

Your Worksite Wellness

News JAN/FEB 2013



Healthy Directions and Kathy Goodman Recognized Statewide

Can you believe it has been four years of promoting wellness for Healthy Directions?

Healthy Directions Chair Kathy Goodman also finds it hard to believe, but when she looks at the work that has been done, she can take some pride in the major strides that have been made.

And our success is no longer a secret, and Kathy was asked to participate in the annual Nebraska Association of County Officials workshop in Kearney on Feb. 7.

“The topic was ‘Successful Wellness Programs Implemented by Counties,’” Kathy said, “What an honor that was to tout Douglas County’s Wellness Program successes. It also was a real eye opener to learn that we are doing a fantastic job with wellness while working with limited resources.”

While listening to what other counties are doing – or not doing – with wellness made her extremely proud of what is being done in Douglas County to make a difference in the lives of our employees.

“One county had a vendor running their wellness program and I can tell you they have nothing on our program here,” Kathy said. “They don’t have a mission, logo, committee, newsletter or any real successes they could talk about. Our program even got a wonderful compliment from them on what we are doing here.”

Kathy pointed out that there are many counties in Nebraska that don’t have any kind of wellness program.

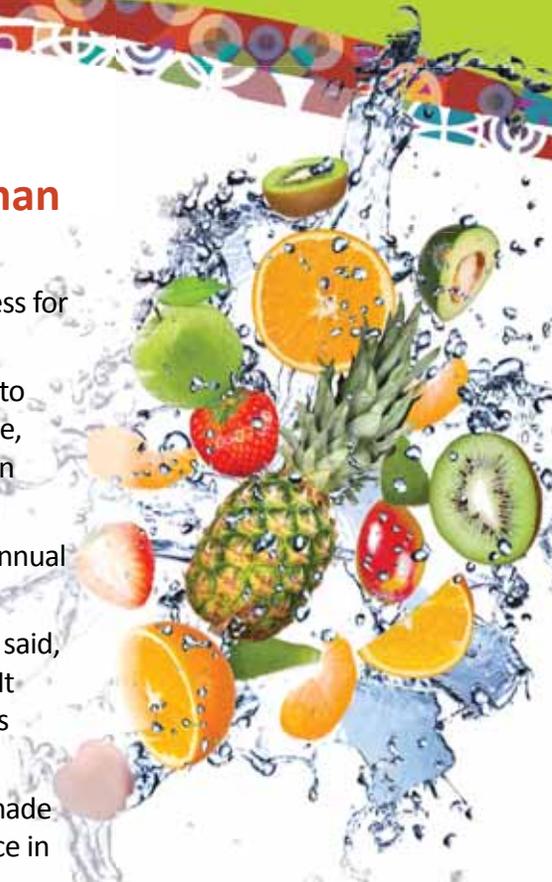
“After the two sessions I had several officials asking for samples of all the things we’re doing and if they could contact us to get more information on how we started our program,” she said. “It was a great compliment to all the committee members who make a difference and are committed on wellness. Let’s keep up the great work!”

Look for more good news on fitness opportunities from Healthy Directions elsewhere in this newsletter, as Allyson Mendoza from the Public Defender’s office will offer Yoga classes and Liah Frazier from the Public Defender’s office is teaching Pilates.

Anyone who has wellness skills and is interested in sharing is asked to please contact Kathy Goodman at 402-444-6099 to coordinate space, location, and times. The Health Center and Midtown Campus are particularly interested in classes.

“We are looking at starting another wellness challenge and with this mild winter, a walking challenge might just be the ticket,” Kathy said. “Watch for details coming soon. In the meantime, keep focus on wellness.”

Phil Rooney



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 Goodman. We’d like to hear from you! Send questions/comments to the committee by e-mailing chairwoman Kathy Goodman at kathy.goodman@douglascountyne.gov, drop her a note to Human Resources, Room 505, or call her at 402-444-6099.

Eat a Rainbow of Fruits and Vegetables for Better Health

Eating the full rainbow of foods regularly helps give your body the nutrients it needs. In addition to fiber, vitamins and minerals, naturally colored foods contain what are known as phytochemicals. These powerful nutrients are the disease-fighting substances that also give fruits and vegetables their array of colors.

Research has shown that eating a variety of these nutrients can work together to:

- Strengthen your immune system
- Lower your risk for certain cancers
- Help ward off type 2 diabetes
- Reduce high blood pressure
- Prevent some eye diseases
- Maintain urinary tract health
- Maintain heart health
- Improve memory
- Help build strong bones and teeth

Your daily quota

Only about one out of four Americans eat the minimum recommended servings of fruits and veggies per day. Instead, most of us eat too many high-fat, high-calorie foods such as fatty meats, junk foods and sweets.

And the experts' five-a-day rule has changed. Depending on your age and gender, you may need more for optimal health:

- **Children 2 to 6 years** old should get three servings of vegetables and two servings of fruit, for a total of five.
- **Children older than 6, teenage girls, active women and most men** should get at least four servings of vegetables and three servings of fruit, for a total of seven.
- **Teenage boys and active men** should get five servings of vegetables and four servings of fruits, for a total of nine.

A rainbow of choices

Ready to shop the rainbow? The next time you are at the supermarket or local farm stand, try to choose fruits and vegetables from each of these categories:

Red: Red apples, cranberries, red grapes, pomegranates, raspberries, strawberries, watermelon, pink or red grapefruit, tomatoes, radishes, radicchio, red peppers, red onions

Blue/purple: Raisins, blackberries, blueberries, plums, purple grapes, eggplant and purple cabbage, purple figs

White: Bananas, white nectarines, white peaches, garlic, cauliflower, mushrooms, onions, potatoes.

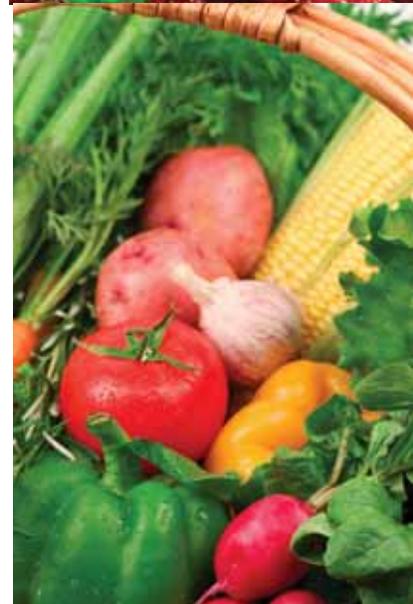
Green: Green apples, green grapes, kiwi fruit, honeydew melon, kiwi, avocado, broccoli, spinach, okra, artichoke, zucchini, lettuce, celery, asparagus

Yellow/orange: Yellow apples, apricots, cantaloupe, oranges, peaches, nectarines, mangoes, grapefruit, pineapple, yellow peppers, pumpkin, sweet corn, yellow tomatoes, lemons, sweet potatoes

Looking for a pot of gold at the end of the rainbow? For some, the prize may be measured in pounds. Since fruits and vegetables tend to be filling and low in calories, they can also be a good way to help you reduce or manage your weight.

Jane Harrison, R.D., Staff Nutritionist, myOptumHealth www.uhc.com

Consider drinking your rainbow by juicing fruits and vegetables! For recipes, log on to <http://kblog.lunchboxbunch.com/2009/01/at-home-juicing-101.html>.



Commit to be Fit



February is American Heart Month

American Heart Month is a time to battle cardiovascular disease and educate Americans on what we can do to live heart-healthy lives.

Heart disease, including stroke, is the leading cause of death for men and women in the United States.

You are at higher risk of heart disease if you are:

- A woman age 55 or older
- A man age 45 or older
- Or a person with a family history of early heart disease

Heart disease can be prevented. To keep your heart healthy:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Talk to your doctor about taking aspirin every day if you are a man over the age of 45 or a woman over 55.
- Manage stress.

www.healthfinder.gov

The Basics

Regular physical activity is good for your health.

Physical activity is anything that gets your body moving. Start at a comfortable level. Once you get the hang of it, add a little more activity each time you exercise. Then try exercising more often.

What kinds of activity should I do?

To get the health benefits of physical activity, do a combination of aerobic and muscle-strengthening activities.

- Aerobic (“air-OH-bik”) activities make you breathe harder and cause your heart to beat faster. Walking fast is an example of aerobic activity.
- Muscle-strengthening activities make your muscles stronger. Muscle-strengthening activities include lifting weights and using exercise bands

www.healthfinder.gov

Starting an Active Lifestyle: Overcoming the Barriers

Barrier: I don’t have enough time!

Solution: Be active for a few minutes at a time throughout the day. Sit less. Try to walk more while doing your errands, or schedule lunchtime workouts to boost your overall activity. Plan ahead and be creative!

Barrier: I feel self-conscious when I’m active.

Solution: Be active at home while doing household chores, and find ways to move more during your day-to-day activities. Try walking with a group of friends with whom you feel comfortable.

Barrier: I’m worried about my health or injury.

Solution: You might feel better if you talk to a health care professional first. Find a fitness provider to guide you, or sign up for a class so you feel safe. Remember that activity does not have to be difficult! Gentle activity is good too.

Barrier: I just don’t like exercise.

Solution: Good news—you do not have to run or do push-ups to get the benefits of being physically active. Try dancing to the radio, walking outdoors, or being active with friends to spice things up.

Barrier: I can’t stay motivated!

Solution: Try to add variety to your activities and ask your friends to help you stay focused on being active. Consider an activity video for extra encouragement. Also, set realistic goals, track your progress, and be sure to celebrate your achievements!

Start slowly. Your body needs time to get used to your new activity.

www.win.niddk.nih.gov

Appreciate yourself! If you cannot do an activity, do not be hard on yourself. Feel good about what you can do. Pat yourself on the back for trying even if you cannot do it the first time. It may be easier the next time!

Commit to be Fit



The County Wellness Bicycling Corner

Well it's almost here, we are in the middle of February and the weather is getting warmer and daylight is getting longer and we are starting to get temperatures in the high 40's and 50's. So start thinking about getting out on that bike.

With the right amount of layering and if the sun is shining and there is not a lot of wind and the temperature is in the 40's you can do a bike ride. Perhaps not every day but just watch and check those weather forecasts and you can do it.

If you are an experienced rider get the bike ready for that next nice day by checking the tires, the chain and all the related adjustments. It would be even worthwhile to take it into a bike shop to be tuned-up or just looked over. Hey, Spring starts on March 21st and you can get ready for biking season now by making sure your bike and yourself are in-shape. We will be getting more 50 degree plus weather over the next several weeks.

To get yourself ready, look for opportunities to get in shape from vigorous walking, running, taking the stairs and exercising at home with the basic sit-ups, push-ups, stretching, etc. You can also get yourself in the wellness frame of mind by setting some goals --- promise yourself you are going to get into biking for just basic exercise by doing 4 or 5 miles or get more involved and target to get in shape for longer rides and to ride with other people. There a number of bike rides scheduled to start in March and into the summer and don't be afraid of the distances --- simply start slowly with easily attainable distances

and you build up to it. You will be amazed at how your strength and endurance will grow in a short period of time.

The following are some up-coming bicycling events to target for and give you that impetus to start getting in shape and getting out on that bike whenever the weather permits.

- Omaha Health and Wellness and Fitness Expo Bike Ride --- April 14th
- Spring Fling ---April 20th at Louisville, NE
- The Great American Pie Ride --- May (Exact date to be announced)
- Tour d Cure --- June 1st Springfield, NE
- Bike Ride Across Nebraska (BRAN --- June 2nd through 8th)
- RAGBRAI --- starting in Council Bluffs, July 22nd through 27
- Corporate Cycling Challenge --- August 11th
- More to come on other rides including our Saturday morning Bike to Blair to get in shape for the bigger rides.

Bicycling is a great exercise opportunity to do by one's self or with a group of people; you owe it to yourself to give it a try if you are a beginner and to start getting ready if you are a regular rider.

You Can Do It!

Lee Lazure

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



Looking For A Fun Place To Hike (And More)?



Hitchcock Nature Center harbors some of the largest remaining prairie remnants in Iowa and provides refuge for plants and animals found nowhere else in the state. Hitchcock is open every day of the year for hiking, camping, picnicking, bird watching, snow sledding, star gazing, or simply enjoying nature! This beautiful area is just outside Honey Creek, Iowa. Don't miss visiting the beautiful Less Hills Lodge which provides visitors with the opportunity to learn more about the Loess Hills, HawkWatch,

Prairie & Woodland Habitats, and Stewardship through permanent exhibits. For more information on special programs, hours, and directions, visit: www.pottcoconservation.com. Park Admission: \$2.00 per vehicle per day or \$10.00 annual permit.

Don't miss this local gem!



Do You Have the Flu?

All types of flu have similar symptoms. Although the flu and common cold have similar symptoms, the flu tends to be more severe.

- Flu symptoms include a fever, body aches, tiredness, and cough.
- Your health care provider can give you a test to determine whether or not you have the flu.

What are the symptoms of the flu?

Flu symptoms include:

- A 100°F or higher fever or feeling feverish (not everyone with the flu has a fever)
- A cough and/or sore throat
- A runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Nausea, vomiting, and/or diarrhea (most common in children)

Do I have the flu or a cold?

The flu and the common cold have similar symptoms. It can be difficult to tell the difference between them. Your health care provider can give you a test within the first few days of your illness to determine whether or not you have the flu.

In general, the flu is worse than the common cold. Symptoms such as fever, body aches, tiredness, and cough are more common and intense with the flu. People with colds are more likely to have a runny or stuffy nose.

When should I seek emergency medical attention?

Seek medical attention immediately if you experience any of the following:

- Difficulty breathing or shortness of breath
- Purple or blue discoloration of the lips
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Seizures
- Flu-like symptoms that improve but then return with fever and worse cough

If you have the flu, stay home, follow your doctor's recommendations, and prevent the spread of the flu.

If you don't have the flu, it's not too late to get a flu shot! Everyone 6 months of age and older should get the flu vaccine.

www.flu.gov

Looking for easy-to-make, healthy snack options? Visit www.snack-girl.com for sensible snack ideas.

Solo Heimlich Maneuver



Place fist above navel while grasping fist with other hand.

Leaning over a chair or counter-top, drive your fist towards yourself with an upward thrust.

Choking is fairly common. Choking deaths occur most commonly in children less than 3 years and in senior citizens, but can occur at any age. The Heimlich maneuver has been valuable in saving lives and can be administered by anyone who has learned the technique. When no one else is around, the Heimlich maneuver can be performed as shown.

www.nlm.nih.gov/medlineplus/ency/imagepages/1100.htm



PLEASE BUCKLE UP
AND DON'T TEXT
WHILE DRIVING.

Commit to be Fit

CHECK OUT THE
NEW CLASS -
EVERY MONDAY
AT NOON!

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

Yoga



Every Monday at noon

Every Thursday, 7:00 - 7:45 A.M.

- Taught by a trained yoga Instructor
- Held in the Treasurer space on the Harney Level of the Civic Center

FREE!

It's easy to get started!

**E-mail Kathy at kathy.goodman@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 or towel.

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).

Need help quitting smoking?
Visit 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.

Live Smoke-free!

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

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

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



Join us for the **FREE**
PILATES
AT LUNCH CLASS!

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



Considering
Weight Watchers?

Contact **Gail Knapp** at 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. 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 three counseling sessions. Call 402-391-2477 for an appointment or e-mail familyenrichmentomaha.com.

Commit to be Fit