



Biggest Loser Update:

October's Random Winner:

Kristy Shuler

October's Biggest Loser:

Chris Hinton

Congrats! Keep up the good work!

There is less than a month left in the Biggest Loser contest. With Thanksgiving and Christmas coming up, the list of what not to do: do not eat this or do not drink that, gets longer and longer. To help keep on track this holiday season, these tips of things to do may help:



- Do be flexible with your work-out and mix it up. Can't run outside in the blizzard? Stay indoors with an exercise video, or join a gym.
- Do get outside. Exposure to sunlight can lift your mood and help your sleep pattern. Walk around the block a few times during your work day, or at lunch.
- Do make exercise a priority. The holiday season can get very busy. Make sure you schedule your work-out in first and festivities second.
- Do allow yourself treats. Just don't go crazy. A few holiday cookies won't through you off the track to fitness. A whole box might.
- Do make your work-out a family affair. Take your kids sledding, go cross-country skiing with your spouse.

The last weigh-ins for the Biggest Loser are Dec. 14-16. You must weigh-in this final time to be eligible for prizes. If these three dates don't work for you, please contact Pam at 350-2536 to schedule your last weigh-in. Prizes will be awarded at the Christmas Party, Dec. 16th!



Give the Gift of Good Health:

It's that time of year, the time when we're all scrambling to come up with a gift for that hard to buy for person on our list. This year, why not give the gift of good health? Some ideas include:

- work-out videos. These videos can range from yoga, to hip-hop, to hula. Something for everyone!
- gym membership. Why not give the gift that gives all year?
- work-out gear. Clothes, new shoes, heart-rate monitors, hand weights, yoga mats, shoes, and iPods all help motivate and aid in a better work-out.
- lessons. Many gyms offer personal training sessions, or sign that special someone up for a yoga class, rock climbing weekend or other active vacations.



Peak Fitness Turkey Trot:

Start your Thanksgiving Day off right! Peak Fitness is kicking off a 1 mile walk/5K run this November 26th. The outdoor course begins at Peak Fitness, and will follow hay-bale markers. Registration begins at 8:30 am and the race starts at 9:00. Preregistration is available at Peak Fitness prior to the race. There is no upfront cost, donations are encouraged as the race is in support of Douglas Youth Development Services. For more information, call Peak Fitness at 358-9888.



November is Pancreatic Cancer Awareness Month, Alzheimer's disease Awareness Month, American Diabetes Awareness Month, and the Great American Smokeout Month. Chances are you know someone or are you yourself struggling with one of these diseases. Take a few moments to

open your favorite search engine and educate yourself.



Quote of the Month:

Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.
-John F. Kennedy

What is Wellness? A look at Maslow's 5th Tier: Self-Actualization



Maslow's final tier, tier 5, is self-actualization or the realization of one's potential. It builds upon the inherent motivation one feels at this level to maximize their potential and possibilities. In Maslow's hierarchy of needs, the need for self-actualization is the final need that manifests only when lower level needs have been satisfied. This concept is so intangible many think that it can never be attained, that one simply spends life striving for it. Other's think that self-actualization can be attained, but only for short periods of time. Other summits come into view with each crest, and other goals must be sought to reach self-actualization. How does this look in real life? It is that need that a musician feels to make music, an artist who must paint, and a poet who must write. It's a feeling of restlessness that cannot be attributed to hunger,

security, esteem, or acceptance. It is not always clear what a person wants when there is a need for self-actualization. This review of Maslow's hierarchy of needs was meant as a tool to be used in the individual's quest for wellness. It is meant for introspection, not for the review of others.



Balsamic-Roasted Sweet Potato Wedges:

The flavors of balsamic vinegar and brown sugar create the perfect glaze for this already-sweet vegetable.

Ingredients

- 8 medium sweet potatoes
- 2/3 cup(s) light brown sugar
- 1/3 cup(s) balsamic vinegar
- 3 tablespoon(s) butter or margarine
- 3/4 teaspoon(s) salt

Directions

1. Preheat oven to 400 degrees F. Divide sweet potatoes between two 15 1/2" by 10 1/2" jelly-roll pans. In 1-quart saucepan, heat sugar, vinegar, margarine, salt and 1/4 cup water to boiling over high heat. Divide sugar mixture between jelly-roll pans; toss with potatoes to coat. Spread potatoes evenly in pans.
2. Roast potatoes 45 minutes or until very tender and glaze thickens, turning potatoes occasionally to coat.

Nutritional Information (per serving)

Calories	230
Total Fat	3g
Saturated Fat	1g
Cholesterol	--
Sodium	205mg
Total Carbohydrate	50g
Dietary Fiber	5g
Sugars	--
Protein	3g

Want to share your personal journey to wellness? We are now offering prizes for newsletter submissions on this topic! Email submissions to:

sarah.repshire@conversecounty.org

Do you have ideas for the Wellness Committee? Thoughts in programs to have or information you'd like to receive? Contact Sarah Repshire at sarah.repshire@conversecounty.org with ideas!



"I was going to get up early to go running, but my toes voted against me 10 to 1."

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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