



WALCO Buzzzzzzzz

"Your Wellness & Benefits Newsletter"

November/December 2010

HAPPY HOLIDAYS

Inside this issue:

What's Eating You? The Emotional Side of Holiday Eating

The holidays, more than any other time, are fraught with emotions. We're short on time, low on cash, and either overburdened with family responsibilities or feeling the pang of loneliness. Certain key dishes may also bring back happy memories of past holidays. And all those high-carb, sugar-rich holiday treats temporarily boost levels of serotonin, the brain's feel-good neurotransmitter, which makes us crave more.

Most of the time, you're not really hungry for pecan pie or holiday ham. You're craving a quick boost of feel-good brain chemicals to counter the effects of holiday emotions, or you're starving for connection, peace, happiness, a fond memory of past experiences.

This season, if you're hoping to maintain some control over holiday binging, look to the underlying cause the emotions themselves. Approach this exploration with a gentle, inquisitive air, rather than another must-complete item to cross off your to-do list.

Here's how you might start: (see page 1)

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1) Stay in touch with your feelings. Most of the time, we don't have a clue what we're feeling in any given moment. Make it a habit to check in two or three times a day; just before meals is the perfect chance to stay on top of your feelings, before they run your food choices.

2) Be in your body. Most of us walk around all day in a state of half-awareness, not really present in the room, on the earth, in our bodies. But if you're not in your body, you have no way of knowing when it's hungry or full. Get in the habit of checking in with your body, especially your belly, during the day. Where are your feet? How do your legs feel? Is your stomach tense, cold, empty, satisfied? Once you've practiced this for a while, it becomes automatic and makes it easier to choose foods based on what your body needs.

3) Examine your cravings. Binges and cravings are fraught with symbolism. The next time you find yourself in the throes of a craving, examine it. What is it about that food that you're really longing for? If you like crunchy cookies when you're stressed, is it the sweetness you're craving, or the texture? Biting down on something hard and crunchy relieves tension in the jaw, and that loud, crunching sound as you chew may literally drown out the noise in your head. If you're aching for warm eggnog, maybe the temperature and creamy texture is symbolic of what you need in your life: something warm, rich and soothing to fill up empty spaces.

4) Shift your focus. Imagine you're alone in the house with a refrigerator full of holiday leftovers. Just before you plunge your hand into a box of chocolates, or your fork into an apple pie, quickly shift your attention. Take your focus to something outside of yourself. It may be visual: look out the window at the snow, the clouds moving across the sky, the blush of sunset. Or it may be auditory: the sound of your children playing in the living room, a favorite song. Focusing on sensory input calms the mind, gets you back in your body and helps you stay present. It's also a fast, simple way to break the chain.

5) Be happy now. We think that once we get thin, or lower our blood pressure, or give up sugar once and for all, we'll be happy. Most of the time, though, it's the opposite: once you get happy, you'll have a better chance of achieving your goals. A few years ago, a study found that happiness may breed success, rather than the other way around. The researchers suggested that happy people were more likely to seek out opportunities that would ensure their success. I believe happy people are more likely to stick to a way of eating that works for them, and less likely to eat from stress, depression or anxiety.

At any rate, there's no point in delaying happiness, or loving your body and yourself, while you wait to achieve some possibly far-off goal. It's all a process and it may be a life-long one. Enjoy your holidays and your life in the meantime.

2010 Golf Outing Challenge

Thank you to the 22 golfers that participated on October 17, 2010

The participants were challenged to golf without a golf cart at the Lauderdale Lakes Golf Club. Everyone made it through with plenty of energy leftover to watch the start of the Green Bay Packer Game!



WELLNESS MONTHLY Quiz

1. How much TV does the average American watch daily?

- a. less than 2 hours
- b. more than 4 hours
- c. more than 6 hours
- d. 8 hours

2. Dry beans and peas are excellent sources of plant protein, and also provide other nutrients such as iron and zinc.

True **False**

3. Less than four million children live with a parent dependent on alcohol and/or illicit drugs.

True **False**

4. References are often biased in favor of the contractor you are considering, so it's important to take the time to find out if the reference is truly credible.

True **False**

5. Which of these suggestions is not a recommended way to enhance your professional skills?

- a. Keep up with technology changes.
- b. Seek appropriate designations in your industry.
- c. Recite your vast knowledge of the history of tube socks to impress your co-workers.
- d. Enhance communication skills.

6. Joe Decker, "The World's Fittest Man" actually flunked his Army physical-training entrance exam.

True **False**

7. The effect of tobacco and alcohol combined is equal to the sum of their individual effects.

True **False**

8. Which of these components is not a factor in your overall fitness level?

- a. muscular strength/endurance
- b. flexibility
- c. personality
- d. body composition



Fruit Sale



WOW will be selling fruit during the holiday season; fruit will be delivered in mid-December. Watch for order blanks in your department.

Video Exercise Classes

Classes will be held in the former county board room on the lower level of the Walworth County Government Center. They will be held from 5:15 p.m. to 6:15 p.m. on Mondays and Wednesdays commencing November 29, 2010. There will be 30 minutes of aerobic exercise and 15-20 minutes of toning/weight work. There will be no fee for these classes.

WOW has purchased hand weights, mats and resistance bands for use in these classes. Please bring a towel, bottle of water and wear good shoes. You do not need to register for these video classes just show up and be ready to work out.

You would need to sign a waiver of liability for injury prior to beginning any of the classes. That waiver can be printed from this newsletter and must be turned into Linda Eastburg prior to or at the first class that you attend. (see last page)



Coming Soon.....Step Aerobic Classes

WOW and the Walworth County Wellness Council will be arranging step aerobic classes. Fees, dates and times are being negotiated so watch for an e-mail with more information on these classes.

**WOW and the Walworth County Wellness Council
Present.....**

Zumba Classes

One Time - Trial Zumba Class

Tuesday, November 30, 2010 – 5:15 p.m. – 6:15 p.m.

- Preview Zumba Class
- Discounted rate \$3/person
- 10 person minimum to hold class

8 week Zumba Session

Tuesday, January 4, 2011 – 5:15 p.m. – 6:15 p.m.

- \$3-5/person per class, price dependent on participants
- 10 person minimum to hold class

You would need to sign a waiver of liability for injury prior to beginning any of the classes. That waiver can be printed from this newsletter and must be turned into Linda Eastburg prior to or at the first class that you attend. (see last page)

For questions or to suggest additional dates/times contact Linda Eastburg at ext 4222 or email eastburg@co.walworth.wi.us

Please keep in mind all classes must meet a 10 person minimum to be held.



2011 Plan Limits for 457b and 403b:

The maximum pre-tax contribution remains \$16,500.

The maximum pre-tax catch-up contribution employees can make into their accounts remains \$5,500 for those who are 50 or older during 2011.

NOTE: These limits have not changed from 2010.

Bill Barnes from Nationwide will be here the first week in December if you would like to make any changes to your 457b (Deferred Comp) account.

If you have a 403b account (Lakeland School employees only), you will need to contact your representative to process any changes.



Any Family Changes?

If you have had a change in your life (marriage, divorce, birth)

Contact Benefits in the Finance Dept: 262-741-4949

to complete the necessary forms/documentation.

It is very important you contact Benefits within thirty (30) days of any family changes

Employee Wellness Council Members

<i>Dale Wilson</i>	<i>Finance/Employee Benefits</i>
<i>Josh Pollock</i>	<i>Finance/Employee Benefits</i>
<i>Valerie Etzel</i>	<i>Finance/Employee Benefits</i>
<i>Ken Brauer</i>	<i>Sheriff's Department</i>
<i>Rich Colbert</i>	<i>IT</i>
<i>John Miller</i>	<i>Public Works</i>
<i>Colleen Lesniak</i>	<i>UW-Extension</i>
<i>Terese Rutkowski</i>	<i>HHS</i>



Feel free to forward suggestions, wellness event notices and/or programs.

We value your opinion and would appreciate any new ideas!

Contact Information

Employee Benefits

262-741-4949

Website Information

Walworth County <http://www.co.walworth.wi.us/>

Employee Self Service <http://ess.co.walworth.wi.us/MSS/>

HAPPY HOLIDAYS!!
November & December 2010

Wellness Events

November & December 2010

Sweet Tooth -

Click Link or Call 741-4951

Our annual holiday baking classes are being held on Sunday, November 21st (1-5 p.m.) and Friday, December 3rd (4-8 p.m.) Leave with all of your holiday baking completed!

WOW - Video Exercise Classes -

Begin November 29, 2010, 5:15 p.m. - 6:15 p.m., classes will continue each Monday & Wednesday. Classes will be held in at the Government Center in the lower level conference room (old county board room). Contact Linda Eastburg at ext 4222 or eastburg@co.walworth.wi.us for more information.

One Time - Trial Zumba Class -

November 30, 2010, 5:15 p.m.– 6:15 p.m. Contact Linda Eastburg at ext 4222 or eastburg@co.walworth.wi.us

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Nuts in a Nutshell -

Click Link or Call 741-4951

Tuesday, December 7, 2010 1-2 p.m.
Matheson Memorial Library, Elkhorn

Future Wellness Events

8 week Zumba Session –Tuesday January 4, 2011

Contact Linda Eastburg at ext 4222 or eastburg@co.walworth.wi.us

WAIVER AND RELEASE

FOR AND IN CONSIDERATION OF the use of County-owned property on non-working hours and at my own risk, permission for which is hereby acknowledged,
(NAME) _____ for themselves, their family, dependents, executors, administrators, heirs, and assigns, does hereby release, demise, acquit, and forever discharge Walworth County and its officers, agents, servants, employees, Board members, successors and assigns of and from any and all liability, including emotional distress, causes or damages, liabilities, suits and damage of any kind and nature whatsoever, in law or equity, now existing in favor of them, and against Walworth County by reason of any facts existing at the the date hereof, whether known or unknown, fixed or contingent, for any reason arising out of my decision to engage in a course of physical exercise on County-owned property. I understand that my participation in exercise is voluntary on my part, and not a condition or term of my employment. I willingly assume all risks associated with the exercise and the facilities on which it is conducted.

Dated this _____ day of _____, 20____.

Signed _____