



WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

September/October 2010

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ANNUAL COUNTY CHALLENGE

This year we entered into a 10 week challenge with Waukesha County.

We had 63 walkers on 12 different teams. Employees joined the challenge from Register of Deeds, Land Use and Resource Management, Finance, Veterans, Administration, District Attorneys Office, Clerk of Courts, Lakeland Nursing Home, Health and Human Services, Department of Public Works, Treasurer’s Office, Corporation Counsel and the Sheriff’s Department. Waukesha County had 60 teams and around 300 employees who participated.

This year you could do any type of aerobic exercise you chose. 20 minutes of exercise equaled one mile. Each team member needed to complete 100 minutes or five miles per week to complete the goal. The county with the largest percentage of teams who met the weekly goal would win the challenge and receive the traveling trophy.

Our teams did us proud as every single one of them met their weekly goal over the 10 week challenge. Waukesha County had one team that didn’t meet the goal so Walworth County won the challenge for the third year in a row.

We hope you will join us in congratulating all of the teams and their members for making this another winning year for Walworth County.

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Legs Go Team – Left to Right
Dawn Nettesheim, Linda Gregurich, Linda Eastburg, Kathy Wright, Trina Adams.



Lor Mar Girls– Left to Right
Laurel Johnson and Marjorie Krause



Los Mujeres de Rosa – Left to Right
Dawn Jorgenson, Carmen Rodriguez-Vargas, Theresa Wright. Bottom Row--Brenda Rogers, Denise Millet, Audrey Zegar (absent)



4Ever Fit – Left to Right
Cheri Stoffel, Laurie Lacosse Not shown:
Juliet Young & Mary Schroeder



Team 1 – Left to Right
Dorothy Morgan, Penny True-Dauffenbach,
Kristy Schiller, Wendy Esch



Team Dale – Front Left to Right, Back Left to Right
Josh Pollock, Dale Wilson, Amanda Lagle,
Valerie Etzel, Tammy Werblow, Jessica Lanser



Crusher Brigade – Left to Right
 Lisa Broll, Amy Limones, Stu Bieber and Veronique Wolf. Not pictured: Liza Drake and Sonia Hill



DA's Office – Back Left to Right - Dawn Thiele, Jane Radar, Ev Schulz, Crystal Zarnstorff, Front Left to Right Mary Koss and Geordia Prichard



DPW – Left to Right
 Peggy Watson, Kristen Vander Kooi, Sandy Kulik, Shane Crawford, Christv Heinrich, Not Shown Steve Kinney



High Steppers – Left to Right
 Ann Weber, Carol Burgess and Vicky Schoenbeck



Holy Walkomolies - Left to Right
 Laura Zelinski, Patty Stretesky, Mel Davis, Christie Bryson, Ruth Gillless, Teresa Rutkowski



Hot ROD's – Left to Right
 Nicole Hill, Anita Petkoff, Sue Finster, Donna Pruess, Pat Reum, Not shown Connie Woolever



Which Diets are Best? - Choose the Right Weight Loss Approach

These days, it seems that everyone is concerned about losing weight and for good reason. With the majority of the population now overweight and/or obese, health researchers have been warning us of the devastating consequences of carrying too much weight.

As a result, many Americans have become diet-crazed; frantically searching for the magic bullet, that “one” perfect approach that’s finally going to help them shed unwanted pounds once and for all.

A New Study Sheds Some Light

Interestingly, that was the very question that researchers at the Harvard School of Public Health and the Pennington Biomedical Research Center were interested in answering.

According to CNN, Researchers put four popular diets – high-carb, high-fat, low-fat and high-protein – to the test to see which of the regimens resulted in more weight-loss success.

After two years of monitoring the participants, study co-author Dr Frank Sacks, a professor of cardiovascular disease prevention at the Harvard School of Public Health, concluded that “all the diets were winners.” Indeed, all produced weight loss and improvements in lipids and reduction in insulin.

It's Calories that Count!

According to the CNN article, the key finding was that it's the calories consumed that really matter. It's not the content of fat or carbohydrates, it's just calories. In fact, the diets targeted at carbohydrates, proteins or fats all result in similar results, as long as calorie intake was reduced.

Here's how the study was conducted.

Under the supervision of Researchers, overweight participants had a 750-calorie reduction per day. An average-sized male who consumed 2,800 calories a day was prescribed just over 2,000 and a woman who ate 2,000 calories a day was prescribed 1,250 calories.

To ensure a balanced approach, all diets were compatible with American Heart Association guidelines and the study did not give the participants food. For the first 10 days, participants did however receive a menu and then, after this time, were assigned to create their own using the healthy food options.

Again, regardless of diet, most participants had experience weight loss after six months, losing an average of 13 pounds.

To learn more visit the following website: [Low-fat? Low-carbs? Answering best diet question - CNN.com](http://www.cnn.com/2012/06/20/health/diet/index.html)



Student Verification

We are currently in the process of gathering verification information for the Fall 2010 semester. Remember, for the Fall semester we will need the following:

A letter from the school stating that the student is full-time

or

A bill or a receipt showing payment toward tuition AND the student's schedule showing credits enrolled in

or

A copy of the Student Verification Form for the Fall 2010 Semester

If you have any questions or concerns, please email Josh Pollock at jpollock@co.walworth.wi.us or call 262-741-7964.

If your dependent is not attending school full-time, they may still be eligible to remain on the plan. However, please be aware that there may be tax implications on your paycheck for keeping them on your plan. Please contact Benefits at the number below if you would like more information on this option

Student verification only applies to dependent children, age 19 and over.



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>Barbara Mosley</i>	<i>HHS</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/>

September & October 2010

Wellness Events

September & October

Let's take a look at MyPyramid

Tuesday, September 28, 2010 – 1 p.m. - 2 p.m.
Matheson Memorial Library - Elkhorn
No fee, however, registration is required.
Deadline September 27, 2010
Contact UW-Ext at 741-4951 for registration details or visit
<http://www.uwex.edu/ces/cty/walworth/>

An Evening of Learning

Thursday, September 30, 2010 - 6 p.m. - 8:30 p.m.
Four Exceptional Classes to Choose From!
- Contact UW-Ext - \$2 Fee - \$5 Fee, Registration
Deadline September 23, 2010
Contact UW Ext at 741-4951 for registration details or visit <http://www.uwex.edu/ces/cty/walworth/>

Sensational Soups

Tuesday October 26, 2010 - 1 p.m. - 2 p.m.
No fee, however, registration is required.
Deadline October 25, 2010
Contact UW-Ext at 741-4951 for registration details or visit
<http://www.uwex.edu/ces/cty/walworth/>

Future Wellness Events

Aurora Lakeland Medical Center Farmers Market -
Every Tuesday from 07/13/10 – 09/28/10, 2:00 – 5:00 p.m.
For more information contact Shelby Maier 262-249-4614