



WALCO Buzzzzzzzz

“ Your Wellness & Benefits Newsletter”

January/February 2011

Make a Resolution not to Diet this Year Reasons your attempts to lose weight fail!

Inside this issue:

It's that time of year again when you resolve to drop the extra pounds that have gradually accumulated over the years. In fact, it's the same resolution that you made for the last several years. Obviously something is wrong. You may blame yourself for the lack of success with explanations such as your age, a slow metabolism or poor willpower. Stop blaming yourself! Perhaps it's your diet's fault. It might be time to rethink your approach to dieting. Below are some common mistakes people make when trying to lose weight and some alternative suggestions.

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Skipping meals or eating too few calories

Instead of skipping meals or eating too few calories, eat regular meals and snacks. Not eating enough during the day can lead to extreme hunger later in the day and overeating. Aim to eat every 3-4 hours which usually translates to 3 meals and 2-3 snacks per day. Check out www.caloriecontrol.org to find out how many calories you should consume to lose weight.

Making just dietary changes

Instead of just making dietary changes to lose weight, combine diet and exercise. Eating 100 calories less everyday for a year will result in a 10 pound weight loss. If you also participate in an exercise that burns 100 calories daily, such as walking one mile for many, you will lose another 10 pounds after a year for a total of 20 pounds. Once you get permission from your doctor, start out slowly and gradually aim for at least 30 minutes of exercise most days of the week. Exercise has several other benefits including fighting many diseases and slowing the effects of aging.





Loading up on super foods

Just because foods such as avocados, nuts, whole grains and olive oil are healthy for you does not give you permission to eat them or any other super food in abundance. It's all about calories when you are trying to lose weight. If you eat more calories than you use, no matter the source, you will gain weight. Watch portions of all foods. Check out www.mypyramid.gov for the amount of food recommended from each healthy food group.

Not including enough vegetables

You certainly don't want to be hungry all the time when you are trying to lose weight. One easy way to satisfy your hunger without consuming too many calories is to eat an adequate amount of vegetables. The combination of being low in calories and high in fiber and water make vegetables a great way to satisfy your appetite. Try bulking up your sandwiches with vegetables. Fill at least half of your plate with vegetables. Add more volume to pasta and grains with vegetables. Aim for at least 2 ½ cups of vegetables daily.

Making certain foods off limits

Restricting certain foods can often make you want them even more. All foods should be allowed in moderation. As long as you plan ahead and watch portion sizes you should be able to fit all types of foods in your diet. You might want to allow yourself a 150 calorie treat daily or a 300 calorie dessert on the weekends. Sit down and savor every bite if you do indulge!

Making changes that can only be maintained short-term

To lose weight that will stay off, try to make changes that can be maintained for a lifetime. Diets that involve drastic changes such as eating only 1000 calories per day, not eating anything white or consuming just liquids might lead to weight loss initially, but these habits usually cannot be maintained long-term. The pounds usually return quickly. Instead, try to make one or two realistic changes at a time such as drinking water instead of juices or regular soda or having a piece of fruit for dessert instead of several cookies. Reward yourself for successfully making the changes and continue to add more.

Eating mindlessly

Studies have shown that people who keep a food log of everything that they consume have more success with weight loss than those who don't. A food log makes you more aware of every bite. You'll be less likely to unconsciously devour a whole bag of chips if you know that you have to record it. Many online food diaries exist. Check out www.sparkpeople.com or www.fitday.com. If you have an ipod, try the Loseit app.

Doing it on your own

Losing weight is easier with the support of others. Get a weight loss buddy. Form a weight loss group at work. Get help from someone who specializes in weight loss like a registered dietitian. Explore blogs on websites such as www.sparkpeople.com or www.livestrong.com.

Having an all or nothing approach

Everyone has setbacks. In fact, slips are to be expected when you are trying to change your behavior. Just because you ate too much does not mean that you failed. Learn from your mistakes and get right back on track immediately. Remember that everyday is a new opportunity to succeed!

Losing weight is not easy and it takes time, but you will have much more success if your approach is realistic and sensible. Rethink your approach to dieting and maybe next year you won't have to make the same resolution again.



SUPPORT LINC

EMPLOYEE ASSISTANCE PROGRAMS

Sign up:

Times:

- 01/26/2011 3:45 p.m. - 4:45 p.m.
- 01/26/2011 5:15 p.m. - 6:15 p.m.

Employee Benefits Announces Tobacco/Smoking Cessation Seminar

Please join Support Linc as they present Walworth County the opportunity to learn new ways to quit tobacco use.

Tobacco/Smoking Cessation Seminar

- How to Quit Tobacco Use
- Ideas to Help You Quit
- The High Cost of Tobacco Use
- Benefits of Quitting

The following seminar will held at the Government Center Room 116A - Employee Benefits/Finance

01/26/2011 - Government Center

3:45 p.m. - 4:45 p.m.

5:15 p.m. - 6:15 p.m.

Spouses and Significant others are welcome to attend.

- WE ARE REQUESTING EACH PARTICIPANT TO RSVP AT THEIR EARLIEST CONVENIENCE. HOWEVER REGISTRATION IS NOT REQUIRED, BUT IF WE DO NOT RECEIVE SUFFICIENT ADVANCED RSVPS THE SEMINARS WILL BE CANCELLED

- SELECT ONE OF THE ABOVE TIMES.

- SUBMIT THE FORM TO THE FOLLOWING CONTACT INFORMATION, VIA EMAIL, INTER-OFFICE MAIL OR FAX.

PLEASE CONTACT EMPLOYEE BENEFITS WITH ANY QUESTIONS OR CONCERNS.

Employee Benefits - Finance
PO Box 1001
Elkhorn, WI 53121

Phone: 262-741-4949

Fax: 262-741-4384

E-mail: vetzels@co.walworth.wi.us

WELLNESS MONTHLY Quiz

1. To keep your produce fresh, set your refrigerator to _____ or below.

- a. 32° F
- b. 40° F
- c. 45° F
- d. 20° F

2. For the general population, a good rule of thumb is to schedule a minimum of 12 hours of rest between aerobic workouts.

True False

3. Which of the following is NOT a cause for seeing your doctor about a blister?

- a. The blister is unusually large (i.e., bigger than a nickel).
- b. The blister is associated with a burn.
- c. The blister is filled with clear liquid.
- d. The blister is in a critical area, such as on the face or groin.

4. You should buy shoes after you exercise or late in the afternoon because feet typically swell 5 to 10 percent after exercise or by the end of the day.

True False

5. Stair walking burns twice the number of calories as brisk walking in the same amount of time.

True False

6. Home-grown produce doesn't need to be washed like store-bought or farmer's market produce.

True False

7. Bringing your old shoes will help a salesperson determine the kind of shoe that you need based on the wear of the old pair.

True False

8. For the general population, a good rule of thumb is to schedule a minimum of 24 to 48 hours of rest between strength training sessions.

True False

Answers:

- (1) b (2) false (3) c (4) true (5) true
(6) false (7) true (8) true

WOW – Walkers of Walworth - From Linda Eastburg

Zumba Classes

The former county board room has been renovated and is available for exercise. Zumba classes are being held in that room on Tuesdays from 5:15 p.m. to 6:15 p.m. We are happy to report that class is filled with 25 employees. This class was subsidized by the Walworth County Wellness Council to make it more affordable and attractive to employees.

Video Exercise Classes

If you are interested in exercising to video tapes, there is an informal group that is meeting in the former board room on Mondays and Wednesdays from 5:15 TO 6:15 p.m. If you are interested in participating in this group, please contact Kathy Wright in Land Use Resource Management or Dawn Nettesheim in the Corporation Counsel's office.

There will also be an informal group exercising between 12:00 and 1:00 p.m. on Tuesdays and Thursdays in the same room. If you are interested in participating in this group, please contact Colleen Lesniak in the Volunteer Office.

Room Reservations

If you have a group that wants to get together and use this room, you need to contact either Tammy Werblow or Suzanne Harrington in the Administration Office to get your group scheduled.

Equipment Use

The Walkers of Walworth have purchased hand weights, exercise mats, resistance bands and steps for step aerobics. The money to purchase this equipment came from WOW fundraisers and a donation from Local Union 1925B. This equipment is stored in two large bins in the hallway outside the board room close to where the Information Technology Department used to be located. These bins are locked but you can get access to this equipment by contacting one of the following people:

Sue Finster	Reg of Deeds Room 102	Ext 4233
Colleen Lesniak	Volunteer Office Room 113	Ext 4223
Kathy Wright	LURM Room 222	Ext 7911
Linda Gregurich	Finance Room 116	Ext 4376
Trina Adams	Finance Room 116	Ext 4374
Dale Wilson	Finance Room 116	Ext 7965

They will see that the bins are unlocked for you but it will be your responsibility to see that they are locked prior to leaving the area.

The taxpayers have gone to some expense to provide us this opportunity and the best way to show our appreciation for that is to use this room.



Student Verification

We are currently in the process of gathering verification information for the Spring 2011 semester. Remember, for the Spring 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 Spring 2011 Semester

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

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.

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



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/>

January & February 2011

Wellness Events

January & February 2011

8 Week Zumba Session

Each Tuesday starting January 4, 2011
5:15 p.m.—6:15 p.m.
Contact Dale Wilson at ext 7965 or
dwilson@co.walworth.wi.us

WOW - Video Exercise Classes -

Monday & Wednesdays, 5:15 p.m. - 6:15 p.m., Classes will be held in at the Government Center in the lower level conference room (old county board room).
Contact Dawn Nettesheim, Kathy Wright or Colleen Lesniak for more information on Tuesday and Thursday classes.

Smoking/Tobacco Cessation

Wednesday January 26, 2011

3:45 p.m. - 4:45 p.m.
&
5:15 p.m.— 6:15 p.m.

Contact Employee Benefits at ext. 4949

8 Week Zumba Session

Each Tuesday starting February 1, 2011
5:15 p.m.—6:15 p.m.
Contact Dale Wilson at ext 7965 or
dwilson@co.walworth.wi.us

Future Wellness Events

