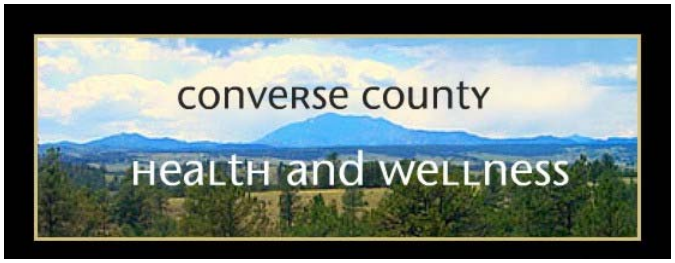

Sept. 2009

Biggest Loser Contest: The cash prize money pot for the Biggest Loser Contest is currently at **$340.00**. The first prize winner has the choice between the cash, and a **vacation day**!! Join today, registration is open until ***December 1st***. The more participants, the bigger the prize! Don't forget **monthly prizes** for the biggest loser and now a monthly lottery prize (name drawn at random)!
Contact Pam Leetch to join or with questions at 358-2536.

Spotlight on: Glycemic Index
Not all carbohydrate foods are created equal, in fact they behave quite differently in our bodies. The glycemic index or GI describes this difference by ranking carbohydrates according to their effect on our blood glucose levels. Choosing low GI carbs - the ones that produce only small fluctuations in our blood glucose and insulin levels – this can contribute to long-term health reducing your risk of heart disease and diabetes and sustainable weight loss. For more information on the Glycemic Index and a comprehensive database of foods check out www.glycemicindex.com.

"Why Exercise Won't Make You Thin": Thoughts on the Article from Time Magazine Time's "eye-opening" article from earlier this month brought lots of attention to one of American's favorite topics: weight loss! While the title is eye-catching, it is perhaps a misnomer. The piece reads more like a road map of what to beware of once increasing the amount you exercise, not an argument against the benefits of exercise itself.
It begins by establishing the premise that if you exercise; you are more likely to increase your caloric intake above and beyond the calories you burned during said exercise. There are several psychological reasons for this, which are outlined further in the article. One is the desire to reward ourselves once we have exercised, or we feel hungrier assuming we've burned more calories than we actually have.
One very valid point that the article drives home, is that self control needs to be applied to our eating habits. Exercise alone will not result in weight loss until you burn more calories than you consume. In summary, don't use all your energy getting your heart rate above 200 on the treadmill, and not have the self-control to resist the muffin at the bakery counter.

For the article in its entirety visit: http://www.time.com/time/health/article/0,8599,1914857-4,00.html

Quote of the Month:

A journey of a thousand miles begins with but a single step.

~ Chinese proverb

What is Wellness Anyway? Is Wellness eating right? Exercise? What are we actually talking about here?
(Continued next page)

- A conscious, self-directed, and evolving process of achieving full potential
- Multi-dimensional and holistic, encompassing lifestyle, mental and spiritual wellbeing, and the environment
- Positive and affirming

- "Wellness is the experience of living life with high levels of awareness, conscious choice, self acceptance, interconnectedness, love, meaning and purpose."
- "Wellness is the integration of body, mind, and spirit - the appreciation that everything you do and think and feel and believe has an impact on your state of health and the health of the world."

What is Wellness? A look at Maslow's 3rd Tier: After such needs as safety and survival have been met, the individual is ready to move to the 3rd Tier which encompasses social needs. Maslow believes that people naturally seek to overcome feelings of loneliness and alienation. This involves both giving and receiving love, affection and a sense of belonging. Most of these needs are satisfied in the emotional ties of friendship, intimacy, and family.

The impact of the social needs on wellness is far reaching. The absence of the above elements can lead to loneliness, social anxiety, and clinical depression. This need for belonging can often overcome the physiological and security needs, depending on the strength of the peer pressure.

While the other, more basic needs, are easier to identify and fulfill, as we work our way up the pyramid the needs do not become less important. Social needs do need to be fulfilled in order to progress upward toward "self actualization". Unfulfilled social needs can impact you in ways from your personal life to your job performance.

October is Breast Cancer Awareness Month

To participate in the Making Strides Against Breast Cancer Walk visit www.wyomingstrides.com

The walk will be held **October 3rd**

Health Recipe: Garbanzo Tomato Pasta Soup

3 (14.5 ounce) cans vegetable broth
3/4 cup small seashell pasta
1 tablespoon olive oil
1 onion, chopped
2 cloves garlic, minced
1 (15 ounce) can garbanzo beans, drained and rinsed
1 (28 ounce) can whole peeled tomatoes, chopped, juice reserved
1/2 teaspoon dried basil
1/2 teaspoon dried thyme
salt and pepper to taste

1. Bring vegetable broth to a boil in a large pot. Add pasta and cook for 8 to 10 minutes or until al dente.
2. Meanwhile, heat oil in a small skillet over medium heat. Saute onions and garlic until translucent. Stir into pasta and add garbanzo beans, tomatoes, basil, thyme, salt and pepper. Heat through and serve.

Nutritional Information

Servings Per Recipe: 4

Amount Per Serving

Calories: 193

- **Total Fat:** 4.9g
- **Cholesterol:** 0mg
- **Sodium:** 1489mg
- **Total Carbs:** 33g
- **Dietary Fiber:** 4.7g
- **Protein:** 6.1g

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.