



Health Assessment Tools:

How well are you?

Are you curious as to how you measure-up to your peers on the wellness scale? There are several on-line personal wellness tests that you can take to measure your level of wellness, and get tips on how to improve your weak areas.



www.testwell.org – This is a comprehensive wellness quiz that takes about 15 minutes to complete. The questions range from occupational to emotional health. Results are scored and given to you in a report format. You do not have to create an account to this website to access the quiz, but it does require a valid email address.

<http://www.healthstatus.com/> - This is similar to the format of the above quiz, with a wide ranging health assessment. You do have to create an account to access this quiz, and results are emailed to you. The results do offer an over-all health score, and ways to improve.

<https://expert-24.bupa.co.uk/healthassessment/> - This assessment offered the most comprehensive questions and results. Results were offered about very specific items to change, verses broad ideas. You are required to log-in and create an account to this website in order to take the on-line health quiz.

Quote of the Month:

The road to success is dotted with many tempting parking places. ~Author Unknown



Training Schedule

February is a good month to review your fitness goals! As January resolutions begin to fade, now is a good time to look forward at your long term goals. Not sure what your fitness goal is? How about training for your first 5K, 10K, half or full marathon? See below for a list of a few races coming up in 2010.

Moonlight MOPS 5K – This local race will take place the first full moon on May 1 in Douglas.
Vedauwoo 5K, Half, Full and Double Marathon – May 30th 6 am in Laramie, WY.

Casper Marathon – June 6th in Casper, WY. Registration opens April 30.

Pinedale Half, 10K and 1 Mile – September 25 in Pinedale, WY. This race has a slight elevation gain of 1,000 feet.



Big Horn Run – If you’ve been running for a while this June 19th race may be for you. 30K, 50K, 50M, and 100M race, over the Big Horns. Not sure how to begin your training? Runner’s World offers training plans by experience level, and distance of race.

www.runnersworld.com/personaltrainer/plans.html



Mark Your Calendars!

Upcoming Wellness Committee Events:

February: Want to receive a FREE SIGG BOTTLE? Just work-out at Peak Fitness more than 8 times! We’ll even take it a step further and let you chose your own design!



March: Work out more than 8 times at Peak Fitness this month and receive a free Converse County Wellness Program t-shirt.



April: Help the Wellness Committee celebrate Earth Day by participating in our second annual Converse County Clean-up Day! Join us in picking up litter along a county road and have lunch on us!



June: Register to join the Converse County Relay for Life Team.

Team members will receive complimentary t-shirts and other prizes. More details to come! Contact Sarah Repshire if you would like to help or participate in any of these upcoming activities!

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.

This simple, seven step list has been developed to deliver the hope we all have-- to live a long, healthy productive life.



Get Active! Finding time in our overscheduled lives for exercise is a challenge for all busy Americans. Anyone who has successfully managed to incorporate exercise will tell you how happy they are to have found the time. They'll tell you how much more energy they have, and how they are actually able to do more than before they started getting regular exercise. Take an active role in determining your future. You deserve to give yourself the gift of living well with good health. American Heart Association recommends at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous exercise.



Control Cholesterol! Cholesterol is a soft, fat-like, waxy substance found in the bloodstream and in all your body's cells. Cholesterol is an important part of a healthy body because it's used for producing cell membranes and some hormones, and serves other needed bodily functions. But too much cholesterol in the blood is a major risk for coronary heart disease (which leads to heart attack) and for stroke. To keep your cholesterol under control The American Heart Association recommends that you: schedule a screening, eat foods low in cholesterol and saturated fat and free of trans fat, maintain a healthy weight, and stay physically active.



Eat Better! You may be eating plenty of food, but your body may not be getting the nutrients it needs to be healthy. Nutrient-rich foods have vitamins, minerals, fiber and other nutrients, but are lower in calories. To get the nutrients you need, choose foods like vegetables, fruits, whole-grain products and fat-free or low-fat dairy products most often. Cut back on foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet. Choose and prepare foods with little or no salt. Aim to eat less than 1500 milligrams of sodium per day.



Control Blood Pressure! Hypertension is the single most significant risk factor for heart disease. Uncontrolled high blood pressure can injure or kill you. It's sometimes called "the silent killer" because it has no symptoms. While there is no cure, high blood pressure is manageable. These changes may reduce your blood pressure without the use of prescription medications: eating a heart-healthy diet, which may include reducing salt; enjoying regular physical activity; maintaining a healthy weight; managing stress; limiting alcohol; avoiding tobacco smoke.



Lose Weight! Among Americans age 20 and older, 145 million are overweight or obese (BMI of 25.0 kg/m² and higher). This is of great concern especially since obesity is now recognized as a major, independent risk factor for heart disease. If you're overweight or obese, you can reduce your risk for heart disease by successfully losing weight and keeping it off. When coming up with a fitness and nutrition plan to lose weight, it's crucial to understand your recommended calorie intake. And then the amount of food calories you're consuming versus the energy calories you're burning off with different levels of physical activity. It's a matter of balancing healthy eating (caloric energy) with the (molecular) energy that leaves your body through a healthy level of exercise.



Reduce Blood Sugar! Adults with diabetes are two to four times more likely to have heart disease or a stroke than adults without diabetes. Diabetes is treatable, but even when glucose levels are under control it greatly increases the risk of heart disease and stroke. In fact, most people with diabetes die of some form of heart or blood vessel disease. It's critical for people with diabetes to have regular check-ups. Work closely with your healthcare provider to manage your diabetes.



Stop smoking! Smoking is the most important preventable cause of premature death in the United States. Smokers have a higher risk of developing many chronic disorders, including atherosclerosis — the buildup of fatty substances in the arteries — which can lead to coronary heart disease, heart attack (myocardial infarction) and stroke. Controlling or reversing atherosclerosis is an important part of preventing future heart attack or stroke.