.5, 60 min = 10, etc.)

Sleep--1 Point for every night you sleep 7 or more hours

Fruits or Vegetables--1 Point for every serving of Fruits or Vegetables you eat each day

Alcohol--1 Point for every day you do not consume alcohol, 0 Points if you have one, subtract 1 point for every drink you have over 1 a Day

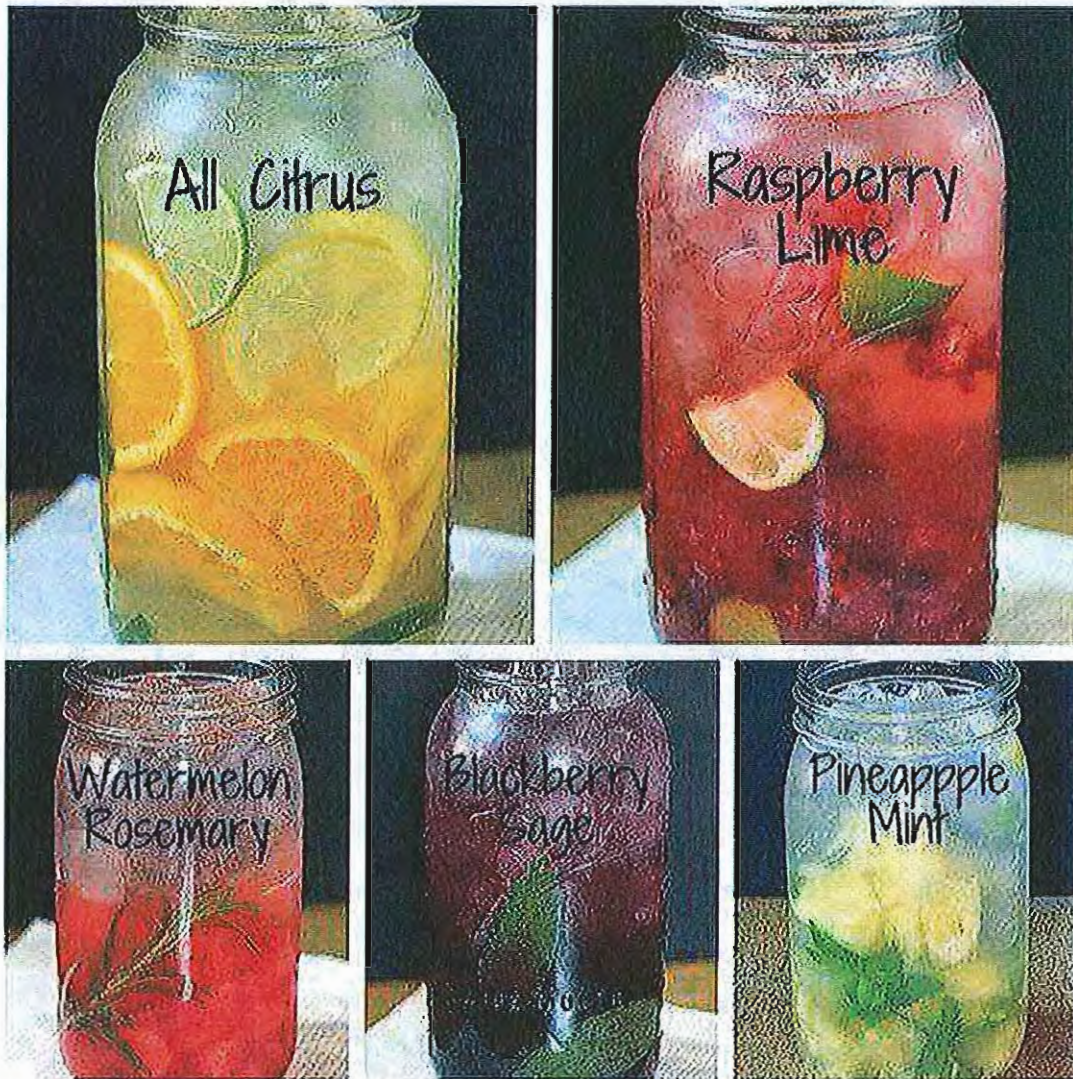
Relaxation--1 Point for every day you do something to relax (Ex. Massage, Read a Book, Hot Bath, Hobby, Long Walk, Pedicure, etc.)

Nutrition Class--10 Points for each Nutrition Class you attend

Tom Sweeney--10 Points if you attend the September Tom Sweeney/Victoria Rethmeier Fitness Center Open House

BONUS--Weight Loss--1 Point for Every Pound You Lose

This Challenge Is On The Honor System--If You Cheat, You Are Only Cheating Yourself



~ SPRING CLEANSE ~ YOUR BODY ~

But if you really want to cleanse then DRINK, DRINK, DRINK. Here are 9 home made vitamin water recipes to help you keep the water flowing!

As a rule, you should try to avoid as much as possible industrial food and beverages

THE CLASSICAL: LEMON/CUCUMBER

Mix in a pitcher: 10 cups of water + 1 cucumber and a lemon, thinly sliced + 1/4 cup fresh finely chopped basil leaf + 1/3 of finely chopped fresh mint leaves. Leave in the refrigerator overnight before serving.

THE GRANITE: STRAWBERRY/LIME OR RASPBERRY/LIME

Mix in a pitcher : 10 cups of water + 6 strawberries / Or Raspberries and one thinly sliced lime + 12 finely chopped fresh mint leaves. Leave in the refrigerator overnight before serving.

THE DIGESTIVE: FENNEL/CITRUS

First: infuse 1 to 3 grams of dried and crushed fennel in 150 ml of boiling water for 5-10 minutes. Allow to cool.

Mix in a pitcher: 10 cups of water + lemon juice (put the leftover lemon in the mix) + a small thinly sliced orange + 12 fresh chopped mint leaves + the infusion of fennel seeds. Leave in refrigerator overnight before serving.

THE ANTI-OX: BLACKBERRY/SAGE

Note that a part from the berries, sage leaves is the herb that has the highest antioxidant content.

Mix in a pitcher : 10 cups of water + 1 cup of blackberries that have been very slightly crushed + 3-4 sage leaves. Leave in refrigerator overnight before serving.

THE 'WATER'MELON: WATERMELON/ROSEMARY

Mix in a pitcher : 10 cups of water + 1 cup of watermelon cut into cubes + 2 rosemary stems. Leave in refrigerator overnight before serving.

THE EXOTIC: PINEAPPLE/MINT

Mix in a pitcher : 10 cups of water + 1 cup of pineapple cut into cubes + 12 fresh mint leaves finely chopped. Leave in the refrigerator overnight before serving.

THE TRADITIONAL: APPLE/CINNAMON

Mix in a pitcher : 10 cups of water + 1 cup of apple cut into cubes + 2 cinnamon sticks + 2 teaspoon of ground cinnamon. Leave in the refrigerator overnight before serving.

THE ZINGIBIR: GINGER/TEA

In advance: heat 1 teaspoon of ginger in two cups of tea, let it cool down.

Mix in a pitcher: 10 cups of water with two cups of the ginger tea + 4-5 pieces of fresh ginger cut into cubes. Leave in the refrigerator overnight before serving.

Everyone has plenty of family favorites that, while delicious, are pretty far from guilt-free. Thankfully, there are some fantastic ingredient swaps that can easily slim down traditional recipes.

Check 'em out...at www.hungry-girl.com



Instead of sweet potatoes... Try butternut squash! The taste and texture are very similar to sweet potatoes, but the squash is much lower in starchy carbs. It's perfect for casseroles.

Instead of eggs... Break out the fat-free liquid egg substitute! This is one of the most seamless, simple, and effective swaps you can make. Just replace each egg in a recipe with 1/4 cup of the substitute. You'll save around 45 calories and 5g fat for each egg you swap out, and those numbers add up fast! [Egg Beaters Original](#) is my go-to egg substitute. It's essentially egg whites with a few added nutrients. Use it in pretty much any recipe that calls for eggs.

Instead of regular ground beef... Go for extra-lean ground beef, lean ground turkey, or [ground-beef-style soy crumbles](#) (like the kind by Boca or MorningStar Farms). Extra-lean beef (4% fat or less) will save you major calories and fat while maintaining that real beef flavor. The lean turkey (7% fat or less) is also an excellent guilt-free alternative. The soy crumbles will slim down your dish the most, and they have a great beefy taste -- just thaw them, season them, and use like cooked ground beef!

Instead of dairy milk... Check out unsweetened almond milk, light soymilk, or another low-calorie milk swap. I love using [Unsweetened Vanilla Almond Breeze](#) in place of milk in dessert recipes. It has 40 calories and 3.5g fat per cup, compared to the 150 calories and 8g fat in a cup of full-fat (whole) dairy milk. There's a plain version of Unsweetened Almond Breeze, by the way. Great for savory recipes! Pretty much the only place you can't use almond milk or soymilk instead of dairy milk is in puddings and custards... The milk swaps won't "set" like dairy milk. In those cases, use fat-free dairy milk, which has about 90 calories a cup.

Instead of granulated white sugar... Consider a no-calorie granulated sweetener, like [Splenda](#) or [Stevia In The Raw](#). Granulated sweeteners are different from the packeted products. They're specifically meant to measure cup-for-cup like real sugar. And while they do have *some* calories (a full cup of Splenda No Calorie Sweetener has about 96 calories), the savings are still pretty major -- a cup of granulated sugar has almost 800 calories! Since sugar substitutes can alter the taste of a recipe, you might want to swap out just half of the sugar.

More light ingredients to try! Trade out full-fat dairy items and condiments -- cheese, sour cream, mayo, etc. - - for fat-free or low-fat versions. And fat-free Greek yogurt makes an excellent sour cream swap! For creamy condensed soups, check out [Campbell's 98% fat-free options](#). And always spritz your pots and pans with nonstick cooking spray instead of coating them with oil or butter.

By the way, there's an entire episode of [Hungry Girl](#) about revamping "Mom's Favorites"!



Make your own Ranch, Dry Onion Soup Mix and Taco Seasoning and store in small mason jars....This is soooo much HEALTHIER than those you buy at the store!! They contain a TON of stuff that is not good for you!!

Taco Seasoning:

| | |
|----------------------|----------------------------|
| 1/2 cup chili powder | 1/4 cup onion powder |
| 1/8 cup ground cumin | 1 tablespoon garlic powder |
| 1 tablespoon paprika | 1 tablespoon sea salt |

Put ingredients into a jar and shake.

Use 2 tablespoons and 3/4c water for each pound of meat.

Dry Onion Soup Mix:

| | |
|-----------------------------|----------------------------|
| 2/3 cup dried, minced onion | 3 teaspoons parsley flakes |
| 2 teaspoons onion powder | 2 teaspoons turmeric |
| 1 teaspoon celery salt | 1 teaspoon sea salt |
| 1 teaspoon sugar | 1/2 teaspoon ground pepper |

Mix all ingredients in a jar, then give the jar a good shake, or mix ahead of time before adding to the jar. I'd recommend shaking the jar to mix the ingredients well before each use.

Use 4 tablespoons in a recipe in place of 1 packet of onion soup mix. Store this in a dry, cool place.

Ranch:

| | |
|-----------------------------------|----------------------------|
| 5 tablespoons dried minced onions | 7 teaspoons parsley flakes |
| 4 teaspoons salt | 1 teaspoon garlic powder |

Mix together and store in an air tight container.

For dressing: Mix 2 tablespoons dry mix with 1 cup Greek Yogurt or mayonnaise and 1 cup buttermilk or sour cream or to make it healthier 1/4c skim milk.

For dip: Mix 2 tablespoons dry mix with 2 cups sour cream or Greek Yogurt.

Mix up a few hours before serving, so the flavors all blend.