



DOUGLAS COUNTY Healthy Directions Wellness Newsletter

Summer Wellness Challenge



HEALTHY DIRECTIONS CONTINUES SUMMER SUCCESS



A second person has joined the Healthy Directions Summer Wellness Challenge winner's circle!

Isela Herrera-Gonzalez from the Clerk of the District Court's office won the July prize drawing for returning her Summer Challenge scorecard. She was rewarded with a T-shirt donated by Mutual of Omaha and a pedometer from ING.

Isela totaled 326 points during the month, and wore her seatbelt every time she got in the car during July. She joins our June winner, Marguerite Ryan from the Douglas County Health Center, as Summer Wellness Challenge winners.

As the competition moves into the final round, Healthy Directions Chairwoman Kathy Goodman is encouraging everyone to keep up their efforts to become more fit. The extremely hot summer weather hasn't seemed to slow people down.

"I had just about as many people turn in their scorecards in July as I did in June. What I did see was an increase in water consumption," she said with a laugh. "I see a lot more activity than we had a year ago."

The Summer Challenge winners will be announced on Sept. 3 in the beginners and intermediate classes by totaling the monthly scorecards. First prize is a \$25 Scheels gift card with a \$15 Scheels gift card for second place in each division.

If you haven't participated in the Summer Challenge, there are still more opportunities for you to become involved in the County's wellness effort.

What's Inside:

AUGUST, 2010

- How to Avoid Heat-Related Illness
- Take a Deep Breathe
- Deputy County Attorneys Survive First Omaha Triathlon
- The County Wellness Bicycling Corner
- and more!



Call Kathy at 444-6099 if you'd like to enter the contest to design a T-shirt for Douglas County's Corporate Cup team. You could win a \$50 Visa gift card.

The deadline to enter is noon on August 16th. The winner will be selected the following day by the Healthy Directions Committee.

Contact Dennis Rookstool in the Douglas County Treasurer's office at 444-7503 if you would

like to take part in the 30th Annual Corporate Cup on Sept. 19. The cost is just \$15, and you will get one of the specially designed contest T-shirts just for entering. Healthy Directions will have a welcoming table for people who sign up for the Corporate Cup and a team picture prior to the race with snacks. There will also be refreshments afterwards to speed up your recovery.

"It should be a great time for everyone," Kathy said.

One more thing before you head back to exercise. Healthy Directions billboards are up at the Civic Center and the Health Center. They are coming soon to the Department of Corrections, the Youth Center, and the Sheriff's Office.

Photos and story by
Phil Rooney



Make this your healthiest summer ever!

COMMIT TO BE FIT

HOW TO AVOID HEAT-RELATED ILLNESSES

To keep it cool during hot-weather exercise, keep these basic precautions in mind:

- **Take it slow.** If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.
- **Drink plenty of fluids.** Your body's ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.
- **Dress appropriately.** Lightweight, loosefitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.
- **Avoid midday sun.** Exercise in the morning or evening — when it's likely to be cooler outdoors — rather than the middle of the day. If possible, exercise in the shade or in a pool.
- **Wear sunscreen.** A sunburn decreases your body's ability to cool itself.
- **Have a backup plan.** If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

Know when to call it quits

During hot-weather exercise, be on the lookout for heat-related illness. Signs and symptoms may include:

- Weakness
- Headache
- Dizziness
- Muscle cramps
- Nausea or vomiting
- Rapid heartbeat

If you suspect a heat-related illness, stop exercising and get out of the heat. Drink water, and wet and fan your skin. If you don't feel better within 60 minutes, contact your doctor. If you develop a fever higher than 102 F (38.9 C) or become faint or confused, seek immediate medical help.

Regular physical activity is important — but don't let hot-weather workouts put your health at risk.

www.mayoclinic.com



SMELLY FEET? NO SWEAT!

Sweaty feet can mean smelly feet. To keep your "toesies" smelling like posies, try these tips:

1. Bathe daily.
2. Dry your feet and toes thoroughly after each shower.
3. Choose socks and shoes made of natural materials. If you have sweaty feet, don't wear the same pair of socks or shoes two days in a row.
4. Go barefoot at home to air out your feet.
5. Swipe antiperspirants on sweaty soles before bed.



www.myuhc.com

TAKE A DEEP BREATH

Deep breathing actually can change your brain's chemical balance to calm you down. Here's how to do it:

Lie or sit down.

Rest your hands on your stomach.

Slowly count to four while inhaling through your nose. You'll feel your stomach rise. Hold it for a second.

Slowly count to four while exhaling through your mouth. Your stomach will slowly fall. If you need to control how fast you breathe, purse your lips as if to whistle.

Repeat a few more times.

www.myuhc.com



COMMIT TO BE FIT



WEIGHT WATCHERS AT THE CIVIC CENTER MEETING SCHEDULE

Aug. 19, 26	Rm 903
Sept. 2, 9, 16, 23, 30	Rm 903
Oct. 7, 14, 21, 28	Rm 903
Nov. 4	Rm 903
Nov. 11	holiday
Nov. 18	Rm 903
Nov. 25	Holiday
Dec. 2	Rm 903

For more information including fees, contact Diane Battiato, Register of Deeds: 444-7457 or diane.battiato@douglascounty-ne.gov.



ACTIVITY IS MORE THAN EXPENDED ENERGY. IT IS THE ENERGY TO DO MORE.

DEPUTY COUNTY ATTORNEYS SURVIVE FIRST OMAHA TRIATHLON

Two days after the event, they weren't even limping.
 Tim Dolan, by day a member of the civil division in the Douglas County attorney's office, finished 82nd out of more than 400 competitions in the inaugural Omaha Triathlon – and event that included a 1.5K swim (.9 mile), a 40K bike race (24 miles) and a 10K run (6.2 miles) - on Aug. 1 at Cunningham Lake.



Tom Barrett and Tim Dolan are no longer triathlon newbies. Tom displays his race number.

About six good strides away across the ninth-floor office space sat Tom Barrett, who finished ninth in the smaller field of the aqua-bike event. Tom decided it was time to give his knees a break after participating in more than 30 triathlons and marathons, so he decided to pass on the 10-K run.
 Dolan admitted he was, "A little sore." He also was planning to participate in next year's event. It was only his second triathlon since 2007 after regularly participating in similar events during the early part of the decade.

"It's good to get back to triathlons," he said. "It's a lot of fun."
 Family and friends initially sparked his interest in triathlons. The appeal? "Just the challenge," Dolan said. Then, there is the excitement of spectators lining the course and cheering on the participants.
 Dolan admits his training was not what it should have been. "This time I was extremely weak in the swim," he said. Normally he trains by alternating weeks of running and biking, with swimming worked in a couple times each week. That didn't happen this time, but next year will be different.

"I'm definitely doing it," he said. "It was a really, really fun atmosphere."
 As for Tom Barrett, a veteran of dozens of competitions, it was time to give the knees a break. "This is the first time I've done just the two events."
 He was one of 15 in the aqua-bike division, and experienced an unfortunate mishap. "I had a rear wheel that came off," he said.
 The result was a scraped knee and a wake-up call, but not the end of the race. Tom said he just grabbed a water bottle, squirted the gravel out of his knee, got back on the bike: "And started chasing people down."

He plans to return next year as well, citing his pleasure that Omaha has hosted its first Olympic-length Triathlon. Tom looks to commute via bike from his Dundee home: "When the heat's not as bad."
 And for the rest of you who may be thinking about taking part in next year's Triathlon, he does have one warning.
 "Lake Cunningham is a very hilly course."

Photo and story by Phil Rooney



Have a safe summer! Buckle Up!

COMMIT TO BE FIT

THE COUNTY WELLNESS BICYCLING CORNER



So it's now mid-August and cooler weather is just around the corner. Hopefully you have been out on your bike a bit this summer. If not, we have just the thing to get you motivated!

The first Wellness Bicycling event - on Wednesday, August 25th we will have a group bike ride starting at the Ak-Sar-Ben Village (Stinson Park) at 5:30 p.m. for a ride down the Keystone Trail to Culver's Restaurant (home of the butter burgers). The ride is flat and is 7 miles one way and should be a fun event to join up with fellow County employees for some exercise, camaraderie, to meet new friends and have some plain old fun. Family members absolutely welcomed - the more people the better.

If you are interested in riding further, you can go on down the Keystone Trail to the Bellevue Loop Trail or go west on the West Papio Trail for additional miles.

Also don't be concerned about being an experienced rider - this is about getting outdoors, exercising and having fun.

Ak-Sar-Ben Village is located at 67th and Center Street and you can't miss the big obelisk designating Stinson Park.

BICYCLING TIP OF THE MONTH: Bike shorts are a must for doing any kind of long rides; they have padding in them that protects your backside from soreness and chafing. So you may want to consider getting a pair and note they come in two styles - spandex or a baggy type short and are available at any of the bike shops and at most major sporting good stores. If you are new to riding you will find that it will make riding more comfortable and enjoyable and worth the cost. You can find them at various prices that relate to the amount of riding you do.

Also before and as you ride and after you ride, drink plenty of water! It's very easy to get dehydrated and get sick, just like in any other sport especially in hot weather. Make sure you have a cage(s) for your bike where you can carry a water bottle or two.

I am still compiling a list of people who would like to be a part of a County riding group or simply periodically doing a ride. Please send me an e-mail at lee.lazure@douglascounty-ne.gov or give me a call at 444-6123 if you are interested.

**SEE YOU ON WEDNESDAY, AUGUST 25TH AT 5:30
at AK-SAR-BEN-VILLAGE!**

Lee Lazure
Human Resources, Douglas County Civil Service

Note, the mentioning of any business' name is not considered as an endorsement of that business and/or their products or services but is provided only as a reference point.



Good Luck Stacy Cihak; Melvin Washington, Jr.; Catherine Mosley; Steven Dickey; Mark Swoboda; and Jorge Maldonado!

TAKING THE CHALLENGE

These Douglas County Department of Corrections employees will hit the road on Sunday, Aug. 15 for the 20th Annual Corporate Cycling Challenge. The event starts and ends in front of the fountain at the Heartland of America Park in downtown Omaha. Riders can choose from three routes, 10, 25 or 42 miles long. Last year's event drew more than 4,000 cyclists making it the largest one-day bicycle event in the Midwest. Look for a report on their performance in our next issue. By the way, they're looking for you to join them next year.

Photo and story by Phil Rooney



GET FIT WITH FIDO!

Why ask Spot to sit when you can fetch a fit physique together? People who strolled with a canine companion increased their pace 28 percent, research from the University of Missouri's Research Center for Human-Animal Interaction in Columbia finds. To ensure healthy rewards on your walks, bone up on these moves that sculpt muscle and zap calories—for you both!

Play with pace. Kick up the cardio by adding intervals, says Robert Kushner, M.D., coauthor of *Fitness Unleashed! A Dog and Owner's Guide to Losing Weight and Gaining Health Together* (Three Rivers Press). Use street signs as markers to vary your clip, or alternate between 10 minutes of brisk walking and 5 minutes of jogging.

Flatten your pooch. Brace against leash tugging and tighten your tummy: Keeping torso upright with shoulders back, engage abs for five strides, then relax them for five strides. Repeat until you're back at your front door, says Torri Shack, a trainer in Los Angeles. Hello, (bow)wow abs!

Retrieve results. Spike your calorie burn with sprints: Chuck a ball as far as you can, then race your dog to snag it, says Rebecca Johnson, director of the Research Center for Human-Animal Interaction. Repeat, crisscrossing sideways in a grapevine motion or running backward until you're both dog-tired.

www.self.com

IS IT SAFE TO BREATHE THE CHEMICALS EMITTED BY CONTINUOUS AIR FRESHENERS OVER LONG PERIODS?

Occasional exposure to air fresheners isn't likely to cause problems, as long as the products are used as directed. However, the chemicals in air fresheners may irritate your eyes, skin and throat. In addition, long-term use of air fresheners may contribute to indoor pollution - which can sometimes trigger asthma and other lung problems.

If you have asthma or other lung problems or you're concerned about the chemicals emitted by air fresheners, consider other options to freshen the air in your home. For example:

- Keep your home clean.
- Make sure your home is properly ventilated.
- Sprinkle baking soda in the bottom of your wastebaskets.
- Grind fresh lemon slices in the garbage disposal.
- Take out the trash promptly.
- Repair any leaks in the roof or basement.

If you choose to use continuous air fresheners, carefully follow the package directions.

James T. Li, M.D., www.mayoclinic.com



A positive attitude can be a reliable workout partner.

GET ACTIVE! [WWW.ACTIVATEOMAHA.ORG!](http://WWW.ACTIVATEOMAHA.ORG)



It's a terrific resource for an active life! Click on Calender to see what's new!

August 28th - Ted E. Bear Hollow 5K/10K Run & Fun Run (Outback Steakhouse - 76th & Cass) 12th Annual 5K/10K Run and a new 1-mile Fun Run. Ted E. Bear Hollow is a center for grieving children and teens. Their mission is to create a safe environment for children, their loved ones and the communities in which they live to honor and embrace the experiences that accompany death and grief.

The run and fun run is an event for all ages, so bring your family and friends! Choose one of three ways to participate: Run Your Race, Run & Fundraise for TEBH or Help a Grieving Family.

For more information including course description and awards, log on to: www.tedebearhollow.org (to register online); www.tedebearhollow.org or for questions, contact: sflanagan@tedebearhollow.org

DEPRESSION: CONVERSATION STARTERS



Depression is a hard subject for many people to talk about. But if a friend or loved one is depressed, talking to them about getting help can make a big difference. Use these tips to start the conversation.

Show you care.

"Tell me how you are feeling. I'm here to listen and support you."

"I'm worried about you. I think you may need to talk to a doctor about depression."

"Let me remind you of the great things I love about you."

"I really like to spend time with you. Let's take a walk or go to a movie together."

Offer hope.

"Depression is a real illness. It's nothing to be ashamed of."

"Most people, even those with severe depression, get better with treatment."

"I've read that getting active and eating healthy can help with depression."

Offer to help.

"Let me help you get treatment. Start by making an appointment with your doctor."

"Get help right away if you are thinking about hurting yourself. Call 1-800-273-TALK (1-800-273-8255)."

"You can always call on me for support."

For more information on how to help someone, visit:

<http://www.whatadifference.samhsa.gov/index.html>

<http://www.nlm.nih.gov/health/topics/depression/index.shtml>

www.healthfinder.gov

The Employee Assistance Program (EAP) is available to all Douglas County employees. EAP's trained staff can help you with problems that affect your personal or professional life. Services are free to employees and family members, and records are kept confidential and are not included in the staff member's personnel file. Call 593-1711 for an appointment.

We'd like to hear from you!

If you have a question or comment for the Healthy Directions committee, e-mail chairwoman Kathy Goodman at kathy.goodman@douglascounty-ne.gov, drop her a note to Human Resources, Rm 505, or call her at 444-6099.

The *Healthy Directions Wellness Newsletter* is brought to you by the Douglas County Healthy Directions worksite wellness committee. Contributing editor: Phil Rooney; layout and design: Connie Lehman; distribution: Kathy Goodman.

Mark Your Calendar!

Registration is open:
Team Name: Inez Angel's

**Lung Cancer 5K Fun Run/Walk
& 1 Mile Memorial Walk**
Saturday, October 23, 2010
7:00 AM



In memory of Inez DeLeon

Miller's Landing

Visit www.FreetoBreathe.org
to register, volunteer,
donate or sponsor!

Together, we can inspire HOPE, build
AWARENESS and create CHANGE
in the fight against lung cancer!



Omaha, NE



Contact: Kathy at 880-5419 or
latinane301@cox.net

My goal is to have **50** or more people on
my team. If you want to have your own
team in memory of a Loved One or
Survivor you can do that as well..

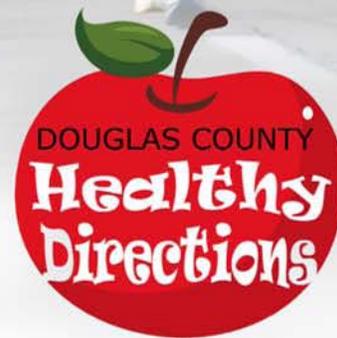
Contact Person:
Kathy DeLeon; kdeleon@oppd.com
402-636-3038

TO REGISTER, DONATE or SPONSOR THIS EVENT...
<http://freetobreathe.org>

To Register: contact Dennis Rookstool in the
Douglas County Treasurer's office at 444-7503



County Employees!
Come join in the fun!



SEPTEMBER 19, 2010

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corporatecup

† AMERICAN LUNG ASSOCIATION.®

Commit to be Fit!

OmahaCorporateCup.org

