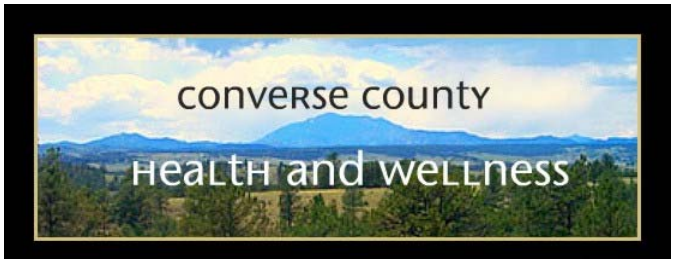


Aug. 2009

Biggest Loser Contest: Having a hard time finding motivation for losing weight? The Wellness Committee is launching a new incentive program, Converse County's Biggest Loser!
Begins: Sept 2
(Registration open until Dec. 1)
Ends: At the Converse County Christmas party!
Cost: $20.00
Goal: Lose the largest percentage of body fat to WIN prizes.
Prizes: **1st Prize: Choice of CASH $$$ proceeds from contest** (your prize is determined by the number of people participating) **or 1 day vacation** (pending participation)!
2nd Prize: Either the cash or vacation day listed above!
3rd Prize: Hour Massage from Inner Strength massage!

There will be a prize awarded every month! Lose the largest percentage of body fat for an individual month, and win a chair massage from Inner Strength Massage!

To join, register with Pam Leetch at Public Health. Contact Pam at 358-2536. Participants will be required to weigh-in at Public Health the first and third Monday of every month.

Extended Fitness Plan Benefits:
Beginning August 1, 2009 the **subsidized gym membership** benefit was extended to **all Converse County full-time, payroll employees.**

To get started, just visit Peak Fitness and let them know that you are a Converse County employee. They have a list of current employees and will set you up accordingly. Keep in mind, the county will pay half of the monthly fee, which would equal $15.00, if you visit the gym 4 times in a month. 8 gym visits or more will result in the county paying for the total monthly fee of $30.00. The employee is responsible for any additional charges such as family memberships or late fees. The Wellness Committee will work with employees on a 1 on 1 basis regarding alternative gyms. Contact Sarah Repshire in the GIS Department for more information or if you have any questions at 358-0175 or ext. 243.

Spotlight on: Yoga Are you looking for something new to try in order to mix up your fitness routine? Yoga has many wellness benefits. Yoga poses, or asanas, help safely stretch your muscles, ligaments, tendons, and fiscia sheath. A yoga routine also helps improve your over-all strength by holding poses for several minutes, or breathes. Improved posture is another benefit of yoga. Training muscles and developing a stronger core help with this. Breathing techniques used in yoga can help reduce stress and create a feeling of calm. Another benefit of deep breathing is that it can increase concentration and lift your mood.

9 Ways to Boost Your Metabolism:

1. Drink green tea post-workout.
2. Eat more grapefruit.
3. Build muscle.
4. Reduce stress.
5. Go outside. The sun provides you with natural vitamin D.
6. Drink plenty of water.
7. Smile! Tell a joke! Laugh a little!
8. Have small snacks between meals.
9. Move around. Take the stairs instead of the elevator. Take "walk-breaks" at work.

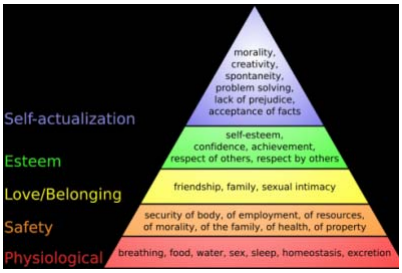
Quote of the Month:

Nothing great was ever achieved without enthusiasm.
Ralph Waldo Emerson

What to do when you just don't have what it takes – The simple truth is: we're all busy people. And we're all just that, people. There will be days when you fall off the fitness wagon. There will be days when you eat the entire chocolate cake, when you know you really shouldn't. There will be many days when you just don't have enough *more to give* to head to the gym, out for a run, or plug in a fitness video after work. The key is to begin again. There is always a fresh start, a new day around the corner. Don't let the voice in your head be a negative one. Starting small, allowing yourself rest days and a treat once in while is key to healthy lifestyle choices leading to a healthy lifestyle.

"What do you think . . . should we get started on that motivation research or not?"

(Returning to Maslow's Hierarchy of Needs Series)



What is Wellness? A look at Maslow's 2nd Tier: As we begin to work our way up Maslow's pyramid we can begin to see the foundational aspects of the tier below. It is Maslow's contention that one can only advance upward, toward fulfillment, once the needs of the previous tier are met. Meeting the physiological human needs outlined in tier one allows for the progression into Tier 2: Safety. For many of us living in this community safety is an afterthought. But for much of the world, safety is hard won. The security of self, loved ones, and that which we love can become paramount if we feel endangered. The current economic situation is very demonstrative of the stress produced when the security of our employment or financial endeavors is "threatened". The regression downward in this current climate, to the self-protective nature of Tier 2 has been felt nationwide.
This has a big impact on our psychological health and wellness. The need to feel secure can take over and dominate our behavior in times of stress.
These "existence" needs, outlined in the bottom two tiers, are tied into daily existence. They focus on the self rather than others. These needs occur primarily at an unconscious level.

Healthy Recipe: From www.mealsmatter.org

Creamy Dijon Chicken

Ingredients
1 Tbls Olive Oil
1/4 tsp Ground black pepper
4 Skinless, boneless chicken-breasts halves
1 Small onion, sliced
4 oz Fresh mushrooms, sliced
1 can (14 -14 1/2 oz) cream of chicken soup
1/4 cup Prepared honey-Dijon mustard

Preparation
In non stick skillet, heat oil.
Place chicken in skillet sprinkling both sides with ground pepper and cook until it loses its pink color, turning to brown both sides.
Remove chicken.
Reduce heat to medium, and add onion and mushrooms. Cook 4-5 minutes or until onions are tender.
Mix Soup with Mustard.
Add the Soup/mustard mixture to skillet with the browned onions and mushrooms.
Cook about 5 minutes, mixing thoroughly with a whisk or open slotted spoon.
Return Chicken to skillet with sauce and heat through.**Nutrient Information: Calories:** 384 **Total Fat:** 9 g **Saturated Fat:** 2 g **Polyunsaturated Fat:** 2 g **Carbohydrates:** 11 g **Protein:** 58 g **Vitamin A:** 55 RE **Vitamin C:** 4 mg **Calcium:** 58 mg **Sodium:** 1250 mg **Iron:** 2 mg **Fiber:** 1 g

August is National Immunization Month. Check with public health to make sure you and your family are current on your immunizations!

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.