



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: Feasting, Not Fasting
5:30 pm, Monday, December 2nd at the Extension Office

THERE WILL BE FOOD SAMPLES, RECIPIES, SUBSTITUTIONS!!!

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 **DECEMBER 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 or 30 minute private massage. Stephanie will be at the courthouse on:

Friday, December 13th

Friday, December 27th

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

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

**KNOW WHAT'S BETTER THAN EATING THAT
THING YOU'VE WANTED FOR DAYS?**

HELPMGETTHIN.TUMBLR.COM



**LOSING THAT WEIGHT
YOU'VE WANTED TO LOSE FOR YEARS**



SALINE COUNTY 3RD ANNUAL HEALTH FAIR

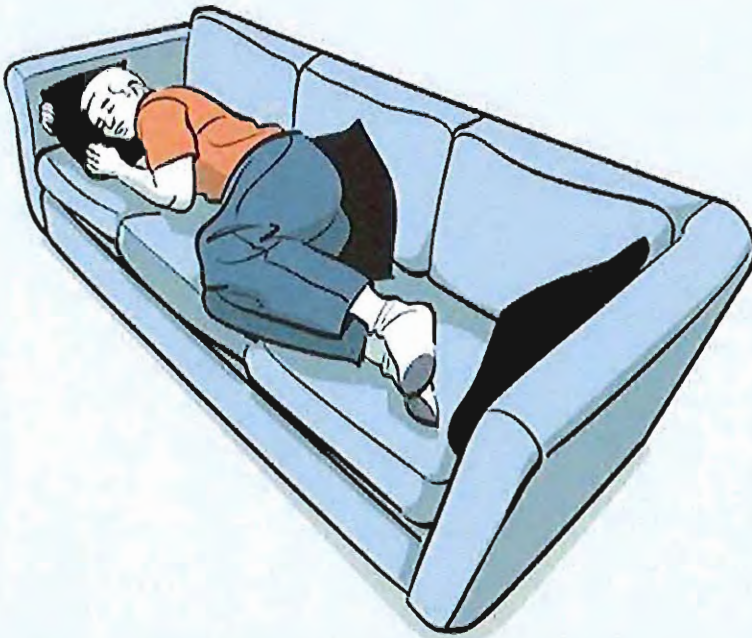
COMING SOON!!!

Saline County will once again be offering **FREE** Health Screenings to all employees and their spouses.

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.

How Long to Nap



10 to 20 Minutes

This power nap is ideal for a boost in alertness and energy, experts say. This length usually limits you to the lighter stages of non-rapid eye movement (NREM) sleep, making it easier to hit the ground running after waking up.

30 Minutes

Some studies show sleeping this long may cause sleep inertia, a hangover-like groggy feeling that lasts for up to 30 minutes after waking up, before the nap's restorative benefits become apparent.

60 Minutes

This nap is best for improvement in remembering facts, faces and names. It includes slow-wave sleep, the deepest type. The downside: some grogginess upon waking up.

90 Minutes

This is a full cycle of sleep, meaning the lighter and deeper stages, including REM (rapid eye movement) sleep, typically likened to the dreaming stage. This leads to improved emotional and procedural memory (i.e. riding a bike, playing the piano) and creativity. A nap of this length typically avoids sleep inertia, making it easier to wake up.

SURVEY--HOW ARE WE DOING?? WHAT DO YOU WANT TO SEE??

As of this month, the Saline County Wellness Committee has provided a monthly newsletter each month in 2013. In addition, we have offered an annual Health Fair, many fitness challenges throughout the year, new equipment at the fitness center, healthier snacks, nutrition classes... Now we want to hear from you!!!! What do you like, what would added, changed, etc.???? Please return to Saline County Clerk's office. Your information is confidential. Thanks! Your time is appreciated!!

What do you like best? _____ What do you like least? _____

Do you exercise regularly? _____ If so, how long & how often? _____

What are your fitness goals? _____

What can we do to help with your fitness goals? _____

Do you have healthier eating goals? _____ What are they? _____

What can we do to help with your healthier eating goals? _____

What are some possible topics or speakers that you would like us to schedule in the upcoming year? _____

If you HAVE participated in the challenges, why? _____

If you HAVEN'T participated in the challenges, why not? _____

What kind of challenges have you liked best? _____ Thoughts for other challenges? _____





What motivates you the best? _____

Do you use the fitness center? _____ If not, why not? _____

Which fitness center equipment do you use most often? _____



DECEMBER BINGO INSTRUCTIONS

-  Mark each BINGO square that you complete in December
-  Turn in your December BINGO Sheet by Monday, January 6, 2014.
-  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!!!**

DECEMBER

B I N G O



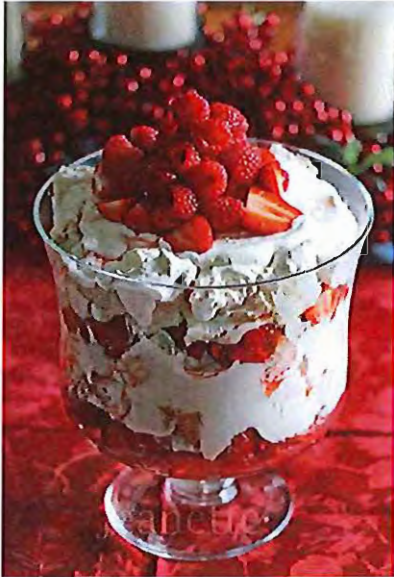
Read the December Newsletter	Do 20 squats or use the New Step machine for 20 minutes 5 days this month	No snacking 1 day every week	No fast food for a week	Work out at the Fitness Center 5 times this month
Stretch for 5 minutes after waking up 4 consecutive days twice this month	Drink at least 8-8 oz glasses of water 3 days each week	Do not use tobacco 3 consecutive days each week	Do cardio for at least 30 minutes 6 times this month	Relax and do something you enjoy for an hour 3 times each week
No sweets three consecutive days twice this month	No alcohol 3 consecutive days each week	 Take a nap 3 times this month	Say no to a Christmas cookie	
Volunteer your time with an organization or fund raiser	No pop 3 consecutive days twice this month	Do strength training for at least 30 minutes 6 times this month	Walk, Run or Bike 30 minutes 5 days each week	Get at least 7 or more hours of sleep 4 days each week
Maintain your weight during the holidays (or lose weight)	Try a form of exercise you have never done before (do this 3 times this month)	Eat 4 cups of fruits and/or veggies 5 consecutive days	Purchase something or do a kind deed for someone in need this Holiday season	Attend the December nutrition class (or watch the video)

Name: _____





Healthy Christmas Recipes



Skinny Strawberry Cheesecake Trifle

Time: 40 minutes Yield: 16
Calories per serving: 280 Fat per serving: 6.5
Each serving is about 40% lower in calories and has 75% less fat than a version made with full fat cream cheese, full fat sour cream, and butter pound cake.

Ingredients:

*2 cups non-fat or low-fat cottage cheese
*2 cups powdered sugar *1 cup non-fat or low-fat sour cream
*2 teaspoons vanilla extract *1/2 teaspoon almond extract
*1 cup whipping cream *1 teaspoon vanilla extract
*1 tablespoon sugar *1 Angel Food cake, cut into 1" cubes
*1 quart fresh strawberries *sliced 1 quart fresh raspberries
*2 tablespoons sugar *3 tablespoons amaretto

fresh raspberries, for garnish

Directions:

Place cottage cheese in food processor and process until smooth. Add powdered sugar, sour cream, vanilla and almond extracts and process until mixed well. Beat whipping cream until light peaks form. Add 1 teaspoon vanilla extract and 1 tablespoon sugar. Continue to beat until stiff peaks form. Fold whipped cream into cottage cheese mixture. Add cake cubes and gently fold together until cake pieces are coated with cottage cheese mixture. Mix strawberries, raspberries, 2 tablespoons sugar and amaretto together. Place a layer of strawberries and raspberries in the bottom of a trifle bowl. Top with a layer of cake mixture. Add another layer of berries, then another layer of cake mixture. End with a layer of berries. Garnish with additional fresh berries. -

1 Serving 180 Calories 1.5 Fat 4g Carbohydrate

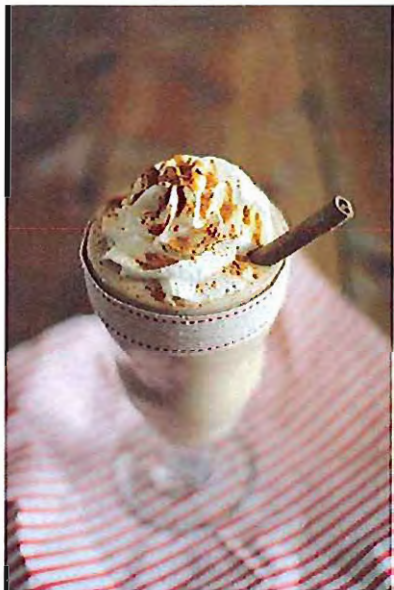
3g sugar 39g Protein 5 WW Points

Ingredients:

*1/2 cup low fat cottage cheese *1 scoops plain or vanilla protein powder (100 calorie)
*1 tsp Rum extract (this is what gives this shake an egg nog flavor; it is found next to the vanilla extract.)
*1/2 tsp pumpkin pie spice (or a mix of cinnamon and nutmeg)
*1-2 packets sweetener of choice OR stevia to taste
*1/2 cups water *8-16 ice cubes (more or less depending on desired thickness)

Directions:

Place all of the ingredients in the blender (starting with the cottage cheese for easy blending), and blend until smooth and creamy!



Egg Nog Milkshake



Tree Shaped Crescent Veggie Appetizer



Incredible Skinny Garlic Mashed Potatoes

Ingredients:

*2 cans (8 oz each) Pillsbury® refrigerated crescent dinner rolls or 2 cans (8 oz each) Pillsbury® Crescent Recipe Creations® refrigerated seamless dough sheet *1 package (8 oz) fat-free cream cheese, softened *1/2 cup fat-free sour cream *1 package ranch mix *1/8 teaspoon garlic powder *3 cups finely chopped assorted vegetables (bell peppers, broccoli, carrot, cucumber and/or green onions)

Directions:

1. Heat oven to 375°F. Remove dough from cans in rolled sections; do not unroll. Cut each section into 8 slices (16 slices from each can).
2. Place slices, cut side down, on ungreased cookie sheets to form trees. To form each tree, start by placing 1 slice for top; arrange 2 slices just below, with sides touching. Continue arranging row of 3 slices, then row of 4 slices, ending with row of 5 slices. Use remaining slice for trunk. Refrigerate one tree while the other bakes.
3. Bake one tree 11 to 13 minutes or until golden brown. Cool 1 minute; carefully loosen with pancake turner and slide onto cooling rack to cool. Bake and cool second tree.
4. Place each tree on serving platter. In small bowl, mix cream cheese, sour cream, dill and garlic powder; blend until smooth. Spread mixture over both trees. Decorate trees with assorted vegetable pieces. Refrigerate until serving time. To serve, pull apart slices of tree.

Prep Time: 15 minutes Bake and Cook Time: 45 minutes

Ingredients:

*1 pound red potatoes, unpeeled, cut into chunks *1/2 head garlic *1/4 teaspoon olive oil *2 tablespoons fat-free sour cream or low-fat plain Greek yogurt *2 tablespoons reduced-fat butter *2 tablespoons reduced-fat milk *1/2 teaspoon salt *Fresh ground pepper, to taste

Directions:

1. Preheat oven to 350 degrees.
2. Separate 1/2 head of garlic into individual cloves. Do not peel. Toss in olive oil and wrap tightly in small piece of aluminum foil.
3. Roast in oven for 45 minutes.
4. While the garlic is roasting, add potatoes to a pot. Cover with water and bring to a boil. Simmer covered until tender, about 15 minutes. Drain potatoes and add back to the hot pot. Mash potatoes with a potato masher or fork.
5. Remove garlic from oven and set aside to cool. When garlic has cooled, squeeze it out of the 'paper' shell of the individual cloves. Mash the peeled garlic with a fork.
6. To the pot of mashed potatoes, add mashed garlic, sour cream, butter, milk, salt and pepper. Mix together ingredients until smooth. Turn the flame on low to heat thoroughly before serving. Adjust with a little more salt or pepper, as desired.
7. Roasted garlic mashers can be prepared a few days in advance and heated on the stove top or in the microwave before serving.

Serves 6 (1/2 cup serving)

1/2 cup serving; 94 calories; 3.6 g fat; 2 g pro;

Making Your New Year's Resolution Stick

It can be daunting when your list of New Year's Resolutions is as long as your holiday shopping list. In addition to the post-holiday slump, not being able to keep your resolutions by February, March or even late January may increase your anxiety. When your holiday decorations are packed up and stored away, the frustration of an unused gym membership or other reminders of failed resolutions can make the later winter months feel hopeless.

However, it is important to remember that the New Year isn't meant to serve as a catalyst for sweeping character changes. It is a time for people to reflect on their past year's behavior and promise to make positive lifestyle changes. "Setting small, attainable goals throughout the year, instead of a singular, overwhelming goal on January 1 can help you reach whatever it is you strive for," says psychologist Lynn Bufka, PhD. "Remember, it is not the extent of the change that matters, but rather the act of recognizing that lifestyle change is important and working toward it, one step at a time." By making your resolutions realistic, there is a greater chance that you will keep them throughout the year, incorporating healthy behavior into your everyday life. APA offers these tips when thinking about a New Year's resolution:

Start small — Make resolutions that you think you can keep. If, for example, your aim is to exercise more frequently, schedule three or four days a week at the gym instead of seven. If you would like to eat healthier, try replacing dessert with something else you enjoy, like fruit or yogurt, instead of seeing your diet as a form of punishment.

Change one behavior at a time — Unhealthy behaviors develop over the course of time. Thus, replacing unhealthy behaviors with healthy ones requires time. Don't get overwhelmed and think that you have to reassess everything in your life. Instead, work toward changing one thing at a time.

Talk about it — Share your experiences with family and friends. Consider joining a support group to reach your goals, such as a workout class at your gym or a group of coworkers quitting smoking. Having someone to share your struggles and successes with makes your journey to a healthier lifestyle that much easier and less intimidating.

Don't beat yourself up — Perfection is unattainable. Remember that minor missteps when reaching your goals are completely normal and OK. Don't give up completely because you ate a brownie and broke your diet, or skipped the gym for a week because you were busy. Everyone has ups and downs; resolve to recover from your mistakes and get back on track.

Ask for support — Accepting help from those who care about you and will listen strengthens your resilience and ability to manage stress caused by your resolution. If you feel overwhelmed or unable to meet your goals on your own, consider seeking professional help. Psychologists are uniquely trained to understand the connection between the mind and body. They can offer strategies as to how to adjust your goals so that they are attainable, as well as help you change unhealthy behaviors and address emotional issues.

Write Down your 2014 Healthy Resolutions for the Year:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Use the Calendar on the other side to plan each month's goals for added success!!!



Sunday

Month: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Goals for the Month: _____

Accomplished? _____

Notes: _____

Accomplished? _____

Notes: _____

Accomplished? _____

Notes: _____

Accomplished? _____

Notes: _____

Accomplished? _____

Notes: _____



Make Copies of this page for each month and **PLAN AHEAD FOR SUCCESS!** Plan your meals, exercise time, etc. Jot down healthy eating, exercise or personal goals!