



**Biggest Loser Update:**

Congratulations to everyone who participated in the Biggest Loser Contest! Thank you for participating!

**Converse County's Biggest Loser Contest Results:**

1. Linda McGuire
2. Chris Hinton
3. Gina Garton

**Great job everyone!**

**November's Random Winner:**

Linda McGuire

**November's Biggest Loser:**

Kristy Shuler

*Congrats! Keep up the good work!*

**So what's next? You decide!**

**Send a suggestion for the next**

**program or event to the**

**Wellness Committee and your**

**name will be entered into a**

**random drawing for a prize!**

Suggestions can be sent to [sarah.repshire@conversecounty.org](mailto:sarah.repshire@conversecounty.org)



**Quote of the Month:**

It is exercise alone that supports the spirits, and keeps the mind in vigor.  
-Cicero



© 2009 by Randy Glasbergen, www.glasbergen.com  
"Let's keep everyone healthy over the holidays. Plenty of sunscreen for the snowmen, diabetes testing for the sugarplum fairies, a gluten-free diet for the gingerbread man, and let's put up a basketball hoop for the elves!"

**Five Holiday Wellness Tips**

(from <http://www.recports.berkeley.edu>)

Holidays can be filled with laughter and joy, but as demands on our time increase and unrealistic expectations begin to build, they often become anxiety ridden. Here are 5 simple things you can do to deal with the stress.

**1) Exercise Before You Leave Your Bedroom**

Before you leave your bedroom in the morning, do some stretches, yoga, or calisthenics. Get them done before anyone knows you are awake and you have them out of the way. It's a great way to start the day!

**2) Take a walk**

An after-dinner stroll can be just the thing to escape the chaos of the holidays and re-energize you. You can even make it a family tradition -- just ask if anyone wants to join you for a stroll.

**3) Don't Stress About Parking**

Can't find a close parking spot at the store? Don't even bother! Park away from all of the chaos and take the opportunity to walk. You'll save yourself some stress and burn some extra calories.

**4) Laugh and Be A Kid Again**

Get outside to play with the kids. Take the family ice skating. Play a game of tag. Ride your bike. Talk a walk and go

see your friends...invite them along. And laugh -- laughing is a great tension reliever. It burns calories, reduces stress and makes you feel better all around.

**5) Peace & Quiet**

Take time for yourself. Spending time with friends and family is an essential part of the holiday, but it's also important to have at least five minutes to yourself to relax. Practice your deep breathing exercises when you feel stressed out.



*Happy Holiday's  
from the  
Wellness  
Committee!*

*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.*

# POPULATION *Health*

Monthly Wellness  
December 2009

Exercise and  
Cold Weather



## Cold weather does not mean you have to put outdoor exercise on ice...

Winter can frustrate the most motivated exercisers, and if you're not motivated, it's too easy to pack your workout gear away with your summer clothes. Keeping up your exercise routine in cold weather can be rewarding. Outdoor exercise is a sure cure for cabin fever and the winter blues. It increases energy, which can be decreased by gloomy weather. Exercise also enhances your immune system; studies show that moderate exercisers get 20 to 30 percent fewer colds than non-exercisers do, and, you won't have to scramble to get in shape for swimsuit season. If you're not looking forward to another winter of pounding endless miles on the treadmill or power walking the malls, the good news is that you don't have to. With the right clothing and a little planning, cold-weather exercise can be safe, effective and, yes, fun!

### Outdoor Activities

Hiking/Walking  
Skiing Snowboarding  
X-Country Skiing  
Snowshoeing  
Winter Running  
Ice Skating  
Sledding  
Hockey  
Ice Fishing  
Hunting

### Indoor Activities

Gym membership  
Hire a personal trainer  
Dance lessons  
Group fitness class  
Work out videos  
Wii Fit  
Do basic home cardio: Jumping jacks  
Jogging in place  
Side shuffles



## Taking it outside: Tips for your cold-weather workout:

- ❖ **Physician Approval.** Almost anyone can exercise safely in the cold, including people with asthma and heart problems. If you have health concerns, talk to your physician.
- ❖ **Layers.** Dress in layers that you can remove as soon as you start to sweat and then put back on as needed. Start with a thin layer of synthetic material such as polypropylene, which draws sweat away from your body. Avoid cotton, which stays wet next to your skin. Next, try fleece for insulation. Top this with a waterproof, breathable out layer and wear a face mask or a scarf over your mouth.
- ❖ **Protect your extremities.** When it's cold, blood is shunted to your body's core, leaving your hands and feet vulnerable to frostbite. Try wearing a thin pair of gloves under a pair of heavier gloves or mittens lined with wool or fleece. Don't forget a hat or headband! .
- ❖ **Choose appropriate gear.** If it's dark, wear reflective clothing. To stay steady on your feet, choose footwear with enough traction to prevent falls.
- ❖ **Remember sunscreen.** It's as easy to get sunburned in winter as in summer, even more so if you're exercising in the snow. Use lip balm with sunscreen, and protect your eyes from snow and ice glare with dark glasses.
- ❖ **Head into the wind.** You'll be less likely to get chilled on the way back if you end your workout, when you may be sweaty, with the wind at your back.
- ❖ **Pay attention to wind chill.** If the temperature dips well below zero, choose an indoor activity instead.
- ❖ **Know the signs of frostbite and hypothermia.** Early warning signs include paleness, numbness and loss of feeling or a stinging sensation. If you suspect frostbite, get out of the cold immediately and slowly warm the affected area without rubbing. If numbness continues, seek emergency care. If you suspect hypothermia, characterized by intense shivering, slurred speech, loss of coordination and fatigue, get emergency help right away.
- ❖ **Drink plenty of fluids.** Drink water before, during and after your workout, even if you're not thirsty. You can become just as dehydrated in the cold as in the heat from sweating, breathing and increase urine production.
- ❖ **Stay motivated.** When it's cold outdoors, winter's no need to hit the couch. With a little knowledge, you can meet the challenges, and reap the rewards, of winter exercise. For many people, the solitude and quiet alone are reason enough to brave the elements.

Adapted from [www.Mayoclinic.com](http://www.Mayoclinic.com)