



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 Craig Bontrager, Burkley Wellness Center, Fairbury, NE

"Normal People" Exercise

5:30 pm, Tuesday, August 19th, in the Assembly Room at the Courthouse

Presentation will be taped. 25 Wellness Points for Class Attendance or Watching Video

Just because you didn't track it, doesn't mean it didn't happen.

If you bite it, write it!! Log your food each day and stay within your recommended caloric intake.

NIRMA ONLINE CLASSES

The following classes are offered FREE from July 1 - September 30: (25 WELLNESS POINTS EACH)

Understanding Depression and Bipolar Disorder

Generational Differences

Managing Risk in an Aging Workforce

Dealing with Heat Stress

Preventing Accidents in the Workplace

Fit Tip! Don't skip meals! When you skip meals, your metabolism slows down and you're not burning calories like you should. Your body thinks that you're starving so when you eat again, your body stores away more than usual resulting in more fat!

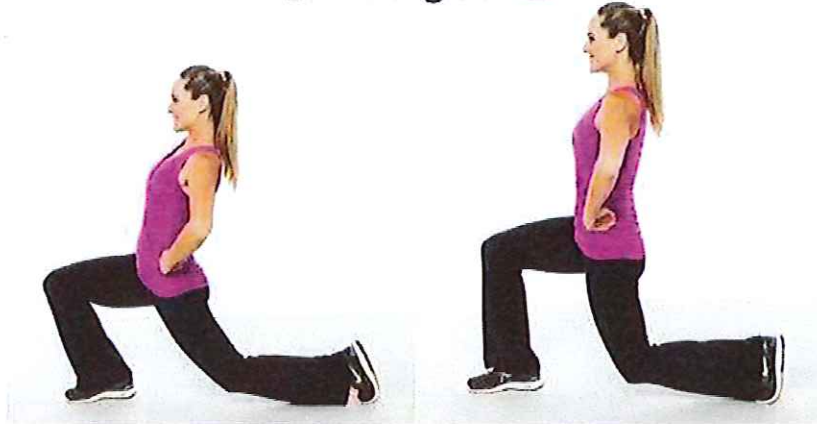
THE 2-DAY RULE
NEVER GO FOR MORE
THAN TWO DAYS
WITHOUT
WORKING-OUT

5 Exercises You're Doing Wrong

☹️ Plank 😊



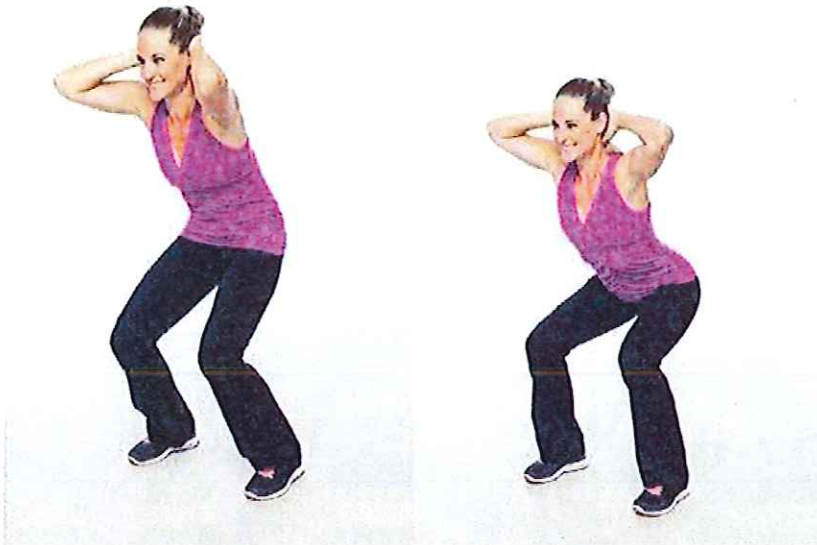
☹️ Lunges 😊



☹️ Crunches 😊



☹️ Squats 😊



☹️ Push-Ups 😊



How to Get the Protein You Need

The Power of Protein

Calories aren't the only thing you need to watch as you get older. Protein is important because it helps keep your muscles strong. You need muscles for strength and balance, as well as for everything from walking up stairs to carrying groceries. Protein also keeps your heart strong and boosts your immune system to keep you from getting sick.



How Much Protein Do You Need?

Women should get 46 grams of protein a day. Men need 56 grams. People with some conditions like kidney disease may need less. Spreading your protein throughout the day helps keep you full so you eat fewer calories. Here's how to make sure you get a healthy variety of proteins every day.

Red Meat

Beef, pork, and lamb are protein powerhouses, but some cuts can be high in artery-clogging fat and cholesterol. Pick lean options like round and loin (sirloin, tenderloin, and top round), and ground beef that has 5% or less fat. When eating red meat, have moderate portion sizes. A 3-ounce serving of meat (the size of a deck of cards) has about 21 grams of protein.



Poultry and Eggs

Choose lean poultry like skinless chicken breasts and turkey cutlets. A 3-ounce chicken breast has 31 grams, more than half the protein you need each day. An egg has 6 grams. Research suggests that an egg a day doesn't raise heart disease chances in healthy people. But if you have high cholesterol, heart disease, or diabetes, you should limit your cholesterol intake and not eat more than three egg yolks a week (the whites are OK).

Seafood

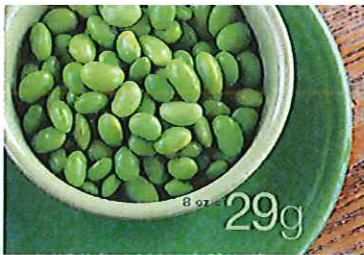
Besides being a great protein source, seafood is low in saturated fat and high in omega-3 fatty acids, nutrients that protect your heart. A 3-ounce salmon steak has about 17 grams of protein. Other high-protein, heart-healthy choices include tuna, sardines, and trout. Try to eat 4 ounces of seafood twice a week.

Dairy

Dairy foods are full of muscle-building protein. They also help lower blood pressure and cut your risk of diabetes. One cup of skim milk has 8 grams of protein. If you want even more, try fat-free Greek yogurt. One serving can have up to 18 - 20 grams of protein -- double the amount of traditional yogurt. Shoot for three servings of fat-free or low-fat dairy products every day.

Soybeans

Soybeans have a lot of protein. You can eat the beans (edamame), drink soy milk, use soy paste (miso) in sauces and soups, or eat meat alternatives and tofu. One cup of cooked edamame packs 29 grams of protein, more than a steak. One cup of soy milk has almost as much protein as regular milk. Considering taking soy supplements or powders? Even if they claim to be natural, they can be an issue if you are on hormone therapy or have had breast cancer. Check with your doctor.



Vegetables and Beans

You can get plenty of protein from plant-based sources like vegetables and beans. Beans -- including red, black, and kidney -- can have up to 18 grams of protein per cup. A cup of cooked peas has 9 grams of protein, and a medium baked potato has 4 grams.

Protein Drinks

It's always best to get protein from food. But if you're not getting enough from your diet, protein powders, bars, and supplements may help. You can also try making your own protein drink. Blend fat-free Greek yogurt, soy or skim milk, and fruit. For even more protein, add a tablespoon of peanut butter.

30 Days of Healthy Snacks!

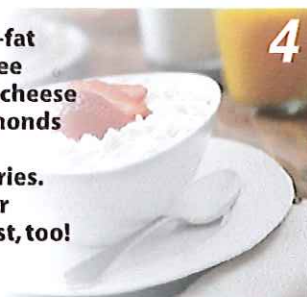
Stuck in a snack food rut? Try a different (healthy) snack every day of the month with this printable calendar!

1 Dip apple slices into a spoonful of peanut butter. Sprinkle each slice with raisins and/or coconut.

2 Make your own trail mix with your favorite nuts, dried fruits, and cereals. Separate the batch into plastic baggies for instant portion control.

3 Make a mini antipasto plate using small servings of low-fat cheese, deli turkey, olives, and whole-wheat crackers.

4 Top low-fat or fat-free cottage cheese with almonds and blueberries. Great for breakfast, too!



5 Heat air-popped popcorn and top with your favorite seasonings. Try herbs and a sprinkling of Parmesan cheese, or a light dusting

6 Skip the additives and make your own homemade granola bars using oats, dried fruit and nuts.



7 Make a smoothie with berries, milk or juice, and a handful of crushed ice. Add a scoop of cottage cheese for a protein boost.

8 Feeling indulgent? Pair three dried figs with a tablespoon of dark chocolate chips.

9 Whip up an egg white omelet packed with your favorite veggies and herbs.



10 Top a small bowl of whole-grain cereal with a sliced banana and skim milk.

11 Make yourself a mini veggie tray with carrots, celery, cucumbers and cherry tomatoes. Dip into hummus or any other low-fat dip.

12 Top no-sugar added applesauce with walnuts and a dash of cinnamon.

13 Try a small bowl of oatmeal sprinkled with chopped almonds and strawberries for a fiber-rich snack.

14 Pair half a grapefruit with one hard-boiled egg for a boost of vitamins and protein.

15 Top fat-free or low-fat cottage cheese with pineapple and macadamia nuts.

16 Chew on turkey jerky with a side of grapes.

17 If you like creamy snacks and crunchy snacks, enjoy the best of both worlds with cucumber slices and an ounce of Gouda cheese.

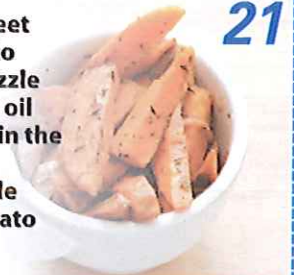
18 Try some unshelled edamame sprinkled with a bit of sea salt. This snack will slow you down since you have to work to get it



19 Soup isn't just for lunch anymore. Try a cup of veggie soup for a quick and filling snack.

20 Feeling fancy? Top half a mini bagel with an ounce of smoked salmon.

21 Slice a sweet potato into strips. Drizzle with olive oil and bake in the oven for homemade sweet potato fries.



22 Dip a serving of whole-wheat pretzel rods in spicy mustard.

23 Sprinkle dried unsweetened coconut on top of a small can of pineapple (in its own juice).

24 Have a slice of whole-wheat toast spread with a spoonful of almond butter.

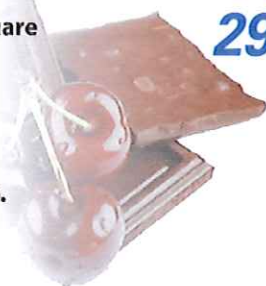
25 Enjoy pear slices with a cup of chai tea made with skim milk.

26 Spread a light English muffin with fat-free cream cheese and sugar-free jam.

27 Top half of a small baked sweet potato with cottage cheese and cinnamon.

28 Make your own tortilla chips by slicing whole-grain tortillas into wedges and baking them. Serve with homemade salsa

29 Savor a square of dark chocolate with a few cherries for a sweet pick-me-up.



30 Top whole-wheat crackers with hummus and slices of cucumber, radish, or any other crunchy veggie.



Compare Before You Wear: The Most Popular Fitness Trackers

Lately, it seems like no outfit is complete without a wearable fitness tracker. With sleek designs and bright colors, the latest and greatest in self-quantifying technology are making their presence known on arms everywhere. Interested in joining the fitness-tracking pack? We've rounded up 10 of the most popular fitness trackers to help you compare features and prices. Read on to find the right fit for you, then check out [which trackers are the most accurate here!](#)

Fitbit Flex



The [FitBit Flex](#) (\$100) is a slim, minimalistic wristband. It tracks your activity level, sleep quality, calories burned, and distance traveled; you can program the lights on the band to indicate real-time progress on hitting your goals. The Flex also vibrates to wake you up and wirelessly syncs to automatically update your stats whenever it's in close range of the included Bluetooth-enabled wireless dongle, which plugs into your computer's USB port; you can also wirelessly sync to your iPhone, iPad 3, iPad Mini, or Samsung Galaxy. It syncs wirelessly with MyFitnessPal to monitor calorie intake and you are compared to your friends' stats. If you like the features of the FitBit Flex but don't want to wear a wristband, then try the FitBit [One](#) or [Zip](#). Another FitBit Flex sibling, the [FitBit Force](#) (currently unavailable), is a similar-looking tracker. However, in February, the [Force was recalled](#) due to an allergic reaction some users experienced when wearing the band. Like the Fitbit Flex, the Force tracks steps, calories, and distance as well as sleep stats; unlike the Flex, the Force also can gauge how many stairs you've climbed and elevation, and it features a display, as well. The water-resistant Force syncs wirelessly and automatically to your iOS or Android phone or computer, so you can view your stats on an app or browser. Since the current Force has been recalled, keep an eye out for the next-generation model of the band soon.

Nike+ FuelBand SE



The [Nike+ Fuelband SE](#) (\$150) includes a few extra features from the previous FuelBand. Like the older model, the FuelBand SE tracks calories, steps, and [Nike](#) Fuel points, but the new model now also tracks sleep. It also aims to improve calorie burn and Fuel point accuracy with a new feature that allows you to log different types of workout sessions (such as yoga or weight lifting). The water-resistant Fuelband SE syncs automatically with the iPhone app, so you don't have to push a button to upload data as you do with the older model. Neither the FuelBand SE nor FuelBand is compatible with Android devices.

Polar Loop



The waterproof [Polar Loop](#) (\$110) tracks your steps and calories; after syncing via Bluetooth or USB cable, the iPhone-only app also features an Activity Guide that tells you specific things you can do to help you meet your daily goal (for example, going on a 20-minute walk). If you're sitting down for a while, the app will also remind you to get moving. On the bracelet, the display shows the words "Up," "Walk," or "Jog" depending on your activity intensity; you can also sync a heart-rate sensor to the tracker to help you more accurately track your movement.

Bowflex Boost



The [Bowflex Boost](#) (\$50) has all the same basic features of any fitness tracker but at a more affordable price. It tracks calories, steps, and distance as well as sleep stats, all of which sync wirelessly and automatically with its accompanying iPhone app (it's not compatible with Android devices). There's no display, but red, yellow, and green lights let you know whether or not you've hit your goals.

BodyMedia Fit Link



The [BodyMedia Fit LINK](#) (\$119) isn't as sleekly designed as the other trackers, but it has staying power for two reasons: it's simple, and it works. Wear the band on your upper arm throughout the day to track calories burned, exercise intensity, steps taken, and sleep quality. You can also keep track of everything you're eating using the online weight management system. At the end of the day, upload your activity stats to see if you burned more calories than consumed. One big downside of this tracker is that after a free six-month membership, a \$7 per month subscription is required to access the data it collects. The BodyMedia syncs wirelessly with smartphones and also plugs into your Mac or PCs to download and view data.

Jawbone UP24



Like the Jawbone Up before it, the [Jawbone UP24](#) (\$150) is all about tracking your activity — like walking, pace, distance, and calories burned — and continues tracking your behavior after you're fast asleep. After syncing the UP24 wirelessly with your iOS or Android device, you can check all your data and make new goals through the app. You can also program in other stats manually, like workouts, mood, and meals (the UP24 also syncs with third-party apps like MyFitnessPal). The small bracelet can also be programmed to vibrate at an optimal time during your sleep cycle to wake you up or even during the day to remind you to get up and move. The UP24 has a battery life of about seven days before needing to be recharged.

Garmin Vivofit



For a tracker you never have to take off, try the [Garmin Vivofit](#) (\$130). Its battery lasts for over a year and is waterproof, meaning you can keep it on while you take a shower. The Vivofit tracks steps, distance, calories, and sleep and can also track workout details when paired with a heart-rate monitor (sold separately). An activity bar will show you whether you've been sitting for too long. The Vivofit syncs wirelessly with its free iOS or Android app as well as your computer.

MisFit Shine



If you like your fitness trackers sleek and minimal, then the [MisFit Shine](#) (\$120) may be for you. The Shine conceals its technology in a metallic orb (choose from four different colors) and tracks steps, calories, and sleep. It can also track activities (running, cycling, and swimming). The circular, waterproof Shine can be worn on your wrist, clipped to your clothing, or worn as a necklace, depending on which accessory you buy, and includes a watch battery that lasts about four months. The lights on the Shine can tell you how much progress you've made that day, but for more detailed information, you'll need the free iOS or Android app; the Shine syncs with the app when you place it on your phone.

Striiv Play



The **Striiv Play** (\$70) is a pedometer that turns your day into a video game. Paired with its iPhone app, the Striiv Play gives you customized challenges to meet through the day, like taking 200 steps in 15 minutes or going the distance of a marathon. The Play tracks your steps taken, distance, stairs, and calories burned, and the iOS app syncs wirelessly with MyFitnessPal to monitor calorie intake.

Withings Pulse



The lightweight **Withings Pulse** (\$100) clips onto your clothing and measures steps, distance, elevation, calories, and sleep (it comes with a wrist strap, so you can wear it while you sleep). When you run, the Pulse shows you how long and how far you've gone. The Pulse stands out from the rest, however, with an additional metric: place a finger on the back of the Pulse, and it'll tell you your heart rate. Then, sync data wirelessly to your iOS or Android phone with the free Withings app. The Pulse has a battery life of about two weeks before needing to be recharged.

Which Fitness Tracker is the Most Accurate?

RANK	TRACKER	ERROR RATING
1.	BodyMedia FIT (\$119)	9.3 percent
2.	Fitbit Zip (\$60)	10.1 percent
3.	Fitbit One (\$100)	10.4 percent
4.	Jawbone UP24 (\$150)	12.2 percent
5.	Actigraph wGT3X-BT Monitor (\$225)	12.6 percent
6.	Directlife (\$199)	12.8 percent
7.	Nike FuelBand SE (\$149)	13.0 percent
8.	Basis B1 Band (\$199)	23.5 percent