



Your worksite wellness newsletter

# News AUG/SEPT 2013

## The Trees Are Turning - Time To Hit The Road To Fitness...

Well, here we are. The summer is winding down, school has started, and we just finished the 100 miles in 100 days competition. Almost 100 of your co-workers celebrated with lunch at Subway just for completing the 100 miles. – Thank you for your participation and continued support.

The fall brings on our next challenge - training for the 2013 Corporate Cup Run/Walk. This year's Corporate Cup is scheduled for September 15th at Ak-sarben Village and, so far, participation from our county employees is going to be nothing short of fantastic.

We currently have more than 104 employees and 53 family members or guests registered for this year's Corporate Cup – a big jump from our previous record of 88 participants a couple years ago. The wellness committee is paying the registration fee for all 104 employees! A special thank you goes out to the wellness committee members for your efforts in support of this event.

Everyone who is registered for the run or walk will receive a free 2013 CCR t-shirt and free lunch certificate from Subway.

**Our 2013 Corporate Cup T-Shirt design contest drew eight entries. The wellness committee voted on August 19th, and the winning design was created by Carol Prokop from the Election Commission Office. Congratulations Carol!**



Carol will be awarded the \$50 Visa gift card, a free registration to the CCR, the winning t-shirt and a free lunch from Subway.

Thank you to all who submitted an entry. This year's entries were exceptional, and that made it very tough for the committee to select the winner.

The wellness committee will be working with County Administration to add a wellness vendor in 2014. That vendor will assist all employees in their wellness efforts and possibly create incentives for practicing healthy activities. Look for more details in an upcoming newsletter.

This has been a great year for Healthy Directions, and it's not over yet. For now, keep up your healthy activities and we will see you at the Corporate Cup Run/Walk on September 15th.

Keep moving!

*Kathy Adair*, Healthy Directions Chairwoman



The *Healthy Directions Wellness Newsletter* is brought to you by the Douglas County Healthy Directions worksite wellness committee. Contributing editor and photographer: Phil Rooney; layout and design: Connie Lehman; distribution: Kathy Adair. **We'd like to hear from you!** Send questions/comments to the committee by e-mailing chairwoman Kathy Adair at [kathy.adair@douglascounty-ne.gov](mailto:kathy.adair@douglascounty-ne.gov), drop her a note to Human Resources, Room 505, or call her at 402-444-6099.

## Commit to be Fit



## Use Your Smart Phone For Better Health

Whether you want to lose weight or boost your athletic performance, put your smart phone to work to reach your goals! Here are just a few creative apps to keep you moving, make wise food choices, and more!

**Zombies, Run!** Put your headphones on, press start, and start running. And that's when you'll hear them...ZOMBIES! This app is a running game. As you run, dodge zombies and follow orders from the voice recordings.

**Couch-to-5K** Get the support and motivation you need to start your journey and finish a 5K. Train for 30 minutes a day, three days a week, in nine weeks. Utilize various training tools, music-sync programs and virtual coaching to run 3.1 miles.

**Obstacles XRT - Extreme Reality Training** Say goodbye to boring sit-ups and treadmill runs. With Obstacles XRT, you can jump over tires, escape quicksand, and crawl under fences. All in the comfort of your own home—no equipment needed. Obstacles XRT uses plyometrics and HIIT training to get your blood flowing and fat burning. Get ready for an extreme workout.

**Kettlebell Training: The Basics** Certified Kettlebell Instructor Robert Budd safely walks you through the basic kettlebell exercises. With over 20 exercises and 12 complete workouts to follow, you won't get bored.

**See Me Get Fit** Seeing is believing. Try this app that uses photos to track your fitness progress. Track your daily weight, workout and diet to stay on the right path. Other features include: Password protection, social media sharing, photo storage of up to three years and more.

**Calorie Counter & Diet Tracker** Track your daily food intake using a food database, containing more than two million selections, and is updated daily. Manage your daily fitness program with over 350 exercises. And stay motivated with the online community.

**P90X** The interactive features in the P90X app make it fun and easy to stay motivated. Push through any plateaus, track your reps, manage your weight, and watch your body transform into a lean machine. The app now includes P90X2, providing a continuous challenge that allows you to take your fitness to new levels.



## Tailgate With Safe Food

### Use an insulated cooler

Heading out to enjoy some tailgating? Pack the proper supplies to safely cook and store your food.

The U.S. Food Safety Administration mentions these tips:

Pack an insulated cooler filled with ice to carry cold meats and perishables -- such as lunch meats, potato salad, hamburgers, hot dogs, chicken or sausages.

Place a food thermometer inside the cooler to make sure the temperature stays at 40 degrees Fahrenheit or lower.

Securely wrap all raw meat and poultry to make sure juices don't leak and contaminate other foods.

Eat hot takeout food within two hours of purchasing. If the outside temperature is above 90 degrees, eat within one hour.

Pack hot foods (such as chili, soup or stew) in a closed, insulated container that was preheated.

If hot food can't stay hot long enough, pack it cold and reheat to 165 degrees Fahrenheit when it's time to eat.

Pack additional essentials, such as utensils, grilling tools, a thermometer, fresh water for cleaning and disposable towelettes to keep your hands clean.

[www.healthfinder.gov](http://www.healthfinder.gov)



## September is Fruit and Veggies - More Matters Month!

### Why eat MORE fruits and veggies?

- **Color & Texture.** Fruits and veggies add color, texture and appeal to your plate.
- **Convenience.** Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
- **Fiber.** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
- **Low in Calories.** Fruits and veggies are naturally low in calories.
- **May Reduce Disease Risk.** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
- **Vitamins & Minerals.** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
- **Variety.** Fruits and veggies are available in an almost infinite variety...there's always something new to try!
- **Quick, Natural Snack.** Fruits and veggies are nature's treat and easy to grab for a snack.
- **Fun to Eat!** Some crunch, some squirt, some you peel ... some you don't, and some grow right in your own backyard!
- **Fruits & Veggies are Nutritious AND Delicious!**



[www.fruitsandveggiesmorematters.org/myplate-and-what-is-a-serving-of-fruits-and-vegetables](http://www.fruitsandveggiesmorematters.org/myplate-and-what-is-a-serving-of-fruits-and-vegetables)

The Dietary Guidelines for Americans calls for all Americans to eat more **nutrient-rich foods**. Fruits and vegetables can be great sources of the following important nutrients. Click the links to see a list of fruits & veggies that carry the label of "high" and "good" sources for these nutrients.

**Calcium:** Calcium is essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands.

**Fiber:** Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.

**Folate:** Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.

**Magnesium:** Magnesium is necessary for healthy bones and is involved with more than 300 enzymes in your body! Inadequate levels may result in muscle cramps and high blood pressure.

**Iron:** Needed for healthy blood and normal functioning of all cells.

**Potassium:** Diets rich in potassium may help to maintain a healthy blood pressure.

**Vitamin C:** Helps heal cuts and wounds and keeps teeth and gums healthy.

Take a closer look at the Fruit and Vegetable Nutrition Database for key nutrients in individual fruits and vegetables.



For a list of Farmers Markets in Omaha, visit:  
[www.douglascountyn-ne.gov/gardens/farmers-markets](http://www.douglascountyn-ne.gov/gardens/farmers-markets)



Start a community garden!  
[www.douglascountyn-ne.gov/gardens/](http://www.douglascountyn-ne.gov/gardens/)

# Commit to be Fit



# The County Wellness Bicycling Corner

By Lee Lazure

It's been a great summer and a group of our county employees have had a lot of fun bicycling. The following letter was sent to me by Sgt. Stacy Cihak of the Department of Corrections about the Friends, Family, Fitness and Fun of biking.

*We have a common bond. We came together because we enjoy this bond. We stay for the friendship and the fun. The bond is cycling; Stacy Cihak, Mel Washington, Mark Swoboda, Lee Lazure, Kevin Conlon, Susan Wiggins, Connie Lehman, Karen Cole, Cherie Albin, Steve Dickey. If I forgot anyone I do apologize. We cycle, not in a competitive way, but everyone does the best they can and then we swap thoughts and ideas to make ourselves or others better. I know that I personally subscribe to a popular cycling magazine and spread their good words and ideas with the others.*

*It wasn't but shortly after we started riding together that the idea of formed events was put on the table. Most of us were up for it, but others were a bit timid and chose not to participate. But, over the years, everyone has taken part in some type of event.*

*The biggest event is RAGBRAI (which stands for **R**egister's **A**nnual **G**reat **B**ike **R**ide **A**cross **I**owa). The ride itself goes west to east across Iowa, hitting quite a few small towns throughout Iowa so riders really get to see the true good spirit of Iowa and its residents. The logistics of setting this up can be a nightmare, but you do it anyway. The ride usually consists of you and 20,000 (sometimes more) of your closest cycling buddies, sleeping in tents/campers or if you are lucky staying with family in the A/C. Or if you are like me, at 49 years of age, I no longer sleep on the ground in a tent in the heat. Call me what you want, I call it being smart.*

*This cycling season has 2 events to go this year (Corporate Cycling Challenge) and the (Heatstroke 100). At the conclusion of this season, like every other season, we will return to our local gyms (spin class) or our basements (bicycle trainer) so we maintain the lean chiseled body that we sculpted this season. ha ha he he*

Stacy

Note: I received Stacy's letter prior to the Corporate Cycling Challenge and the HeatStroke 100.

Summer may be wrapping up but the best time of the year is yet to come in bicycling. Cooler weather is on the way and the foliage will turn, bringing with it the fun of autumn. Please consider getting started in bicycling and seeing how this great sport for individual exercise and group fun could be just the right formula for improving your wellness during this change of the seasons.

Feel free to contact any one of the above individuals about joining our group of county riders or to find out just how to get started in bicycling.

There will be a lot of bike rides happening this fall - stay tuned.

**You Can Do It!**

*Lee Lazure*

Douglas County Human Resources – Civil Service 402/444-6123



**B Cycle Bike Sharing program** is now available at 1819 Farnam St., 13th and Howard Streets and near the Bob Kerrey Pedestrian Bridge on the Omaha side. For more info and additional station locations, visit <http://omaha.bcycle.com>.

**Commit to be Fit**

## Tennis Players!



The Wellness Committee is considering organizing a competitive tennis tournament and/or league for Douglas County employees. However, before it can happen, we need to determine whether enough employees would participate in a tournament and/or league. If you are interested, please notify Larry Miller, 402-444-6780, and let him know in which of the events you would participate - tournament, league, or both. If there is enough interest, we'll begin organizing the event(s).

Relax at work? YES!  
Enjoy the relaxing, healing  
power of

## Yoga



# FREE!

**Civic Center:** Every Monday at noon

Held in the Treasurer space on the Harney Level

**Midtown Campus:** Every Wednesday at 5:00 P.M.

Held in the first floor breakroom

**All classes are taught by a trained yoga instructor**

**It's easy to get started!**

**E-mail Kathy at [kathy.adair@douglascounty-ne.gov](mailto:kathy.adair@douglascounty-ne.gov) to say you'd like to join the class then just show up for any or all the classes!**

Please wear workout clothes and bring a yoga mat/rug, water and a towel.

Need help quitting smoking?  
Visit [www.epa.gov/smokefree](http://www.epa.gov/smokefree)

FYI: Mammograms are paid 100%  
by United Healthcare.

If you or someone you know is experiencing domestic violence, please contact the YWCA of Omaha's 24-hour hotline at **402-345-7273** or YWCA Omaha office at **402-345-6555**.

## Rent Smoke-free!

Would you like to learn more about **Smoke-free multi-unit housing?**

Contact: **Aja Anderson, BS, Douglas County Health Dept.** at [aja.anderson@douglascounty-ne.gov](mailto:aja.anderson@douglascounty-ne.gov).

Rejuvenate and de-stress in the middle of the day!



## PILATES

Join us for the FREE  
AT LUNCH CLASS!

**Every Tuesday at Noon**  
**Old Harney Street**  
**Treasurer's Office**  
Questions?  
Call Kathy Adair  
at 402-444-6099



## Considering Weight Watchers?

Contact Gail Knapp at [gknapp@ci.omaha.ne.us](mailto:gknapp@ci.omaha.ne.us) or call Gail at (402)444-5190

## DC YOUTH CENTER: P90X CLASSES

Are you up to the challenge?  
Call Daniel Archie at 402-444-1892

The Employee Assistance Program (EAP) is available to all Douglas County employees through Alegent-Creighton Health. EAP's trained staff can help with problems that affect your personal or professional life. Services are provided to employees in a confidential manner and there is no charge to the employee for up to five counseling sessions. Call 402-398-5566 or 1-888-847-4975 or visit [Alegenteap.com](http://Alegenteap.com).

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