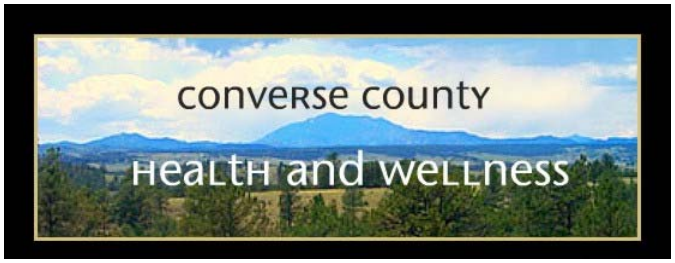

July 2009

Extended Fitness Plan Benefits:

Beginning August 1, 2009 the **subsidized gym membership** benefit will be extended to **all Converse County 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 to 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.

The Ride to Town: Looking for a motivation to train, or a weekend event? A Bike Ride in support of Bobbi's House is being held on August 3rd. Bobbi's House is a Hospitality Home, similar to a bed and breakfast. Bobbi's house provides an overnight haven for caregivers whose loved ones are inpatients at the Douglas community hospitals. The ride will have three starting points, with varying distances back to Douglas: 60 miles, 35 miles, and 10 miles. If you are interested in joining a team or would like more information please contact Sarah Repshire at 358-0175.

Tips for a Better Nights Rest: A good night of sleep can help improve job performance, energy levels, and over-all feelings of well-being. Mayo Clinic has 10 tips for better sleep.

1. Go to bed and get up at the same time every day, even on weekends.
2. Don't eat or drink large amounts before bedtime.
3. Avoid nicotine, caffeine and alcohol in the evening.
4. Exercise regularly.
5. Make your bedroom cool, dark, quiet and comfortable.
6. Sleep primarily at night.
7. Choose a comfortable mattress and pillow.
8. Start a relaxing bedtime routine.
9. Go to bed when you're tired and turn out the lights.
10. Use sleeping pills only as a last resort.

More coming next month!
Sorry for the tardy issue!

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.