



**Arena Available for Indoor Walking:** The Indoor Horse Arena in the Wyoming State Fairgrounds is now open from 11 AM to 1 PM weekdays for walkers. For more information contact the Douglas Chamber of Commerce, Memorial Hospital or Wyoming State Fair.



**April is Stress Awareness Month:** Up to 75% of us experience some stress every week. Stress can have negative consequences on your health and relationships. The best way to stay healthy and happy is to learn how to relax. There are many steps you can take to learn how relax

including: think positively, avoid toxic people, learn how to prioritize, make healthy food choices and exercise every day.

**The best way to relax? Practice deep breathing, inhaling and exhaling for at least 5 seconds each!**

**We're on the web!**

<http://www.conversecounty.org/community/wellness.html>

Check frequently for updated links, newsletter archive, benefits and events!



**The Mental – Physical Connections:** by Pam Leetch  
A total-body exercise regime takes care of more than just muscle. Set aside some time to exercise your brain by doing logic puzzles. Get a book of crosswords or Sudoku puzzles and keep it handy. Taking time out for a few minutes of play

can boost your brain power and cut down on stress. The key to a healthy lifestyle is both mental and physical.



**Move More, to Move More!** By Sue Hollen One of the best ways to increase your energy is to jump-start it with some physical activity such as walking; that brings in more nutrients since nitric oxide is release from the linings of the arteries to allow blood to move more freely. One of the greatest things about your body is that it responds to what you're doing. Tell your body that you need to walk around the neighborhood or do an early morning stretching routine, and it responds by giving you the energy you

need. We all know it's sometimes tough if you have pain or sore muscles, but it's the best way to get rid of the pain or sore muscles and bring nutrients to them.



### **Health Update:**

by Dave St John

Strokes can happen to anyone at any age, part of being well is realizing when you and others are not.

#### **Stroke Warning Signs**

If you or someone with you has one or more of these signs, don't delay!

- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body
- Sudden confusion, trouble speaking, or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

Immediately call 9-1-1 or the emergency medical services (EMS) number so an ambulance (ideally with advanced life support) can be sent for

you. Also, check the time so you'll know when the first symptoms appeared. It's very important to take immediate action. If given within three hours of the start of symptoms, a clot-busting drug called tissue plasminogen activator (tPA) can reduce long-term disability for the most common type of stroke. tPA is the only FDA-approved medication for the treatment of stroke within three hours of stroke symptom onset.

A TIA or transient ischemic attack is a "warning stroke" or "mini-stroke" that produces stroke-like symptoms but no lasting damage. Recognizing and treating TIAs can reduce your risk of a major stroke. The usual TIA symptoms are the same as those of stroke, only temporary. The short duration of these symptoms and lack of permanent brain injury is the main difference between TIA and stroke.



### **Gym membership**

**trial:** The county commissioners have approved a trial two

month subsidized gym membership plan. This plan is initially being offered as part of the insurance plan to those employees using the county insurance.

The Plan: Effective **May 1**

Fitness Center: Peak Fitness at 1185 Yuma in Douglas.

Cost: \$30/month single, or \$40/month for family (reduced rate). However, the county will pay \$15 of the monthly cost for 4 work-outs. If you work out 8 times in a month, the county will pay \$30. Peak Fitness will track your work-outs and billing.

How do I join? Peak Fitness has a list of employees, just stop by the front desk.

*Please remember this is on a trial basis! We are hoping to expand benefits at the next budget cycle. So sign-up now and help make this successful for everyone!*

**Is that a bulletin board? Yes, check out our new informative space next to the Assessor's office!**

## **Warm Weather Tips**

**and Tricks:** Spring is here! These easy sneaky work-out ideas help you get up and out to enjoy this season.

-Walk or ride your bike to work. Not only are you benefiting the environment, ten minutes of cardio exercise will give your morning and afternoon a boost!

-Spring cleaning in your house and office! Reducing clutter will help reduce stress, and slightly raise your heartbeat to increase calories burned.

-Spruce up the yard! A half hour of gardening can burn 160 calories. Raking leaves for an hour burns around 240 calories.

-Take an evening stroll! Walk to the store, run errands on your bike, or just wander with a friend!

-Plant a garden. This is a great way to cut food costs, and eating locally is great for the environment!



## **You Are What You Eat:**

In our busy lives convenience regarding food usually outweighs the nutritional aspect of what we eat. However, being mindful of what you eat has many benefits. Here are some easy tips for reducing calories and replacing something unhealthy with a great alternative.

-Cut out sodas and sweet juices. Yes, even juice has a lot of added sugar. Sweet drinks are one of the leading causes of obesity. Replace this with water and lemon, or a diet drink such as Crystal Light.

-Avoid extra processed sugar. Sugar pops up in the most unexpected places; like bread, pasta sauce, and condiments. Read nutrition info labels and ingredient lists before

purchasing. Also, consider replacing white bread with whole wheat.

- Eat more whole foods versus processed foods. For example, replace apple sauce with a whole apple or mashed potatoes with a baked whole potato. Your body burns more calories breaking down whole food than food that has been processed previous to consumption.



Remember to start small. Don't overhaul your diet over-night and expect success. Making a few healthy choices a day can help reduce your cravings for sugar, fat and sodium. It also helps train your brain by rewiring the feelings you have associated with food. Once you notice the difference in the way you feel eating a more healthy diet, your brain will remember and you will be more likely to make a healthy choice again.

Upcoming Events:

Don't forget the Earth Day litter clean-up on April 22! Contact Sarah Repshire for more information!



**May 1<sup>st</sup> the Wellness Committee is hosting a healthy lunch potluck in the Community Room. Bring a healthy dish to share (and the recipe) and join us for a community lunch from 11 am to 2 pm! The Wellness Committee will be providing fresh fruit! For more information on this contact Sarah Repshire at 358-0175 or [sarah.resphire@conversecounty.org](mailto:sarah.resphire@conversecounty.org).**

For information or suggestion please contact: Kim Hiser, Sue Hollon, Pam Leetch, Sarah Repshire, or Dave St John.

*Our Mission: The Health and Wellness Committee is dedicated to providing pertinent health information to the county's employees. In addition, the committee will provide wellness opportunities to increase knowledge about the relationship between lifestyle and health. Through these avenues, the employee will have the opportunity to take control of their health, increase morale and create a more healthy and positive working environment.*