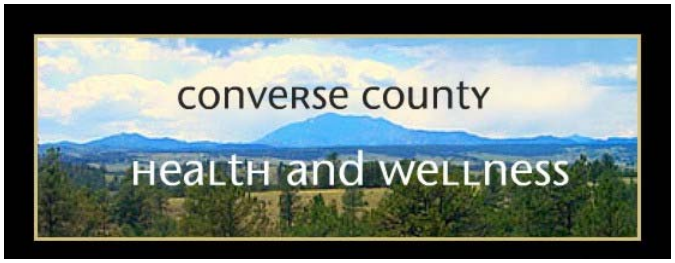


June 2009

June Wellness Luncheon: Kerry Steward, with the Cent$ible Nutrition program, will be presenting ideas on eating healthy and cost efficiently. The luncheon will be Tuesday, June 9, from 11:00 am to 2:00 pm in the Community Room (courthouse basement). Please bring a salad or side dish to share.

June is "The Great Outdoors" Month: Converse County is rich in outdoor opportunities. Grab your family or a friend, pack a healthy lunch, and visit one of the hiking trails. Physical exercise, coupled with sunshine, is proven to positively affect your mental well being. Don't know where to go or how to get there? The GIS department is available to help with directions or questions.

Curtis Gultch Trail, near LaBonte Canyon

Survey Results: A big "thank you!" to everyone who participated in last month's survey! 100% of responses indicated that health and wellness are "very important" to them! 90% were interested in a Biggest Loser type program. 100% of survey responses indicated that they were currently using the Peak Fitness gym plan, or interested in seeing the program expanded to include all county employees. Although smoking was not mentioned on the survey, many responses include the request for the courthouse to become a smoke free campus, or at least for smoking areas being moved further from the exits. The Wellness Committee is working on implementing many of your ideas and suggestions. Look for more activities in the future!

No time for exercise? Many of us have a jam packed schedule, with little or no time left for exercise. Here are some tips to help include an exercise program as part of your daily life.

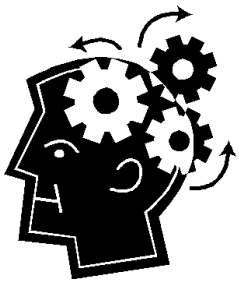
-Start small. Try small walk breaks throughout your day in place of coffee breaks or your lunch break.
-Wake up earlier.
-Schedule exercise into your day as you would your other activities.
-Find a support group. Have your friends check up on you to see if your workout goals were met each month.
-Don't be discouraged. Everyone skips a few days. The key is to begin again.

What is Wellness? A look at Maslow's Bottom Tier: Last month, we introduced you to Maslow's Hierarchy of Needs as a method to define, and gauge wellness. The very fundamentals of wellness are outlined in Maslow's bottom tier. Do you have air to breath, food to eat, water to drink, shelter? These foundational elements form a base for your sense of and ability to be well. If these needs are not being met, or are not met adequately, it is Maslow's premise is that it can prevent the progression to higher need levels and eventual fulfillment of your highest potential. You can actually fixate on deficit needs for the rest of your life. While

statically most of us have these basic needs met on a daily basis, can our relationship with these elemental needs present stumbling blocks on our personal road to wellness? Can our attitude and habits concerning food affect our most basic physiological needs? Can you pinpoint stress in your own life caused by the complex connection we have with these primitive needs?

<u>DON'T FORGET! IT'S NOT TOO LATE TO JOIN PEAK FITNESS!</u> Contact Sarah Repshire for more information!

"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"



Stay Mentally Active: Research has shown an important link between physical activity, and mental health. You don't have to turn your life upside down, or make extreme changes to achieve the benefits of keeping the brain active. Start with something small, like a daily walk. After a while, add another small change like staying curious and involved; commit to lifelong learning, or read a book. Writing in a journal or doing crossword also stimulates brain cells. Attending concert, lectures and plays, or enrolling in adult education courses can be fun and benefit your brain. You can also play new games, garden or try memory exercises.

Controlling Type 2 Diabetes Through Diet and Exercise: The American Diabetes Association reports that of the 7% of the population that have diabetes, 90% have type 2. Type 2 diabetes is a combination of relative insulin deficient and resistance when the body fails to properly use insulin. There are many ways individuals can control their diabetes. Some suggestions include lifestyle changes like eating fresh veggies. Drinking more water and eliminating sugary drinks like soda and juice, snacking on non-starchy veggies like spinach, adopting a low carb diet, eating more healthy protein, chose low glycemic foods, down-sizing food portions and reducing snacks are all beneficial in reducing the affects of diabetes. What to watch for: Symptoms include increased thirst, hunger, weight lose, fatigue, blurred vision, slow healing sores, and areas of darkened skin. Consult a physician if you are concerned about Type 2 diabetes or notice any of these symptoms.

What about you? Have a health issue you would like more information on? A personal success story you would like to share? Beneficial information to circulate? Contact any member of the Wellness Committee with your comments and ideas! We'd love to hear from you!

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.

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