



DOUGLAS COUNTY Healthy Directions Wellness Newsletter



SUMMER CHALLENGE IS LATEST HEALTHY DIRECTIONS SUCCESS

We have a winner!

The winner of the first monthly drawing in the Douglas County Summer Wellness Challenge is Marguerite Ryan. Marguerite is a dietary worker at the Health Center, who won the monthly drawing for a Mutual of Omaha T-shirt and a pedometer from ING.

Marguerite racked up 24 points for physical activity during the 21 days of June competition – remember, 20 minutes of activity earns you a point, 39 points for eating fruits and vegetables, 99 points for water consumption and the full 21 points for consistent seat belt use.

There were more than 300 enrollees in the summer program, and Healthy Directions Chairwoman Kathy Goodman says nearly half of them turned in their score sheet. She feels participation has increased from previous challenges because employees have been offered a more “well-rounded” program.

“It touches those people who may have felt excluded from some of the more activity-based challenges,” Kathy said. “Everyone can make good choices about using their seat belt, drinking plenty of water and eating healthy foods.”

Another premier event of the Summer Challenge during June was a repeat visit by Dr. Jason Weise of Life Source Chiropractic. His Lunch and Learn events generated excellent feedback, and Kathy would like to hear your ideas for future Lunch and Learns. Send her an e-mail at kathy.goodman@douglascounty-ne.gov or give her a call at 444-6099.

Finally, keep your eyes open for the new Healthy Directions billboards at various Douglas County offices. You will find them at the Department of Corrections, the Youth Center, the Health Center, the Sheriff’s Office and the Civic Center.

“We are working to provide you with every opportunity to succeed,” Kathy said. “Now is the time for you to take a Healthy Direction in your life.”

Phil Rooney

What’s Inside:

JULY, 2010

- What Exactly is BPA?
- Sea Salt vs. Table Salt
- Poison Ivy
- What is Lyme Disease?
- Seven Secrets to Sticking to Your Walking Goals and more!

WEIGHT WATCHERS NOW AT THE CIVIC CENTER!



The Health Center welcomes Weight Watchers! Join the group for an orientation meeting from 1:00 – 1:30 on Thursday, July 22 in Room 1210. Information will be available and those interested can sign up at that time. The cost is \$186.00 for the 17 weeks which is only \$10.94 per meeting. It also includes 17 or 19 weeks of e-tools free. You can pay all at once, or you can write 3 checks which will be cashed at 3 different times, or you can pay by credit card.

After the first meeting the group will meet each Thursday, from 12:30 – 1:30 with weigh-ins the first ½ hour and a meeting will follow. There will be tables set up if you want to eat your lunch there.

Below is the room schedule:

July 22, 9	Rm 1210
Aug. 5	Rm 903
Aug. 12	Roskins Room (the glass enclosed area in the Farnam lunch room)
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



Make this your healthiest summer ever!

COMMIT TO BE FIT

WHAT EXACTLY IS BPA? AND WHAT ARE THE CONCERNS?

Bisphenol A (BPA) is a chemical used in polycarbonate plastic food and beverage containers and in resin linings for cans. Research has shown that BPA can leach into food from these containers and cans. Because BPA appears to cause health problems in animal studies, some scientists are concerned about the risk BPA poses to humans.

Originally the Food and Drug Administration (FDA) said BPA was safe. Since then, however, the FDA has acknowledged concerns about the potential effects of BPA on the brain and the prostate gland in fetuses, infants and young children. The FDA is conducting additional research. In the meantime, if you're concerned about potential risk, you can take simple steps to reduce your and your family's exposure to BPA:

- Choose glass or BPA-free plastic baby bottles.
- Use glass, porcelain or stainless steel containers for hot foods and liquids.
- Avoid plastic containers with the No. 7 recycling label - they're made with BPA.
- Don't microwave polycarbonate plastic food containers. Instead, use glass containers designed for microwaving.
- Reduce your use of canned foods - many cans are lined with a BPA-containing resin.

Katherine Zeratsky, R.D., L.D.
www.mayoclinic.com

**So many of our dreams at first seem impossible,
then they seem improbable, and then,
when we summon the will, they soon become inevitable.**
- Christopher Reeve

POISON IVY

Is your summer to-do list filled with outdoor activities? Be alert to possible summer skin irritants, such as poison ivy.

Poison ivy grows as vines or low shrubs in most climates. Each leaf on a poison ivy plant has three smaller leaflets. Contact with any part of the poison ivy plant can cause red, swollen skin, blisters and severe itching, usually within two days after exposure.

A poison ivy rash usually resolves on its own within one to three weeks. In the meantime, control itching with calamine lotion or hydrocortisone cream. Consult your doctor if you have a severe poison ivy rash or if the rash involves your eyes, face or genital area.

www.mayoclinic.com

Leaves of three -
let them be!



www.lancaster.unl.edu

SEA SALT VS. TABLE SALT

Sea salt and table salt have the same basic nutritional value - both mostly consist of two minerals - sodium and chloride. However, sea salt is often marketed as a more natural and healthy alternative. The real differences between sea salt and table salt are in their taste, texture and processing, not their chemical makeup.

Sea salt is produced through evaporation of seawater, usually with little processing, which leaves behind some trace minerals and elements depending on its water source. These insignificant amounts of minerals add flavor and color to sea salt, which also comes in a variety of coarseness levels.

Table salt is mined from underground salt deposits. Table salt is more heavily processed to eliminate trace minerals and usually contains an additive to prevent clumping. Most table salt also has added iodine, an essential nutrient that appears naturally in minute amounts in sea salt.

By weight, sea salt and table salt contain about the same amount of sodium chloride. Your body needs only a couple hundred milligrams (mg) a day to stay healthy, but most people get far too much - mostly from sodium in processed foods. So regardless of which type of salt you prefer, keep sodium consumption between 1,500 and 2,300 mg of sodium a day if you're a healthy adult. People with high blood pressure, African-Americans and anyone middle-aged or older should aim for the low end of that range.

Katherine Zeratsky, R.D., L.D.
www.mayoclinic.com

ARE SOME SUSHI DISHES LOWER IN CALORIES THAN OTHERS?

Because most types of seafood are relatively low in calories, most kinds of sushi are as well. However, the calories in sushi vary depending on the dish and how it's prepared. In fact, the same sushi dish may have a different nutritional profile when it's prepared by a different chef, depending on the specific mix of ingredients.

If you're watching your calories, good options include vegetable (maki) and fish (nigiri) sushi rolls. Avoid anything prepared with mayonnaise or added sauce, and anything that's fried. You can also try ordering sushi made with a smaller portion of rice.

Katherine Zeratsky, R.D., L.D.
www.mayoclinic.com



COMMIT TO BE FIT

GET HAPPY QUICKLY BY WRITING ONE OF THESE

Want to feel a whole lot happier? Right now? Then grab a pen and a thank-you card, and share some gratitude with someone. When a group of students wrote a series of one-page thank-you letters every 2 weeks for 6 weeks, measurements showed that their baseline happiness levels increased by 20 percent. For more information on stress reduction, log on to www.realage.com.

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.



Have a safe summer!
Buckle Up!



Laurie Hubbard - Moving in Healthy Directions!

Take a few minutes, if you like, to talk to Laurie Hubbard about the Healthy Directions she has taken in her life.

Well, it could take more than a few minutes. Since April, Laurie has become one of Douglas County's strongest advocates for making life changes to improve your health.

Just don't ask her if she'd like a cheeseburger.

Laurie, the Administrative Receptionist for the Douglas County Commissioners, says it all changed for her on

April 14 when she really began to watch her diet after visiting her doctor. She had gained weight and wasn't feeling good "at all." The doctor said her cholesterol was elevated, and with a family history of Stage 2 diabetes and high blood pressure, there were serious concerns.

Laurie acted on those concerns, and now she's lost 10 pounds, 11 inches around her midsection and cut her cholesterol level in half.

She cites three key factors in her new Healthy Direction:

- Portion control
- Healthy foods
- Exercise

Her diet of six small meals per day includes more fruit and vegetables and fewer carbohydrates - eating only about a half cup of carbs in the morning and at night. And those are healthy carbs, like brown rice or a portion of a sweet potato.

Potato chips are now banned from her diet and for the needed fat Laurie looks to almonds or salad dressing. The plan calls for a salad a day and just a fist full of red meat a week.

"I try to eat salmon or other fish about three times a week," she says. Fruit is on her menu only during the day, never in the evening, because of the sugar. Another rule is no yogurt or dairy past the noon hour. Snacks include carrots or celery and the occasional cup of popcorn.

"It's all about portion control," she says, adding the measuring and planning is essential to her success.

Laurie's day starts with a thin bagel and Egg Beaters (a product that comes in a small carton and contains only egg whites) plus a slice of Canadian bacon (never sausage) and low-fat cheese. Other breakfast options include a cup Special K or a whole wheat pancake with sugar free syrup, plus four ounces of juice or fresh fruit.

Her exercise routine includes up to an hour every other day and a weekend trip around Lake Zorinsky. "I have a program on my tread," she says, that helps get her heart rate up to 160, and she mixes in some crunches and other exercises.

"You can change your diet all you want, but you have to exercise," Laurie said. "Exercise is how you lose your inches."

A couple more rules: no hamburgers or hot dogs, no peas or corn (too starchy) and, "I don't ever eat at fast-food restaurants."

But have all these changes paid off?

"I feel great," she says. "I have more energy."

Enough energy she now is planning to take part in a 13-mile walk in September with Rejoice Lutheran Church.

Now that's a success story!

Phil Rooney

Laurie's Favorite Diet Menu Sites

Hungrygirl.com
you can sign up for recipes
and a newsletter

Sparkpeople.com
more recipes



7 SECRETS FOR STICKING TO YOUR WALKING GOAL

These small steps help you stick to even B-I-G goals:

- 1. Make your goal doable.** If you stick a 3-year-old on a two-wheeler and tell him to ride, he's going to fall off and refuse to get back on for a long time. Make your immediate goal something you know you can do - if it's just a 10-minute walk, fine. Don't push yourself to the brink of exhaustion. Just do it, and aim to do slightly more every week. Eventually, you'll achieve goals that first seemed beyond you.
- 2. Get in your face.** The best way to do something regularly is to have constant reminders to do it. Have walking shoes at home and at work. Put a chart on your fridge. Check in with your walking tracker every day. Keep your goal in sight.
- 3. Seek out positive people.** If your friends believe that exercise is a waste and are interested in only watching TV or going out for dessert, you're going to be forcing yourself to walk alone. Cultivate new friends, people who like being physically active, and suddenly walking every day gets much easier. Join the RealAge walkers -- talk about positive people!
- 4. Put it in writing.** You can have the best intentions in the world, but a funny thing happens as time passes. You don't want to walk one morning, and then at the end of that week, you've walked five times instead of six or seven, and you tell yourself that's still pretty good. Soon, three times a week is still pretty good, and you don't remember your goal of at least five walks a week. That's why it's vital to write down your goals.
- 5. Avoid temptation.** Whatever your guiltiest habit is, get everything related to it as far from yourself as possible. If your goal is to be fit and eat less junk, the best favor you can do yourself is to clear your house of junk food (be sure to toss these foods, too). Removing temptation does make a difference.
- 6. Recognize negative thinking patterns.** There are a million varieties, but they all come down to the same issue: not existing in the here and now. Things get complicated when your mind starts focusing on the past or future, not the present. Maybe you say, "When I've lost 100 pounds, I'll look good," or "If I had started this a year ago, I'd really see progress now." But these thoughts trick you into ignoring one reality: that anything you do happens one step at a time, starting today.
- 7. Aim for no slips for 4 weeks.** Once you've established a pattern, you can slip now and then and it won't affect your overall success or motivation. But earlier slips interfere with forming a new habit. So for the first month, try extra hard to stick to your goals. If necessary, remind yourself that you will be allowed to deviate eventually. Sticking to something with no slips for 4 weeks is doable; doing it for life with no slips isn't.

www.realage.com

STUDY SHOWS WALKING IMPROVES MOOD



Taking a walk can boost your mood and feelings of well-being, even for those with major depressive disorders.

A study by University of Texas researchers had people with major depressive disorders either rest quietly or walk on a treadmill for 30 minutes and tested their mood afterwards. Both groups had an improvement in mood, but those who walked on the treadmill had more positive feelings for well-being and vigor. The study was published in the December, 2005 issue of "Medicine and Science in Sports and Exercise."

Moderate-Intensity Exercise vs. Runners High

The subjects exercised at an exertion of 60-70% of maximum heart rate, a nice determined to brisk walking pace. While many people experience a "runner's high" at higher heart rates and higher exertion levels, this study concentrated on moderate activity. The positive effects on mood and well-being were seen.

Walk and Get Happy

Walking outdoors in fresh air and pleasant scenery should boost mood even more than trudging on a treadmill in the lab. If you are feeling down, let your feet do the walking to a better outlook.

Reference: "Effects of Acute Exercise on Mood and Well-Being in Patients with Major Depressive Disorder." *Medicine & Science in Sports & Exercise*. 37(12):2032-2037, December 2005. BARTHOLOMEW, JOHN B. 1; MORRISON, DAVID 2; CICCOLO, JOSEPH T. 1

www.about.com/walking

Life isn't about finding yourself. Life is about creating yourself.

George Bernard Shaw

Man is not man sitting down;
he is man on the move.
Steven Graham

COMMIT TO BE FIT

WHAT IS LYME DISEASE?

Lyme disease is a bacterial disease caused by *Borrelia burgdorferi* (boar-ELL-ee-uh burgdorfer-ERR-eye). Within 1 to 2 weeks of being infected, people may have a "bull's-eye" rash with fever, headache, and muscle or joint pain. Some people have Lyme disease and do not have any early symptoms. Other people have a fever and other "flu-like" symptoms without a rash.

After several days or weeks, the bacteria may spread throughout the body of an infected person. These people can get symptoms such as rashes in other parts of the body, pain that seems to move from joint to joint, and signs of inflammation of the heart or nerves. If the disease is not treated, a few patients can get additional symptoms, such as swelling and pain in major joints or mental changes, months after getting infected.

Can animals transmit Lyme disease to me?

Yes, but not directly. People get Lyme disease when they are bitten by ticks carrying *B. burgdorferi*. Ticks that carry Lyme disease are very small and can be hard to see. These tiny ticks bite mice infected with Lyme disease and then bite people or other animals, such as dogs and horses, passing the disease to them.

How can I protect myself from Lyme disease?

Whenever possible, you should avoid entering areas that are likely to be infested with ticks, particularly in spring and summer when nymphal ticks feed.

If you are in an area with ticks, you should wear light-colored clothing so that ticks can be spotted more easily and removed before becoming attached.

If you are in an area with ticks, wear long-sleeved shirts, and tuck your pants into socks. You may also want to wear high rubber boots (since ticks are usually located close to the ground).

Application of insect repellents containing DEET (n,n-diethyl-m-toluamide) to clothes and exposed skin, and permethrin (which kills ticks on contact) to clothes, should also help reduce the risk of tick attachment. DEET can be used safely on children and adults but should be applied according to Environmental Protection Agency guidelines to reduce the possibility of toxicity.

Since transmission of *B. burgdorferi* from an infected tick is unlikely to occur before 36 hours of tick attachment, check for ticks daily and remove them promptly. Embedded ticks should be removed by using fine-tipped tweezers. Cleanse the area with an antiseptic.

You can reduce the number of ticks around your home by removing leaf litter, and brush and wood-piles around your house and at the edge of your yard. By clearing trees and brush in your yard, you can reduce the likelihood that deer, rodents, and ticks will live there.

How can I find more information about Lyme disease?

Learn more about Lyme disease, including answers to frequently asked questions, the natural history of Lyme disease and a narrated documentary, at CDC's Lyme disease web site <http://www.cdc.gov/ncidod/dvbid/lyme/>

www.cdc.gov



PROTECT YOUR EYES FROM THE SUN!

Sunglasses help you in two important ways. They filter light and they protect your eyes from damaging ultra-violet (UV) rays. Mounting evidence shows that exposure to UV rays can damage your eyes. Long-term exposure to UV rays can lead to cataracts, macular degeneration, or skin cancer around the eyelids. Sunglasses should be worn when you are outdoors so you can protect your eyes.

You should choose sunglasses that:

- reduce glare
- filter out 99-100% of UV rays
- protect your eyes
- are comfortable to wear
- do not distort colors

To learn more about summertime eye safety, log on to: www.preventblindness.org

DE-STRESS! CRANK UP THE MUSIC AND DANCE!



The idea of dancing, especially with a partner, can make some people break out in a cold sweat. But dancing can be a great stress reliever by renewing your sense of creativity, revitalizing your energy and boosting your confidence. It even strengthens your immune system, reduces anxiety and floods your body with serotonin.

Because of its health benefits, dance movement therapy is often used in schools, hospitals and rehabilitation centers to treat conditions, like eating disorders, sexual and physical abuse, autism and substance abuse.

So cast those inhibitions aside, crank up the music, and dance in the privacy of your own home. You can even slip on an oversized dress shirt and socks and rock out like Tom Cruise did in *Risky Business*. www.allhealthcare.monster.com

BOOST YOUR MEMORY WITH SCRIBBLES

Search Bill Gates does it. And you should, too. That is, if you want to remember things better.

We're talking about doodling. Studies show that people who squiggle, scribble, and sketch while listening may have better recall.

Researchers suspect that doodling helps keep people more alert and reduces daydreaming. In a study of 40 adults, half of the group shaded in a row of shapes and the other half did nothing while listening to a boring phone message. Later, when asked to remember what they had heard, the doodlers recalled 29 percent more information than the nondoodlers. www.realage.com



COMMIT TO BE FIT

THE COUNTY WELLNESS BICYCLING CORNER



OK, have you gotten out on that bicycle yet! If not, plenty of great opportunities to get out and enjoy the country side and the great outdoors and to keep that "commit to be fit" challenge.

With the summer months, this is the time to dust off that bike that is in the garage or basement, put some oil on the chain and get some fun exercise that is both easy on the body and will get you the fun and enjoyment of being outdoors.

If you don't have a bike or need to get yours repaired, check out the various bicycling stores around town and they can assist you in this fun wellness sport. Some of the stores are having sales this time of year.

As we move into July and August, there are a number of biking events coming up;

RAGBRAI (Registers Annual Great Bike Ride Across Iowa) July 25th through July 31st, the Omaha Corporate Cycling Challenge a 10 or 25 or 42 mile ride on Sunday, August 15th and a number of other rides listed at the various bicycling stores.

This is a great time to get on the Keystone Trail at the Aksarben Village (Stinson's Park) or the Big Papio Trail or for a great ride in a tree shaded and somewhat wind protected trail you should try the Wabash Trace Nature Trail. This trail is noted for the Thursday night Taco Ride to the Mineola Steak House in Mineola, IA - nine miles from the start of the trail head. The Wabash Trace is located just south of the Iowa School for the Deaf on the southeast side of Council Bluffs.

A great ride is on the Keystone Trail starting at Aksarben Village (Stinson Park) and going south to Culver's Restaurant which is approximately seven miles. You can continue on down to the Bellevue Loop Trail or go west on the West Papio Trail for a longer ride.

As a part of our Douglas County Healthy Directions Wellness Program, we are looking to start an informal biking group that will do a ride together periodically either after work or on a weekend. This could be a fun time to exercise, enjoy the outdoors and meet new friends.

If you are interested in being a part of a County riding group or just doing a group ride at some time, please send me an e-mail at lee.lazure@douglascounty-ne.gov or give me a call at 444-6123. We will be compiling an e-mail list to send information to interested employees and their families.

Lee Lazure, Human Resources
Douglas County Civil Service

REV UP YOUR WALK, LIVE LONGER

A comfortable daily walk is a good place to start if you want to live younger and longer.

But include a few spurts of power walking, too. This kind of "interval training" can be a great way to boost your exercise capacity -- an emerging marker of longevity.

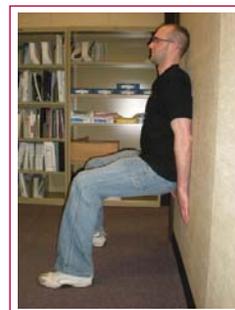
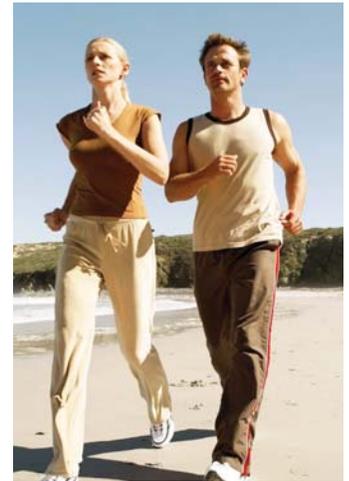
Build Up Your Steam

In a large study of women, exercise capacity - a measure of how hard you're able to work out -- was tightly connected with mortality rates. The women who had low exercise capacity were almost twice as likely to die during the study follow-up period, compared with the women who had more exercise power. Find out about the hidden symptoms women may experience during a heart attack.

Boost Your Grade with Intervals

So how can you increase your exercise capacity? Interval training helps. Just add a few short bouts of more intense exercise to any moderately paced activity. For example, throw some 1- to 2-minute jogging sessions into a long, brisk walk. Or if you're a steady biker, add a block of rapid pedaling here and there. Interval training can help you burn more fat, too.

www.realage.com



Office Exercise: Wall Slides

Keep head, shoulders, and back against wall with feet out in front and slightly wider than shoulder width. Slowly lower buttocks while sliding down wall, until thighs are parallel to floor. Keep back flat.

This exercise features Dan Esch from the Douglas County Clerk's office. Check out more office exercise posters in the stairwells of the Civic Center and Health Center. Each features a county employee!

MyFood--pedia

OMB Number 0584-0535

Want quick information on food choices? Log on to www.myfoodapdia.gov to find the nutrition value of hundreds of foods. You can even compare the value of two foods. This healthy, handy web tool is brought to you by the folks at www.mypyramid.gov.

COMMIT TO BE FIT



DON'T FALL FOR THESE LABEL TRICKS

Labels don't always present an accurate picture of what's inside, and the product that appears to be good for you on the label may have all the nutritional goodness of a gum wrapper.

Why do you want whole grains? They contain the bran and the germ of the grain, which have more nutrients than the endosperm that you get with refined or enriched grains. Whole grains are absorbed more slowly than foods made from enriched or

bleached flour, so they raise glucose and insulin levels less and keep YOU feeling fuller longer. A diet rich in whole grains may also help steer you around cardiovascular disease, metabolic syndrome, even gum disease - not to mention the pain of having to buy bigger pants.

But not all foods that tout whole grain or whole wheat provide it in the healthiest form. You want the grain to have all of its original components. Here are a few fake-out label words to watch for:

Made with whole grains: It may have a pinch of whole grains, but unless it's 100%, you won't reap most of the potential benefits.

Multigrain: This tells you nothing about whether the grains are whole or refined. Even if you're getting 38 different grains, that isn't much good if they are all refined.

Whole grain: If the label doesn't say "100% whole grain," it may have many grain blends. Bad words to see paired with "flour": enriched, bleached, unbleached, semolina, durum, and rice.

What it should say: "100% whole grain" or "100% whole wheat."

www.realage.com



**DROP THE REMOTE
AND NO ONE GETS FAT!**
Those who dine à la tube consume an average of 288 more calories per meal than those who don't. The reason? When you're distracted, your brain has trouble determining that you're full.
Fitness magazine

GET ACTIVE!

WWW.ACTIVATEOMAHA.ORG!



It's a terrific resource for an active life! Click on Calender to see what's going on right here in our area.

July, 15, 2010 – 7:00 PM - Hiking at Boyer Chute Wildlife Refuge- Omaha Hiking Club - Boyer Chute is a wildlife refuge in a loop in the Missouri River, about 10 miles north of Omaha. The trail is on flat terrain, through a mix of river woodlands and tall grass prairie. Some parts of the trail is paved, but the trek will consist mostly of dirt packed trail or grassland. The hike will be about 4 miles at an approximate pace of 3.2 mph. Be prepared for mud and wet trail conditions if it has rained recently. Please bring adequate water to drink along the trail; as there is no drinking water available at Boyer Chute NWR. Sunscreen and bug spray are recommended. Ticks are out, so you may want to consider long pants and/or use tick repellent bug spray at your discretion.

<http://members.cox.net/omahahikingclub/>



Let's Move! has an ambitious but important goal: to solve the epidemic of childhood obesity within a generation.

Let's Move will give parents the support they need, provide

healthier food in schools, help our kids to be more physically active, and make healthy, affordable food available in every part of our country.

Join First Lady Michelle Obama, community leaders, teachers, doctors, nurses, moms and dads in a nationwide campaign to tackle the challenge of childhood obesity. Learn more, read the action plan, and join us in solving the problem within a generation. Log on to www.letsmove.gov for more information.

www.letsmove.gov

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: Sunday Uribe.

COMMIT TO BE FIT

OPEN CASTING CALL!



The Biggest Loser is back and searching for teams of two or individuals (if you do not have a teammate)

PARENT/CHILD - SIBLINGS- MARRIED COUPLES - TEAMMATES - INDIVIDUALS

Do you have 100lbs+ to lose? If so, apply today and take the first step towards a healthy lifestyle and compete for a chance to win \$250,000!

COME MEET THE CASTING DIRECTORS!!

BRING A
PARTNER!


**Nebraska Furniture Mart
Mrs. B's Clearance Center
7312 Jones Circle
Omaha, NE 68114**

Please do not line up more than 3 hours before the open call start time.

BRING A NON-RETURNABLE PHOTO OF YOURSELF - WE WILL SUPPLY THE APPLICATIONS

WE WILL DO OUR BEST TO SEE AT LEAST THE FIRST 500 PEOPLE IN LINE

MUST BE 18Yrs OLD BY 9/24/2010 TO APPLY

MORE CASTING INFO & HOW TO MAKE A VIDEO IF YOU CANNOT ATTEND THE CASTING CALL CAN BE FOUND AT:

www.thebiggestlosercasting.com Follow us on Twitter: @BLCastingteam

An official basketball weighs 22 oz.,
as much as a 24-week premature baby.



AUG. 7TH at CREIGHTON PREP

3 ON 3 MARCH OF DIMES TOURNAMENT

SPONSORS



\$100 per team
3 or 4 players

Registration:

www.marchofdimes.com/nebraska

Deadline: July 28, 2010

All players receive:

- one ticket for drawings
- t-shirt

Double Elimination:
guaranteed 2 games

Exhibition Game:
The Schick and Nick Show
From 1620 The Zone

• DIVISIONS •

• JUNIORS •

19 and under

• OPEN •

all ages

• ELITE •

Be the best,
Play the best,

• GLORY DAYS •

40 and over

CHALLENGE

Omaha Triathlon

The competition is fierce, the weather is hot, your legs are aching, the sweat is dripping, but once you can smell the sweet taste of victory, you wouldn't have it any other way.

TRIATHLON

Registration now OPEN

Through July 18

Swim

1.5 km swim through a lake along with 600 other people all working toward the finish.

Bike

40 km bike ride around scenic Omaha with area highlights as you pedal past the competition.

Run

10 km run along scenic trails next to a lake as you not only take in the air, but force your competition to EAT YOUR DUST!

Individual Entry \$150

3 Person Relay \$170

Aquabike (swim/bike only) \$95

Sign up now to ensure your spot!

www.omahatriathlon.com

An Event That Anyone Can Do!



Don't forget to register your kids too!

Triathlon is a sport that anyone, at any fitness level, can compete at and not only finish, but feel an incredible amount of self-accomplishment upon completion.

We are very excited to bring the first Olympic Distance triathlon to Omaha in over 20 years. This event is sure to bring national recognition to Omaha and draw spectators and athletes from not only regionally, but nationally and internationally.

By partnering with the Omaha Sports Commission, we are sure to make this event one for the record books. The Omaha Triathlon is sure to be a premier event that will highlight local athletes for their outstanding abilities!

Start training now and we will see you on August 1, 2010!

Follow us on Facebook & Twitter!

www.omahatriathlon.com

"WINNERS MAKE GOALS. LOSERS MAKE EXCUSES."

8.01.2010