



live well, work well

March/April 2012

Brought to you by: Walworth County

Simple Steps to Improve Sleep

Do you struggle to get a good night's sleep? Take this opportunity to learn healthy habits to improve sleep and reduce fatigue.

Symptoms and Risks of Fatigue

If you are tired, you are more prone to mood changes, loss of energy and appetite, headaches, and a lack of motivation and concentration. In addition, fatigue can hurt your job productivity or create a safety hazard.

Fatigue can also contribute to depression, anxiety, high blood pressure and diabetes.



Get Better Sleep

- Make it a priority to get seven to eight hours of sleep each night.

- Keep a regular sleep schedule—even on weekends.
- Make sure your bedroom is quiet, sufficiently dark and a comfortable temperature.
- Try activities that help you relax before bed, such as reading or listening to relaxing music.

Adopt Healthy Habits

- Eat nutritiously and avoid big meals right before bed.
- Exercise regularly, but also not close to bedtime.
- Avoid caffeine and alcohol before bed, and avoid nicotine altogether.

For a Quick Energy Boost

- Eat a snack with complex carbohydrates and protein, like an energy bar or half a peanut butter sandwich on wheat bread.
- Take a short walk.
- Try to vary your day or routine when you start feeling tired.
- Have a mini-meditation session at your workstation.

Pack a Smart Lunch

With a little advance planning, it's easy to plan a nutrient-packed lunch that's also satisfying with these suggestions:

- The main part should focus on fiber and protein, not refined carbs. Think turkey and Swiss on wheat bread, grilled chicken breast or soup.
- Include several healthy sides, but make sure at least one is produce. Consider carrot or celery sticks, a piece of fruit, whole wheat crackers, raisins, nuts, pretzels or baked chips.
- Choose a smart drink; opt for water, milk, 100 percent juice or lightly sweetened tea.

DID YOU KNOW

You don't need to skip sweets to stay healthy. Look for treats that have no trans fats, less than 12 grams of sugar and are under 100 calories. Ideas include squeezable yogurt, low-fat and low-sugar pudding, sugar-free gelatin and a square of dark chocolate.





Ease Stress to Improve Heart Health

This month, focus on reducing your stress, which can improve your heart health and lower your risk of heart disease.

Did you know that the heart and brain have a significant connection and impact on each other in your body?



Due to this, mental health can have a dramatic effect on heart health, and vice versa.

When you experience stress, which is a response in your brain, the body responds by increasing:

- Blood pressure
- Respiratory rate
- Heart rate

- Oxygen consumption
- Blood flow to skeletal muscles

If you experience frequent stress, you are putting your body at an increased risk for heart disease.

How do you combat stress? There are many strategies and techniques for reducing stress in your life:

- **Meditate.** Try sitting down in a quiet, comfortable room, and focusing your attention on one word, phrase or image in your mind. Repeat this thing over and over, refocusing if your mind wanders.
- **Read a book or listen to calming music.**
- **Exercise.** Getting your blood pumping is an excellent way to relieve stress, and is also great for your heart.
- **Eat nutritiously—**don't turn to junk food, alcohol or tobacco. Healthy food will energize you, while other options have negative effects on your body.
- **Confide in a loved one.**
- **When feeling overwhelmed, plan and prioritize** instead of trying to tackle everything at once. Also try taking a break from the situation.

DID YOU KNOW

Eating poorly on one day isn't necessarily a disaster, but those excesses can easily sneak up and become bad habits. Plus, indulging on every holiday or special event really adds up—consider ways to make each special day or event more nutritious and your waistline will thank you.

Weight Loss for Good



We all want to be successful when it comes to losing weight. The key to losing weight and keeping it off permanently is the combination of a healthy eating plan and a consistent exercise program.

Consider this: researchers have shown that only 5% of individuals that use dieting alone maintain their weight loss a year later, compared to a whopping 89% that maintain their weight loss when combining diet and exercise.

Performing an exercise routine that contains both cardiovascular activities (walk, run, swim, bike, etc.) and resistance training gives you the biggest bang for your buck. You become fit, lose body fat, increase your metabolism and reshape your body.

Save the date for National Walking Day

National Walking Day is April 4 this year! For more information visit StartWalkingNow.org.

National Walking Day



From the desk of.....*Terese Rutkowski, RD - WIC Supervisor*



Make It Easy to 'Get Your Plate in Shape' National Nutrition Month - 2012

During National Nutrition Month® and beyond, the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) encourages everyone to include healthy foods from all food groups through this year's theme: "Get Your Plate in Shape."

Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to maintain healthy lifestyles. Make sure your eating plan includes foods from all the food groups and in appropriate portions. USDA's MyPlate is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan.

Make half your plate fruits and vegetables

- Eat a variety of vegetables, especially dark-green, red and orange varieties.
- When buying canned vegetables, choose "reduced sodium" or "no salt added" whenever possible.
- Dried and frozen fruits and those canned in water or their own juice are good options when fresh varieties are not available.
- Make sure every meal and snack has at least one fruit or vegetable or both.

Make at least half your grains whole

- Choose brown rice, barley and oats and other whole grains for your sides and ingredients.
- Switch to 100-percent whole-grain breads, cereals and crackers.
- Check the ingredients list on food packages to find foods that are made with whole grains.

Switch to fat-free or low-fat milk

- Fat-free and low-fat milk have the same amount of calcium and other essential nutrients as whole milk, but less fat and fewer calories.
- If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage.

Vary your protein choices

- Eat a variety of foods each week from the protein food group like seafood, nuts and beans, as well as lean meat, poultry and eggs.
- Eat more plant-based proteins such as nuts, beans, whole grains and whole soy foods like tofu and edamame.
- At least twice a week, make fish and seafood the protein on your plate.
- Keep meat and poultry portions lean and limit to three ounces per meal.

Cut back on sodium and empty calories from solid fats and added sugars

- Drink water instead of sugary drinks like regular sodas, fruit-flavored drinks and sweetened teas and coffees. Choose 100-percent fruit juice but limit it to 8oz daily or less.
- Compare sodium in foods and choose those with the least amount listed on the Nutrition Facts Panel.
- Season foods with spices or herbs instead of salt.
- Select lean cuts of meat or poultry and fat-free or low-fat dairy products.
- Use heart-healthy oils like olive, canola and sunflower oil in place of butter or shortening when cooking.

Cook more often at home, where you are in control of what is in your food. Pack a healthy lunch for work. And don't forget that exercise and healthful eating are crucial to maintaining a healthy lifestyle. Choose activities you enjoy like going for a walk with your family or on your lunch hour, joining a sports team, dancing or playing with your children. If you don't have a full 30 minutes, carve out 10 minutes three times a day. Every bit adds up and health benefits increase the more active you are.

As part of National Nutrition Month, the Academy of Nutrition and Dietetics' National Nutrition Month website includes helpful tips, recipes, fun games, promotional tools and nutrition education resources, all designed to spread the message of good nutrition around the "Get Your Plate in Shape" theme.

The Academy of Nutrition and Dietetics (formerly the American Dietetic Association) is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy of Nutrition and Dietetics at www.eatright.org.

WELLNESS MONTHLY Quiz

1. On January 10, 2004, a 100 foot wave was caught and rode on the North Shore of Hawaii by professional surfer Tom Cabrinha.

True False

2. When should you consult a doctor before starting a physical activity program?

- a. You have developed chest pain within the last month.
- b. You are middle-aged or older, have not been physically active, and plan a relatively vigorous exercise program.
- c. You have developed chest pain or fall over due to dizziness.
- d. You feel extremely breathless after mild exertion.
- e. All of the above.

3. Which is not considered a standard drink because it contains more than one half ounce of ethanol?

- a. 8-ounces of bourbon.
- b. 4-ounce glass of table wine.
- c. 12-ounce beer.
- d. 1-ounce shot of 100-proof distilled spirits.

4. Brisk walking outdoors or on a treadmill are the easiest ways to get started with exercise.

True False

5. Define HIPAA:

- a. Health Initiative & Preparation Alliance of America.
- b. Health Insurance Portability and Accountability Act.
- c. Health Intelligence Promotion Association of America.
- d. Health Insurance Prudence Allied Act.

6. Birth date, date and cause of death of deceased relatives, and any health problems are important information to include in a Family Health History Tree.

True False

7. If you're feeling stressed, depressed or anxious, or if you're not getting enough sleep, you're at risk for what type of headache?

- a. Migraine.
- b. Cluster.
- c. Tension
- d. Debilitative.

8. (Choose the best answer.) Research results have shown that people with plenty of good social connections enjoy better health because:

- a. Having a friend with you at a stressful event can lower your blood pressure and heart rate.
- b. People who have a very small circle of friends catch fewer colds.
- c. Pet owners with heart disease are less likely to die early than those without pets
- d. None of the above.
- e. A and C.

(1) False (70 Foot wave=5 story building) (2) E (3) A (4) True (5) B (6) True (7) C (8) E

Wellness Council of America 17002 Marcy Street, Suite 140 | Omaha, NE 68118 Phone: 402.827.3590



Mix Up Your Workout with 2012 Fitness Trends



The 2012 Worldwide Survey of Fitness Trends, conducted by the American College of Sports Medicine, presents the top 20 predicted fitness trends of 2012:

1. Educated, certified and experienced fitness professionals
2. Strength training
3. Fitness programs for older adults
4. Exercise and weight loss
5. Children and obesity

6. Personal training
7. Core training
8. Group personal training
9. ZUMBA and other dance workouts
10. Functional fitness
11. Yoga
12. Comprehensive health promotion at the worksite
13. Boot camp
14. Outdoor activities
15. Reaching new marketing
16. Spinning (indoor cycling)
17. Sport-specific training
18. Worker incentive programs
19. Wellness coaching
20. Physician referrals

If you're looking for a new workout, try one of these trends!

Baked Apple Slices

- 2 oranges
- 2 tbsp. honey
- ¼ tsp. ground cinnamon
- ¼ tsp. ground cloves
- 3 apples, peeled, cored and cut into ½ inch slices
- 5 tbsp. raisins
- ¼ cup chopped walnuts
- ¼ cup low-fat vanilla yogurt

Preheat the oven to 500 degrees F. Grate the zest of one orange, set aside. Squeeze the juice from both oranges into a small bowl; stir in honey, cinnamon, cloves and half the zest. Lay half the apple slices in a glass baking dish. Scatter the raisins and half the walnuts on top. Pour on half the juice mixture. Add the remaining apples and juice. Sprinkle the top with the remaining walnuts and orange zest. Cover lightly with foil and bake 30 minutes. Serve with a dollop of yogurt.

Yield: 4 servings. Each serving provides: 206 calories, 6g total fat, 1g saturated fat, 41g carbohydrates, 13mg sodium and 4g fiber. Source: www.health.gov.



Baked Chicken with Veggies

Looking for a simple, healthy one-dish meal? Try this one today.

- 4 sliced potatoes
- 6 sliced carrots
- 1 large quartered onion
- 1 raw chicken, skin removed, cleaned and cut into pieces
- ½ cup water
- 1 tsp. thyme
- ¼ tsp. pepper

Preheat oven to 400 degrees F. Place potatoes, carrots and onions in a large roasting pan. Put chicken pieces on top of vegetables. Mix water, thyme and pepper. Pour over chicken and vegetables. Spoon juices over chicken once or twice during cooking. Bake at 400 degrees for one hour or more until browned and tender.

Yield: 6 servings. **Per serving:** 190 calories, 3.5 g. fat, 75 mg. cholesterol, 135 mg. sodium, 13 g. total carbohydrate, 26 g. protein. **Source:** www.usda.gov



One-Minute Office Workout

Move those muscles in 60 seconds

Have you ever used the excuse “I just don’t have the time to exercise”? Well, that simply won’t work any longer... all you need is one minute to feel revived, refreshed and full of energy. Plus, you can do all of this in your cubicle or office.

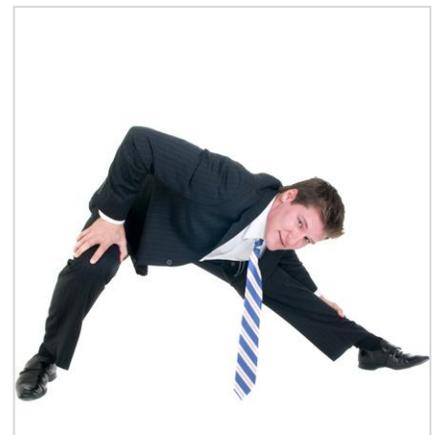
- Open and close your hands with your arms (a) extended in front of you (b) over your head and (c) to your side. Repeat each motion three times.
- Stand behind your desk chair and raise your heels for five seconds. Then, lower your feet and repeat this motion five times.
- Place your arm across your chest and press gently on your elbow. Hold this position for five seconds while turning your head to the opposite direction. Repeat on the other side.
- Shift your weight forward, keep your knee over your ankle and your heels flat on the floor. Hold this lunge position for five seconds and then repeat this motion 10 times. Repeat with the other leg.

- Stand with your legs slightly wider than shoulder-width apart. Slowly squat down and hold this position for five seconds. Then, bring your body back up to standing position. Repeat this position 10 times.
- Stand up straight and then bend down and touch your toes.
- March in place for 30 seconds while rolling your shoulders forward and backward.
- Do 10 jumping jacks.
- Make sure that your chair is stable and then place your hands next to hips. Move your hips in front of the chair and bend your elbows while lowering your body until your elbows are at 90 degrees. Repeat this dipping motion 10 times.
- Hold a water bottle in your right hand with your elbow bent and your arm extended overhead. Repeat on the

other side.

- Hold a water bottle in your right hand and with your abs in and spine straight. Slowly curl the bottle towards your shoulder. Repeat with the other arm.

Now that you’re done with your mini workout, grab a refreshing glass of water. If you need to go to another floor to do so, take the stairs instead of the elevator to burn



some additional calories.

Did You Know...?

Squeezing a workout into a busy schedule is easy. Simply incorporate three 10-minute workouts or one 30-minute workout into your day on most days of the week. This will get your heart pumping, your muscles working and will burn some calories too!



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/>



SAVE THE DATE!

SATURDAY MORNING

APRIL 14, 2012



Working for Whitewater's Wellness (W³) Presents:

WELLFEST

9am-12pm

Join us to learn about different ways you can lead a healthier, happier life!

Community Wellfest 2012 will include:

Dr. Noize

Poker Walk

Zumba Classes

**Healthy Eating
Classes**

**Parenting
Classes**

**Financial
Planning**

Resource Fair

**Boot Camp
Demo**

Yoga Classes

And much more!

Snacks will be provided and door prizes will be awarded!



Find us on
Facebook

www.w3wellness.org



Walworth County Employee Wellness Council

Date: May 19, 2012

Pre-register by May 8, 2012

Rain or Shine Event

Registration Time: 8:00 a.m.

Shot Gun Start: 9:00 a.m.
Walkers will start immediately after runners.



Free t-shirts to the first 150 pre-registrants. Registrations received after May 8, will not receive a t-shirt.

Race Location:

Kettle Moraine Nordic Trail (White loop) (this is located in the township of LaGrange just off Highway H on the east side of the road).

A State Park sticker will be required for each vehicle on race day. A daily pass can purchased that day for

Entry Fees:

- \$15.00 – Walkers - \$20.00 after May 8
- \$20.00 – Runners - \$25.00 after May 8
- \$5.00 – 6-12 Kids - \$10.00 after May 8
- Kids 6 and under free

- All participants will start in waves on the 5K route with the runners starting first and walkers to follow.
- Runners will be timed by Race Day Events - <http://racedayeventsllc.com/>
- Medals will be awarded to the top 3 times for runners by gender and age groups, (12 & under, 13-18, 19-24, 25-30, 31-40, 41-50, 51 & up) and to all participants 12 and under.
- Anyone wishing to run with their dog will be asked to start toward the back.

For more information contact Valerie Etzel at vetzel@co.walworth.us or Dale Wilson at dwilson@co.walworth.wi.us, phone 262-741-4949

Participant Registration Form

One registration form per person



Name

Address

Phone #

Birthdate

Please circle one:

Walker

Runner

Email Address

I will be participating in the following age group (please circle):
Only runners are required to provide age group.

12 & under, 13-18, 19-24, 25-30, 31-40, 41-50, 51 & up

Adult T-shirt (please circle): S M L XL XXL

Youth T-shirt (please circle): XS S M L

Payments can be received in the form of cash or check

Please make checks payable to Walworth County

Mail Entry Form & Waiver to:
Walworth County Employee Wellness
PO Box 1001
Elkhorn WI 53121

Phone: 262-741-4949
Email: Valerie Etzel vetzel@co.walworth.wi.us
Dale Wilson dwilson@co.walworth.wi.us
Website: <http://www.co.walworth.wi.us/>

(see next page for waiver form)

Walworth County 2012 Get Fit 5K Run/Walk Waiver: I know that running and/or walking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the race area, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry to participate in the Walworth County Employee Wellness Get Fit 5K Run/Walk (herein after the "Event") to be held on May 19, 2012 in rural Elkhorn (LaGrange Township), Wisconsin, I, intending to be legally bound, do hereby for myself, my heirs, my executors and administrators agree as follows: I do waive and forever release any and all rights and claims for any damages and liabilities of any kind arising out of my participation in the Event against persons, entities and agencies involved with promoting and holding the Event, including but not limited to Walworth County, all sponsors, volunteers and vendors of the event, their agents, successors, representatives and assigns even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I assume the risk of all bodily injuries, including death, resulting there from, and personal injuries to me and damage to and loss of my property, including loss of use thereof and any other indirect or consequential damages, resulting directly or indirectly, wholly or in part, from my participation in the Event and while traveling to and from the Event. I hereby agree, for myself and/or for a minor under the age of eighteen for whom I am signing, to indemnify, defend, and hold the entities named above harmless from and against any and all claims, liabilities, losses and damages, costs, ex (including attorney's fees) judgments and penalties arising out of any of my, and or said minors, acts, or omissions to act: I understand that the Event reserves the right to use any and all participant's names and/or likeness with regard to promotional and/or advertising materials. I understand that all entry fees are non-refundable.

Print & Sign -Participant Name

Date

Print & Sign - Parent of Participant under the age of 18

Date

Note: Separate entry forms and signed waivers must be completed for each participant.

Walworth County

March & April 2012

Wellness Events

Zumba Spring Session

Thursdays - 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

Strong Women Healthy Hearts - Spring

Wednesdays & Fridays, April 4th-June 22nd, 2012; 9:30-10:30 a.m.
Informational Meeting: Tuesday, March 20th; 12-1 p.m.
Assessment Day: Tuesday, April 3rd; 9 a.m.-12 p.m. (by appointment)
Walworth County Government Center, Elkhorn
Walworth County UW-Extension
(262) 741-4962
Jenny.wehmeier@ces.uwex.edu

Whitewater's Wellness (W3)

WELLFEST

April 14, 2012, 9 a.m. - 12 p.m.
For more information go to www.w3wellness.org

Future Wellness Events

Wellness Council 5k Run/Walk - May 19, 2012