



THE DOUGLAS COUNTY HEALTHY DIRECTIONS WELLNESS NEWSLETTER



LET US INTRODUCE YOU TO THE HEALTHY DIRECTIONS WELLNESS COMMITTEE

The Douglas County Board of Commissioners approved on December 9, 2008 by Resolution to develop a wellness committee and wellness programs for the employees of Douglas County. The members of the committee are:

Tina Acosta	Diane Battiato
Jennifer Beisheim	MaryAnn Borgeson
Mike Boyle	Brian Burleigh
Kevin Conlon	Jane Faust
Kathy Goodman	Carol Jennings
Jan Johnson	Lee Lazure
Connie Lehman	Sam Ross

The committee will be working on wellness programs for the employees of Douglas County. The Committee's first job was to develop a team, team name, logo, mission statement, team motto and goals & objectives.

Team members initially were chosen or have volunteered and were approved by the County Board to serve for a 2-year period. Members will be replaced on a 2-year rotating basis from volunteers and representatives from the various County departments. The Team Name is "*Douglas County Healthy Directions*" with the logo being the apple design at the top of this newsletter.

The Committee's Mission Statement is "*Building healthier lives for Douglas County employees by empowering lifestyle change*"

April, 2009

What's Inside:

- Welcome Wellness Newsletter
- Wellness Committee Members
- Healthy Tips For the Month
- Healthy Recipe for the Month
- Quote of the Month
- Employee of the Month

through education and support", and the motto is "Commit to be Fit."

The goals and objectives of this committee will be determined after the Health Assessment Survey Campaign which begins April 15 - 30, 2009. All covered employees and their covered spouse will be able to go on line to complete the survey through United Healthcare's password secured website. The survey consists of a series of health questions which will take about 15 minutes to complete. Every employee and their spouse who completes the survey during the campaign period will receive a **\$5 gift card** from **Subway**. Your name will also be entered in a drawing for several fantastic prizes from one of 4-IPods shuffles, a one-month YMCA membership, and several other gift certificates from area restaurants. Drawing and gift cards will be distributed in mid May.

The results from the HAS will assist the Wellness Committee in determining the types of programs that will be offered in the future. Employees and their spouses will be able to complete the survey from their work or home computer or a Kiosk setup at the Human Resource Office in the Civic Center Room 505 or the Health Center Human Resource office on 2nd Floor of the Health Center. The employees at Correction, Sheriff and County Roads will have access at those facilities during the campaign period. Details on the HAS Campaign were in the April 3rd payroll along with flyers at all locations and departments throughout the County.

COMMIT TO BE FIT

ORDER IT YOUR WAY

Many restaurants try to accommodate customers by being flexible in the way they prepare food. They know that in order to keep the customer happy and coming back they must provide meals that meet your needs and wants. Ordering foods in a way that reduces unnecessary calories and fats can help you eat more healthily. Here are a few suggestions for the next time the server takes your order.

Salads ordered just for you

- Ask for grilled chicken or fish to be added
- Ask for extra fresh vegetables
- Choose light salad dressings
- Request salad dressing on the side

Sandwiches created for you

- Ask for extra vegetables
- Don't add condiments or oils
- Pick whole-grain bread or bun
- Eat lean deli meats

Healthy Meals your way

- Order several healthy side dishes instead of entrée
- Request only half an entrée with extra sides or salad
- Substitute fresh veggies or fruit instead of greasy fries
- Limit amount of salt and butter

WHAT IS PHYSICAL ACTIVITY?

Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be

"GET MOVING"

moderate or vigorous and add up to 30 minutes each day.

Moderate physical activities include:

Walking briskly (3 1/2 miles/hour)
Hiking
Gardening/yard work
Dancing
Golf (walking with clubs)
Bicycling
Weight training

Vigorous physical activities include:

Running/jogging (5 miles/ hour)
Swimming (freestyle laps)
Aerobics
Walking very fast (4 1/2 miles/hour)
Heavy yard work
Weight lifting (vigorous effort)
Basketball (competitive)

Some physical activities are not intense enough to help meet the recommendations. Although you are moving, these activities do not increase your heart rate, so you should not count these towards the 30 or more minutes a day that you should strive for. These include walking at a casual pace, such as while grocery shopping, and doing light household chores.

(Citation:<http://www.mypyramid.gov/pyramid/physical>)

SMALL STEPS TO BETTER HEALTH

Improving your health doesn't require a major commitment. Even these small steps can help:

1. Take your dog to the park
2. Take a multivitamin
3. Go for a half-hour walk instead of watching TV
4. Use vegetable oils over solid fats
5. Eat more carrot, less cake
6. Sit up straight at work
7. Don't skip meals
8. Choose an activity that fits your daily life
9. Park further from the store and walk
10. Dance to music
11. Make a Saturday morning walk a habit

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12. Wash the car by hand
13. Don't skip meals
14. Eat more celery sticks
15. Garden or do home repairs
16. Make time in schedule for exercise
17. Walk your lunch
18. Play with your kids for 30 minutes
19. Keep regular eating schedule
20. Ask a friend to exercise with you

(Citation:<http://www.smallstep.gov>)

RECIPE OF THE MONTH

Chicken Lasagna

12 oz. lasagna noodles 1/3 C. skim milk
 1/2 C. Red bell pepper, chopped 1/2 t. dried basil
 1/2 C. chopped onion 1 1/2 C. 1% cottage cheese
 1-10 oz. can 98% fat-free cream of chicken soup
 1 - 4oz. can sliced mushrooms drained
 3 C. cooked chicken breast, chopped
 1 1/2 C. fat-free cheddar cheese, shredded
 1/2 C. Parmesan cheese

Cook noodles according to package directions. Drain. Boil onions & red bell peppers until tender. Drain. Add soup, mushrooms, mil and basil to onions. Spray 9x13 pan with cooking spray. Layer 1/2 noodles in pan then 1/2 soup mixture, 1/2 cheese and 1/2 chicken. Repeat layer and top with remaining cheese. Bake 350 degrees for 45 minutes. (262 calories) by Richard Collins, MD



INTERCONNECTED

Taking positive action in one area of your life can lead to surprising improvements in many other areas of your life. For you are one whole person, and anything you do makes a difference in everything you are.

It all matters and it all affects you. The life you experience is the sum of every thought, every word spoken, every gesture and every effort.

If you find it difficult to be positive about one particular area of your life, then be extraordinarily positive about other areas of your life. That additional positive energy will spill over into all of your world.

All the parts of your life are interconnected in ways that it's difficult to even imagine. The result is that there are always plenty of opportunities for taking positive steps.

For even when you feel completely blocked in one area, there are many other areas of your life in which you can quickly and easily make improvements. Success and achievement feel great in whatever venue they occur.

Feel genuinely positive, even if it's just about one little thing. And the energy radiates through the entirety of your world.

-- Ralph Marston



COMMIT TO BE FIT

EMPLOYEE SUCCESS STORY



Before

Congratulations Sara!

Sara Ransford works for the Building Commission and here is her success story –

I have had weight issues all of my life. And while concentrating on being a single parent I really let it get out of control. I had even gotten into the habit of saying I'm not going to try to lose weight because if I try and fail that's not good for you either. But finally last summer I decided to start another new diet plan. This one had worked for a friend of mine so I decided to give it a shot. The plan advocated a regimented diet of high protein, low carbohydrates and low fat. I checked it out with my doctor and started in. I knew I was eating plenty of food but I was still tempted by sweets and things no longer on my menu. After I got past the first few days of feeling lousy the diet became easier and fairly routine. The plan I followed required that I weigh-in twice a week. This is what really kept me honest because I always knew I had to check in soon. I was encouraged because there was staff there to teach,

guide and motivate me as I saw the pounds come off. I lost 50 pounds and I feel great. I didn't know how much harder I was making my life carrying that extra weight. I still love it when people greet me in the halls here with "Hey, Skinny" even though it took some getting used to! Now that I'm no longer "on a diet" I know I can splurge a little, but I'll always have to be wary of going back to my old lifestyle. The change in me has been more than just physical. I'm seeing a change for the better throughout all aspects of my life.



After



If you have a success story, suggestions, or articles for the wellness newsletter please forward to Connie Lehman in the Health Department or email her at connie.lehman@douglascounty-ne.gov

Please Note: The monthly Wellness Newsletter will be available monthly on the County home page under our logo along with upcoming events. Watch for our wellness website to be launched in late August, 2009. **DISCOUNTS: Curves will waive \$149 One-Time Service Fee & Blue Planet will give a 10% discount by showing ID.**



COMMIT TO BE FIT

