



SALINE COUNTY WELLNESS NEWSLETTER

Love Yourself Enough to Work Harder in 2014

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 EDUCATIONAL CLASS

Our Monthly Education Class featuring Amy Hansen will be

Tai Chi

5:30 pm, Thursday, February 13th at the Extension Office
Wear Workout Clothes or Comfortable Clothing!!!

Presentation will be taped so you can watch the video if you miss the class. 25 Wellness Points for Class Attendance or for watching the video

For more information about Tai Chi, see the following page!!

Wellness Page Online

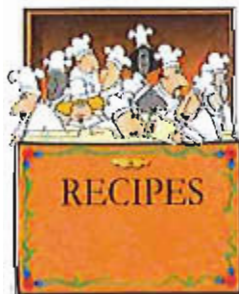
Check out the Wellness Page located on the Saline County Website!!! It is full of healthy recipes, copies of past newsletters, calendar of fitness classes in Saline County, upcoming wellness events/educational classes, etc.

Go to co.saline.ne.us/wellness

Wellness Information



[Hy-Vee Food For Thought Newsletters](#)



[Healthy Recipes](#)



[Wellness Events Calendar](#)



[Health Fair](#)



[Educational Classes](#)



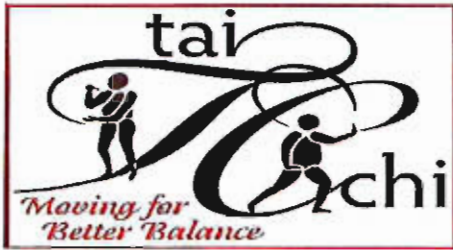
[Fitness DVDs](#)



[Monthly Newsletters](#)



[Fitness Center](#)



**Participate in a
Tai Chi: Moving for Better
Balance Class!**



**Tai Chi...
Moving for Better Balance
Moving for Fun
Moving for You!!!**

What is Tai Chi?

Tai Chi is a form of physical exercise, which originates from Chinese martial art. Tai Chi emphasizes shifting body weight in different directions, being aware of body alignment, coordinating arm, leg, and trunk movement, and synchronizing breathing.

Tai Chi has been proven to improve mobility, strength, and balance, leading to a decreased risk of falling. One program, called "Tai Chi-Moving for Better Balance" has been shown to reduce the risk of falling among older adults.

Falls are the leading cause of hospitalizations and emergency department visits due to injury among Nebraskans, and the state's third leading cause of injury death. The overwhelming majority of these injuries occur among adults.

For best results, participants should attend Tai Chi-Moving for Better Balance classes twice a week for a 12-weeks. Independent practice outside of class for at least 45 minutes is also recommended.



Scientific studies have shown Tai Chi works to improve...

- Muscular strength (is important for supporting and protecting joints and is essential for normal physical function)
- Flexibility (exercises enable people to move easier, and facilitate circulation of body fluid and blood, which enhance healing)
- Fitness (is important for overall functioning of the heart, lungs, and muscles)
- Tai Chi movements also emphasize the importance of weight transference, which helps balance and prevents falls

Eight Forms Routine

- Form One...Hold a Ball
- Form Two...Part the Wild Horse's Mane
- Form Three...Single Whip
- Form Four...Wave Hands Like Clouds
- Form Five...Repulse Monkey
- Form Six...Brush Knees
- Form Seven...Fair Lady Works at Shuttles
- Form Eight...Grasp the Peacock's Tail

Modifications

- Tai Chi-Moving for Better Balance program can be modified for individuals with mobility difficulties.
- In a seated position
- From a seated position transitioning to upright standing
- With assistance of a chair

Saline County Aging Services
 Improving and enriching the quality of life and independence of older persons in Saline County.
 109 W. 3RD STREET, PO BOX 812, WILBER NE 68465
 402-821-3330 or 800-778-3309



It's All About You. *Take Action Now.*

What's In It For Me?

Savings: Free on-site health screening saves you time and money & you receive 500 wellness points!

Peace of Mind: When you know your numbers, you know where to take action to improve your health.

Support: Education and goal-setting plans give you the superpowers to become your own health crusader.

Saline County Health Screening

Tuesday, Feb. 18th (6:30-9:30 a.m.)

Court House: 215 S. Court Street

OR

Wednesday, Feb. 19th (5:00-9:00 a.m.)

Law Enforcement Center: 911 S. Main Street

Health Screen Includes:

- Key Lab Measures for Heart Risk, Diabetes & Metabolic Syndrome (CBC, Cholesterol, Triglycerides, LDL, HDL, Glucose & more)
- Biometric Measures: Weight, Waist, Blood Pressure, Body Fat % & BMI
- Additional Screens: Thyroid (TSH) and Prostate (PSA) available upon request

Additional Details:

- Avoid eating or drinking anything other than water for 8-10 hours before health screen
- You can take medications (with water) the morning of your health screening appointment
- Remember to drink plenty of water the day before the screening-so you are well hydrated

To Register: Contact Kerry Hagemeler, Bruce Filipi or Kory Mullen.

Questions: Call Kerry Hagemeler at (402) 821-2374 or send an email kerryh@diodecom.net if you have questions or if you are not able to attend the health screening events.

Deadline to Sign Up: Friday, February 7th

Saline County Health Screening Frequently Asked Questions

**Tuesday, Feb. 18th (Court House 6:30-9:30 a.m.)
OR**

Wednesday, Feb. 19th (Law Enforcement Center 5:00-9:00 a.m.)

Why should I participate in the health screening?

The health screening process provides an opportunity for you to know your personal health numbers, what the healthy ranges are, and ways to maintain or improve your health. **Since the screens are offered in the workplace and paid for by Saline County—you save valuable time and money and you receive 500 wellness points!**

What is involved in the health screening process?

- The health screening includes lab draws and biometric measures. Lab results include: cholesterol, triglycerides, LDL, HDL, and glucose and other key lab values.
- Biometric measures include: blood pressure, weight, body mass index, body fat%, and waist measure.
- **Additional Testing Options:** Thyroid Screen (TSH): recommended for women and men age 50+. Prostate (PSA): recommended for males ages 50+ or earlier if there is a family history of prostate cancer. Both screens are available at no additional cost.
- Allow approximately 15 minutes to complete the screening.

How do I schedule my health screening appointment?

Please contact Kerry Hagemeyer at (402) 821-2374, Bruce Filipi or Kory Mullen to schedule your screening appointment or if you are not able to attend the health screening.

Deadline to Sign Up: Friday, February 7th

Why do I need to fast?

- The blood profile requires fasting so that your screening results provide you with the most accurate picture of your current health status. **Avoid eating or drinking anything other than water for 8-10 hours before your appointment.**
- Drink plenty of water the day before the screening so you are well hydrated and it will make it easier to give a blood sample. You can drink water and take medications (with water) the morning of your health screening. Please - no coffee, gum or tobacco use before your screening.

How much does it cost?

The screening is FREE for all employees. For employees who are on our insurance plan, Madonna will file an electronic medical claim for the lab work. This service is covered under the routine preventative benefit that is included in our BCBS insurance plan. You will receive an EOB (Explanation of Benefits) from BCBS listing the lab services provided and associated costs. Dr. Stalder from Madonna, will be listed as the physician. Please know that the EOB is not a bill and the lab cost is covered 100% through our preventative services benefit. You do not need to do anything with the EOB—It is a standard procedure when a medical claim is submitted.

Who will see my results?

Your results are for your eyes only. Madonna Fit for Work will ensure that your personal health information is kept confidential. You will receive your own personal Health Risk ScoreCard that is based on your lab results and biometric measures. The Health Risk ScoreCard is scientifically linked to how likely you are to develop diabetes, metabolic syndrome or heart disease in the next 10 years. Saline County will be provided a composite group report to help guide future wellness programming efforts and to help measure changes in health risks for their employees.

Will my health screening results be sent to my physician?

If you would like Madonna Fit for Work to fax a copy of your screening results to your physician—please bring the name of your physician and a fax number to your screening appointment.

When will I get my results?

You will receive your wellness packet in early March. Individual wellness packets include a copy of your lab report, your new Health Risk ScoreCard, Your Health, Your Choice Education brochure and a personal wellness goal sheet.



Body Mass Index and Risks of Overweight

BMI TABLE

WEIGHT (lb)

	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330
4'5"	30	33	35	38	40	43	45	48	50	53	55	58	60	63	65	68	70	73	75	78	80	83
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	63	65	68	70	72	75	77	80
4'7"	28	30	33	35	37	40	42	44	47	49	51	54	56	58	61	63	65	68	70	72	75	77
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	58	61	63	65	67	70	72	74
4'9"	26	28	30	33	35	37	39	41	43	46	48	50	52	54	56	59	61	63	65	67	69	72
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	54	57	59	61	63	65	67	69
4'11"	24	26	28	30	32	34	36	38	40	43	45	47	49	51	53	55	57	59	61	63	65	67
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	51	53	55	57	59	61	63	65
5'1"	23	25	27	28	30	32	34	36	38	40	42	44	45	47	49	51	53	55	57	59	61	62
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	48	49	51	53	55	57	59	60
5'3"	21	23	25	27	28	30	32	34	36	37	39	41	43	44	46	48	50	51	53	55	57	59
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	45	46	48	50	52	53	55	57
5'5"	20	22	23	25	27	28	30	32	33	35	37	38	40	42	43	45	47	48	50	52	53	55
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	42	44	45	47	49	50	52	53
5'7"	19	20	22	24	25	27	28	30	31	33	35	36	38	39	41	42	44	46	47	49	50	52
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	40	41	43	44	46	47	49	50
5'9"	18	19	21	22	24	25	27	28	30	31	33	34	36	37	38	40	41	43	44	46	47	49
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	37	39	40	42	43	45	46	47
5'11"	17	18	20	21	22	24	25	27	28	29	31	32	34	35	36	38	39	41	42	43	45	46
6'0"	16	18	19	20	22	23	24	26	27	29	30	31	33	34	35	37	38	39	41	42	43	45
6'1"	16	17	19	20	21	22	24	25	26	28	29	30	32	33	34	36	37	38	40	41	42	44
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	36	37	39	40	41	42
6'3"	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36	38	39	40	41
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	32	33	34	35	37	38	39	40
6'5"	14	15	17	18	19	20	21	23	24	25	26	27	29	30	31	32	33	34	36	37	38	39
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	30	31	32	34	35	36	37	38
6'7"	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33	34	35	36	37
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	29	30	31	32	33	34	35	36
6'9"	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31	32	33	34	35
6'10"	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	34	35

Less risk

More risk

HEIGHT (ft/in)

NIRMA Online Classes

You will receive 25 Wellness Points for each of the following online NIRMA classes that you successfully pass.

We will be adding eligible classes throughout the year, so watch your monthly newsletter. You can only receive the 25 Wellness Points for each class once during the year. If you do not PASS a class the first time, you can always retake it, but you will not receive the points until you successfully pass the class.

The following classes are offered for FREE until March 31, 2014:

- Eating Right for Health and Fitness***
- High Blood Pressure—Reducing Your Risks***
- Stress and Your Health***
- Understanding Carpal Tunnel Syndrome***

Upcoming Walk/Runs



Looking to run/walk/jog a 5K in 2014. This is a Great (FREE) App to Download to Get You Started.

Race	Race Date	Distance	Location
Cupid's Undie Run	2/15/2014	Novelty 1 Mile	Omaha
Color Run	5/17/2014	5K	Lincoln
Glow Run 5K	5/24/2014	5K	Lincoln
Homestead Days Run	TBD (June)	10K, 2M	Beatrice
Mud, Sweat & Beers	6/7/2014	7K Trail Run	Ashland
Midsummer Night Trail	7/12/2014	4M Trail Run	Hastings
Lincoln Mile	7/13/2014	1M	Lincoln
Duck 'N Dumpling Run	8/2/2014	10K, 2M Fun Run	Wilber
Thunder Run	8/9/2014	5K, 1M	Lincoln
Polka Run	TBD (Septemeber)	5K, Kids 1 Mile	Wilber
Run or Dye	TBD (October)	5K	Lincoln
Doane Glow Run?	TBD (October)	5K	Crete
Governor's Cup	10/19/2014	15K, 5K, 1M	Lincoln
Holiday Run	12/7/14	5K	Lincoln
Jingle Jog	12/13/2014	5K, 1 Mile	Lincoln

This is just a short list. There are many more events in the area and will posted in upcoming newsletters as information becomes available. www.nebraskarun.org/races/schedule or www.runningintheusa.com/race/list