



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

Healthy Holidays: How to Survive Holiday Feasting

5:30 pm, Wednesday, November 20th 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??? Nutrition Classes are available on DVD

Presentation will last about 1 hour with Q&A to follow.

One space on NOVEMBER BINGO

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 will be at the courthouse on:

Friday, November 1st

Friday, November 15th

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

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



95%

"Today, more than
of all chronic disease is caused by **food choice,**
toxic food ingredients, nutritional deficiencies
and **lack of physical exercise.**"

- Mike Adams, the Health Ranger



SALINE COUNTY 3RD ANNUAL HEALTH FAIR

COMING IN MARCH 2014

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.

Plan your annual physical or doctor visits around this annual event so that you can take advantage of this FREE Opportunity!!!

Test Results will be supplied to you and faxed to your doctor.

Included in the Wellness Health Screening:

*Body Mass Index (BMI)

*Height & Weight

*Blood Pressure

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

*Lipid Panel (Cholesterol, Triglycerides, HDL, LDL, Cholesterol/HDL Ratio)

*Complete Blood Count - CBC (White Blood Count (WBC), Red Blood Count (RBC), Hemoglobin (HGB), HCT, MCV, MCH, MCHC, RDW, PLT, MPV)

*TSH (Thyroid Stimulating Hormone) - Available for **FREE** Upon Request

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

*A1C (Hemoglobin A1C) - Available for **FREE** Upon Request

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!**



**BlueCross
BlueShield**

Blue Cross Blue Shield of Nebraska

Representatives from Blue Cross Blue Shield of Nebraska will be at the extension office on Thursday, November 14, 2013 at 5:30 pm to discuss the Patient Protection and Affordable Care Act and answer questions

about your insurance. This is open to all county employees and their spouses.

Please contact Sharon or Brandi at 402-821-2588 if you plan to attend.

**TURN YOUR WORKOUTS
INTO REWARDS**

every move
With the Nebraska Moves! Program from Blue Cross and Blue Shield of Nebraska

It's about time you were rewarded for your healthy lifestyle! With EveryMove, your everyday activities generate points that turn into great rewards from brands and merchants who want to cheer you on. All you have to do is... well, do something! Run, bike, mow the lawn, walk the dog, it all counts.

Register at everymove.org/NebraskaMoves. Download the mobile app!

A pixelated illustration of a turkey with a red wattle and blue feathers, set against a blue sky with white clouds.

NOVEMBER

BINGO

INSTRUCTIONS



Mark each BINGO square that you complete in November



Turn in your November BINGO Sheet by Friday, December 6, 2013.



For each "BINGO" you receive (across, down, diagonal) your name will be entered in a drawing for **PRIZES**. Your name can be entered up to twelve times.



If you have a "BLACKOUT" on your BINGO card, your name will be entered in the drawing twelve times and you will be awarded a prize in addition to the drawing.

**THIS CHALLENGE IS ON THE HONOR SYSTEM,
IF YOU CHEAT,
YOU ARE ONLY CHEATING YOURSELF!!!**

A pixelated illustration of a farm scene. In the foreground, there are several large, golden-yellow haystacks. In the background, there is a red barn with a white roof and a window. The sky is blue with white clouds.

NOVEMBER

B	I	N	G	O
Read November Nutrition Letter	No sweets three consecutive days twice this month	6 exercise sessions of 30 minutes or more this month	Keep a food journal for a week	Attend the November nutrition class (or watch the video)
Do 20 squats or use the New Step machine for 20 minutes 5 days this month	Eat 3 or 4 servings of dairy daily (do this 8 times this month)	Eat a healthy lunch all week	Try a new exercise class, DVD or do a new exercise routine 4 times this month	No alcohol 3 consecutive days each week
Drink at least 8-8 oz glasses of water 3 days each week	Track your steps on a pedometer or the New Step machine every day for a week		Get a flu shot (in October or November)	Eat 5-6 small meals 3 consecutive days
Do a good deed for a stranger	Relax and spend an hour with friends or family 4 times this month	No pop 3 consecutive days twice this month	Eat an average of 4 cups of fruits and/or veggies daily	Take a walk or ride a bike over your lunch hour twice this month
Work out at the Fitness Center 5 times this month	No fast food for an entire week	Involve your family or a friend in your fitness routine at least once each week	Get 7 or more hours of sleep 4 days each week	Maintain your weight during the holidays (or lose weight)



Name: _____



Pumpkin Season is Upon Us..

Enjoy these Festive Fall Recipes



Pumpkin Harvest Bread Pudding

Nutrition Info

- Calories: 164.9
- Fat: 0.8g
- Carbohydrates: 34.1g
- Protein: 8.8g

Ingredients

Cook and Serve Sugar Free/Fat Free Vanilla Pudding Mix
3 cups Fat Free Milk
1-15 ounce can pumpkin (unsweetened)
1 teaspoon vanilla extract
2 teaspoons Pumpkin Pie Spice
1/2 cup Splenda Granular
6 slices Light Bread (40 calories or less)

Directions

Preheat oven to 350 degrees. Spray an 8-by-8-inch baking dish with butter-flavored cooking spray. In a large saucepan, combine dry pudding mix and milk. Cook over medium heat until mixture starts to thicken and begins to boil, stirring often. Remove from heat. Stir in pumpkin, pumpkin pie spice, Splenda, and vanilla extract. Add bread pieces. Mix gently to combine. Spread mixture evenly into prepared baking dish. Bake for 30 minutes. Place baking dish on a wire rack and let set for 5 minutes. Divide into 6 servings.

Number of Servings: 6



Pumpkin Chocolate Chip Muffins

Nutrition Info

- Calories: 174.6
- Fat: 6.7g
- Carbohydrates: 32.5g
- Protein: 2.2g

Ingredients

1 1/2 C packed brown sugar
1/2 C vegetable oil
4 eggs
1 15 oz can pumpkin
1/2 C water
3 C flour
1 1/2 tsp baking powder
1 tsp baking soda
1 tsp ground cloves
2 tsp ground cinnamon
1/2 salt
1 tsp ground nutmeg
1 C semisweet chocolate chips

Directions

Preheat oven to 400 degrees F. Spray muffin pan with non-stick spray or use paper liners. Mix sugar, oil, eggs, pumpkin and water until smooth. In a separate bowl mix flour, soda, powder, spices and salt. Combine wet and dry ingredients until smooth - stir in chocolate chips. Fill muffin cups 2/3 with batter. Bake at 400 20-25 minutes.



2-Ingredient Pumpkin Muffins

Nutrition Info

- Calories: 113.8
- Fat: 0.4g
- Carbohydrates: 24.4g
- Protein: 2.9g

Ingredients

- 1 box spice cake mix
- 1 (15-ounce) can pure pumpkin puree

Directions

Simply mix the pumpkin and the spice cake mix powder together and drop by heaping tablespoons into greased muffin cups. Bake at 350 18-22 minutes or until a knife comes out clean



Easy Pumpkin Chocolate Chip Cookies

Nutrition Info

- Calories: 85.3
- Fat: 2.6g
- Carbohydrates: 15.2g
- Protein: 1.1g

Ingredients

- 1 box spice cake mix
- 15 oz. canned pumpkin
- 1 cup chocolate chips

Directions

Combine all ingredients and drop by teaspoons onto cookie sheet. Bake for 12 minutes at 350 degrees. Super Easy!!

Number of Servings: 36

Ingredients

- 2 cups all-purpose flour
- 2 cup whole wheat flour
- 1 teaspoon baking soda
- 4 teaspoons baking powder
- 1 tsp salt
- 1 Tbsp pumpkin pie spice
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 1/4 cup olive oil
- 4 eggs, lightly beaten
- 1 cup lowfat (2%) milk
- 1 (15-ounce) can pumpkin
- 2 ripe bananas, mashed

Directions

Preheat oven to 350
Combine flour and next 4 ingredients (through pumpkin pie spice) in a large bowl; make a well in center of mixture. Combine sugar and all wet ingredients in a medium bowl; stir with a whisk until smooth. Add to flour mixture, stirring just until moist.

Spoon batter into 2 (9 x 5-inch) loaf pans coated with cooking spray. Bake at 350 for 1 hour or until a wooden pick inserted in center comes out clean. Cool loaves in pans 10 minutes on a wire rack; remove from pans. Cool loaves completely.

Yield: 2 loaves, 16 slices per loaf (serving size: 1 slice)
Number of Servings: 32



Healthy Pumpkin Banana Bread

Nutrition Info

- Calories: 106.2
- Fat: 2.3g
- Carbohydrates: 19.9g
- Protein: 3.1g

Protect your health. Prevent disease.

more
Eat fruits & veggies...
more does matter!

Why More?

Eating more fruits and veggies everyday – at every meal and for snacks – does matter to your health and can help protect the body from disease. Research supports that individuals eating more fruits and vegetables - as part of a healthy diet - are more likely to have reduced risk of heart disease, stroke, diabetes, and some cancers. Additionally, eating more fruits and vegetables instead of high-fat and high-calorie foods may make it easier to achieve and maintain a healthy weight.

How Much More?

Every small step toward eating more fruits and vegetables counts! And all forms of fruits and vegetables count – fresh, frozen, canned, dried, and 100% juice. Use the following chart to know the amount you need each and every day:

Women		
Age	Fruits	Vegetables
19 - 30	2 cups	2.5 cups
31 - 50	1.5 cups	2.5 cups
51+	1.5 cups	2 cups

Men		
Age	Fruits	Vegetables
19 - 50	2 cups	3 cups
51+	2 cups	2.5 cups

Girls		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1 cup	1.5 cups
9 - 13	1.5 cups	2 cups
14 - 18	1.5 cups	2.5 cups

Boys		
Age	Fruits	Vegetables
2 - 3	1 cup	1 cup
4 - 8	1.5 cups	1.5 cups
9 - 13	1.5 cups	2.5 cups
14 - 18	2 cups	3 cups

These amounts are for less active people. Visit www.fruitsandveggiesmatter.gov to see the amounts needed by more active people.

One cup refers to a common measuring cup (the kind used in recipes). In general, 1 cup of raw or cooked vegetables or 2 cups of raw leafy greens can be considered as 1 cup from the vegetable group. One cup of fresh or canned fruit or ½ cup of dried fruit can be considered as 1 cup from the fruit group. Go easy on 100% fruit juice. While 100% juice can count towards your intake, the majority of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber. ½ cup (4 fluid ounces) of 100% fruit juice does count as ½ cup of fruit in meeting your requirements.



A Rainbow of Color

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Lead the Way!

Be a leader in making the healthy choice easier for yourself, your family and your community. Eating more fruits and veggies is an easy choice when they are available, affordable, convenient, and taste great. Take time at home, at work, and in your community to support healthy eating. Here are some suggestions:

Home	<ul style="list-style-type: none"> • Keep fruits and veggies always available - in arms reach • Plant a garden • Get family members involved in picking out and preparing the fruits and veggies
School	<ul style="list-style-type: none"> • Suggest a fruit and vegetable fundraising event • Plant or organize a school garden • Join (or start) a school wellness team to address fruit and veggie access and promotion where ever food is sold/offered at school
Work	<ul style="list-style-type: none"> • Assist in establishing "Healthy Meeting Guidelines" for work events to include fruits and vegetables whenever food is served • Ask for more fruit and vegetable options in your worksite cafeteria or vending • Join (or start) a worksite wellness group to address fruit and veggie access and promotion where ever food is sold/offered in the work place
Community	<ul style="list-style-type: none"> • Visit your local farmers market regularly • Encourage healthy food at community events and functions • Request more fruits and vegetables at your grocery or convenience store

Optimize your Health

Eating fruits and vegetables is one of six national strategies supported by research to protect health and prevent disease. The other strategies include, being physically active, breastfeeding, drinking less sugar-sweetened beverages, reducing food portions, and watching less TV. To learn more, visit: www.dhhs.ne.gov/nafh

Resources

www.fruitsandveggiesmatter.gov
www.fruitsandveggiesmorematters.org

