



live well, work well

January/February 2012

Brought to you by: Walworth County Employee Wellness Council

Take Advantage of Winter Weather

Is getting more active your New Year's resolution or are you trying to shed those pesky holiday pounds? Winter is ripe with outdoor activities that offer a good workout. Plus, you can burn more calories exercising in winter because your body has to work hard to keep itself warm.

Flex your muscles. Snow creates plenty of opportunity for burning calories. When the fluffy stuff falls, ditch the snow blower, and shovel your driveway and sidewalk by hand. Offer to help a neighbor or family member to maximize the workout.

Go out and play. There are many fun activities to do outside in the winter.

- Ice skating
- Snowboarding
- Downhill or cross-country skiing
- Snowshoeing
- Playing in the snow with family or friends

Walk or run. Just because it's cold out doesn't mean you can't continue your walking or running routine. Dressed and warmed up properly, this workout can be even more effective in the cold. And

if you're looking for a different challenge, try snow hiking. Wearing boots and snow gear, walking through heavy or deep snow is a great workout, particularly on hilly terrain.



To stay safe when exercising outdoors:

- Dress for the weather. Wear several layers to stay warm, and so you can remove items if needed during your workout. Remember to especially protect your hands, feet and ears.
- Thoroughly stretch and warm up before venturing outside, as the cold makes your muscles less flexible and more prone to injury.
- Wear proper safety gear and equipment for your activity to avoid injury.

Radon: Take Action

Though you can't see, smell or taste radon, it may be present at dangerous levels in your home. Radon is the second-leading cause of lung cancer, and causes over 20,000 lung cancer deaths each year.

Is your home safe from the dangers of radon? Luckily, there's an easy and inexpensive way to find out. Simply buy a do-it-yourself radon test kit, available online or in many hardware stores. The U.S. Surgeon General recommends that all homes and buildings be tested for radon. If you have a radon level of 4 pCi/L or more, your home may contain dangerous levels of radon.

DID YOU KNOW

If radon levels in your house are too high, there are steps you or a professional can take to ensure your home is healthy. For more information and resources, contact your state radon office at www.epa.gov/radon/whereyoulive.html.





Eating This Meal Can Help You Lose Weight

You may have heard that breakfast is the most important meal of the day, but do you eat breakfast every morning? If not, you are missing out on serious benefits. Eating a healthy breakfast helps your strength, endurance, concentration, mood and problem-solving abilities during the day. Plus, eating breakfast can actually help you maintain weight, because it helps control snacking and binge eating during the day.



Even when pressed for time, something good in the morning is better than nothing. Here are some ideas:

- A smoothie with low-fat yogurt and fruit
- A hard-boiled egg and fresh fruit
- A whole wheat bagel, toast or English muffin with peanut butter
- Oatmeal with fruit mixed in
- High-fiber cereal with milk and an apple or orange
- Leftovers from dinner

To save time, prepare breakfast the night before when you make your lunch for the work day, or bring your breakfast to work and prepare it there.

Kick-Start Your Savings

This year, turn your financial focus to improving your saving. In addition to your retirement account, experts recommend having three to six months of expenses saved in case of emergency. Not quite there? Use these tips to start saving more:

- Put together a monthly budget, with income, bills and other expenses. Set a monthly savings goal and trim expenses as needed to hit that goal.
- Once your budget is set, pay yourself first. Have money automatically withdrawn from your checking account and put into your savings or an investment each month.
- Using coupons, choosing regular instead of premium gas, drinking tap water instead of bottled and comparison shopping are simple ways to spend less each month.
- When you get “free” money such as gifts, tax returns and bonuses, put it into your savings.
- If you’re struggling to hit your spending and savings goals, revisit your budget to find other areas to cut expenses.



Blueberry-Orange French Toast



This unique breakfast recipe is a great source of protein, fruit, dairy and whole grains.

- ½ cup egg substitute
- ¼ cup evaporated skim milk
- ½ teaspoon vanilla extract
- 8 slices whole wheat bread
- Vegetable oil spray
- 2 cups fresh or frozen blueberries
- ¼ cup orange juice concentrate

Stir the blueberries and orange juice together in a saucepan and heat gently. Combine the egg substitute, milk and vanilla. Heat a large skillet and coat with vegetable cooking spray. Dip bread into egg mixture and cook until brown on each side, turning once. Once all French toast is done, divide among four plates and top with sauce. *Source:* www.fruitsandveggiesmatter.gov.

Yield: 4 servings. Per serving: 215 calories, 3g total fat, 1g saturated fat, 40g carbohydrates, 273mg sodium.



Don't Fall Into a Winter Workout Slump



This time of year is full of excuses not to work out: it's too cold outside, you can't afford a gym membership, there's no time... Sound familiar? Try out these at-home workout tips to kick-start your motivation and avoid a workout slump.

- One of the easiest ways to work out at home is with a

fitness DVD. Pick from cardio, kickboxing, yoga, Pilates and countless other options for a guided, cheap home workout.

- Make use of your stairs. Turn on some tunes and create a lively stepping workout using just one step, or walk or jog up and down for a more vigorous routine.
- Invest in some inexpensive equipment such as a jump rope, hand weights and an exercise ball.
- Do some chores. Clean the house yourself rather than having a maid service (or your children) do it. Shovel snow instead of using a snow blower or snow plow.
- Create a schedule, such as first-thing every morning – and stick to it. Work out with a buddy for more accountability.
- Take advantage of the weather! Go skiing, ice skating or just play in the snow with friends or family.

Shop Smarter This Season

Do the holidays have you stressing about your budget? Here are some shopping tips to get the most for your money:

- Create a holiday budget and stick to it. Remember to include gift wrap, cards, entertaining expenses, decorations and postage along with gifts.
- If you want to buy a gift beyond your means, ask a family member to chip in with you rather than break your budget.
- Don't just go to one store for the item you want. Check sale ads, look for coupons and compare prices online first.
- Considering purchasing online – you often can find much better prices. Group purchases to save on shipping costs.
- When possible, use coupons in conjunction with store deals to maximize your savings.
- Plan to pay off everything you buy in full, so you're not stuck paying for this holiday season for months or longer.

After the holidays, consider opening a short-term savings account to start saving early and ease next year's budget strain!



Peach-Apple Crisp



20 oz. canned peaches in light syrup, drained
2 medium tart apples, peeled and sliced
½ tsp. vanilla
¼ tsp. ground cinnamon
¾ cup + 3 tbsp. flour
¼ cup brown sugar, packed
3 tbsp. soft tub margarine

Preheat oven to 350 degrees F. Lightly grease 9x9x2 inch dish. Combine peaches, apples, vanilla and cinnamon in a bowl. Toss well and spread evenly in dish. Combine flour and sugar in small bowl. Cut in margarine until the mixture is coarse. Sprinkle flour mixture evenly over fruit. Bake until lightly browned and bubbly, about 20 minutes. *Source:* www.health.gov.

Yield: 4 servings. In each serving: Calories - 175; Total fat - 5g; Saturated fat - 1g; Cholesterol - 0mg; Sodium - 57mg.

WELLNESS MONTHLY Quiz

1. **Walking is one of the simplest, most accessible forms of exercise that can improve and maintain your health.**
 True False
2. **When working out with a fitness routine such as circuit training, be sure to first warm up by stretching and walking, and cool down afterwards with:**
 - a. a glass of ice water.
 - b. 30 minutes of jogging in place.
 - c. 5-10 minutes of light aerobic activity (such as an elliptical machine) followed by stretching.
 - d. none of the above.
3. **To help someone who is suffering from depression, a good thing to do is:**
 - a. help him or her get an appropriate diagnosis and treatment from a health professional.
 - b. encourage the person to obey doctor's orders about alcohol use and their medications.
 - c. offer emotional support through patience, affection and encouragement.
 - d. all of the above.
4. **If you have a health condition such as joint problems, heart trouble or high blood pressure, you should consult your healthcare provider before starting a walking program or other physical activity regimen.**
 True False
5. **To help ensure a healthy life as you age, it is important to:**
 - a. take responsibility for your own health.
 - b. see your healthcare provider for a physical and make a plan for any age and gender-appropriate screenings you need.
 - c. pay attention to notice when any areas of your life affect other areas of your life or your health and well-being.
 - d. all of the above.
6. **If you or a loved one is suffering from insomnia, there are techniques that can help improve sleeping habits and the onset of sleep, including:**
 - a. Establishing a regular sleep schedule, sticking to a routine, and creating a comfortable sleep environment.
 - b. Getting up if you can't sleep, turning the clocks in the bedroom so you can't see them from the bed, and staying away from caffeine, alcohol or nicotine near bedtime.
 - c. Counting sheep, drinking warm milk, and watching TV in bed.
 - d. both a and b.
 - e. all of the above.
7. **Osteoarthritis is a chronic joint disorder that occurs when there is:**
 - a. cartilage degeneration causing pain or stiffness in the joints.
 - b. an autoimmune disorder attacking the joints.
 - c. breathing difficulty.
 - d. the precise causes are not known.
 - e. both a and d.
8. **The outcomes of both a healthy night's sleep and stress reduction can occur when:**
 - a. using relaxation techniques such as meditation or relaxation tapes.
 - b. avoiding stimuli that cause tension and arousal.
 - c. getting support from professionals or family members.
 - d. all of the above.
 - e. none of the above.

(1)True (2) C (3) D (4) True (5) D (6) D (7) E (8) D



Exercise group seeking new members

Is your New Year's resolution to lose weight or get in shape? Did you put on a few pounds over the Holidays?

There are a few people who have been exercising in the auditorium from 11:45 to 12:15 on days when it is available. We spend about ½ hour exercising to a DVD (low to moderate impact and toning). If anyone else is interested in joining the group, please give me a call or send me an e-mail. I will send you a release form that needs to be signed. If you have already signed a release, you do not need to sign another one.

Come and join us! We have fun!

Also, there are five exercise DVDs available to check out at the East receptionist desk if you want to exercise in a different room or at a different time.

There are more benefits to exercise than weight loss and fitness. Employees who exercise have more energy, less stress, more self-confidence, call in sick less, have a better attitude and are more productive.

FOR MORE INFORMATION PLEASE CONTACT - Terese Rutkowski, RD-WIC Dietitian and Director
EXT. 3146 - trutkows@co.walworth.wi.us

10 good reasons to avoid sugar-sweetened beverages

1. Sugar-sweetened beverages—which include soda, sports drinks, fruit drinks and tea drinks—add calories to your diet without providing nutrients or even making you full. Don't drink your calories
2. Americans now consume 200 to 300 more calories each day than we did 30 years ago; more than half of those excess calories come from sugar-sweetened drinks.
3. The empty calories in these drinks can lead to weight gain, diabetes and other chronic diseases.
4. Teenagers who drink sugary beverages get an average of 360 calories from them each day. That adds up to 130,000 calories per child over the course of a year.
5. A kid's risk of becoming obese increases by 60% for every additional sugary drink consumed per day.
6. Women who drink one sugar-sweetened beverage each day have almost twice the risk of diabetes.
7. A single 20-ounce soda contains about 16 teaspoons of sugar. Can you imagine adding that much sugar to your coffee?
8. A typical adult has to walk briskly for 46 minutes to burn the calories in a 20-ounce soda.
9. A typical 10-year-old has to bike vigorously for 30 minutes to burn the calories in a 12-ounce soda.
10. Obesity-related illness costs billions of dollars in medical costs each year, adding immensely to every household's tax bill.



YOU'RE INVITED!!!

There's a *Fitness Party* happening here! Thursday's 5:15pm, Lower Level. Join us for a fun-filled, calorie blasting hour of **Zumba** with licensed instructor Andrea Harris!! If you've never taken **Zumba**, it's the perfect way to start working on those **New Years Resolutions** AND have fun!! *Prepay* for the session and its only \$5/class or drop in anytime for just \$7/class. Space is limited. Winter session begins Jan. 5, 2011 and runs through the end of February. (**No class Jan. 26** due to room schedule conflict) Fill out Registration & drop off at class or mail with payment to:
Andrea Harris P.O. Box 691 Pell Lake, Wi 53157.
262-903-9161 mikeandi3@charter.net

Elkhorn Zumba Winter 2012 Session

NAME: _____
PHONE: _____
EMAIL: _____

PAYMENT: CASH/CHECK
AMOUNT: \$35

I understand by signing this form that I am signing up for the 2012 Winter session of Zumba that runs 1/5- 2/23/12 (not 1/26/12) and agree to pay the full amount for the session. It is my responsibility to show up for class each week, as any classes missed in session are neither non-refundable nor transferable to future sessions. I also understand that the weather policy is as follows: Class will be cancelled if either the Elkhorn Municipal Building closes or the Elkhorn/Lake Geneva School District cancels school or after school activities due to inclement weather (snow, tornado warnings, ice, and heavy fog advisory). Please check your local radio & TV stations for school closings before class. "We would rather be safe to Zumba another day, than get into an accident on the way." If 2 or more classes are cancelled per session due to inclement weather, they will be made up, if room scheduling allows.

Signature _____ Date _____

Employee Benefit Updates & Reminders

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 2012

Wellness Events

Zumba Winter Session

Jan 5 - February 29th 5:15 p.m.—6:15 p.m., Government Center (old county board room). For more information Contact Andrea Harris at 262-903-9161 or mikeandi3@charter.net

5th Annual Family Resource Fair

February 18, 2012, Lake Geneva Middle School. For more information contact FRCwalworth@gmail.com

Sensational Soups

February 7, 2012, 4 p.m.— 5p.m. East Troy Village Hall. For more information contact UW-Ext Office ext 4951.

Future Wellness Events