



Converse County Health & Wellness



Wellness Committee

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Have GRACE this Holiday Season!

Practice checking in with yourself on how you feel; how those surrounding you influence your mood; how your food choices sit in your body after eating; how much sleep you are getting; how much money are you spending; how your body likes to move. **Choose** to adjust accordingly if you need balance to feel great!

Get creative with your gift giving: Try giving the gift of experience instead of more presents. Try making some homemade gifts with some loved ones. Try volunteering for those less fortunate. The Holidays can be a series of disasters for people **with diabetes, those trying to lose weight, or anyone wanting to choose a healthier way of eating.** To help fight the risks of expanded waistlines and eating poorly, [Michigan State University Extension](#) offers 10 common-sense rules for healthier eating during the holidays – or any time

10. **Move your body.** Take your dog for a walk, dance in the living room, & build a snowman with your kids- just move!
9. **Enjoy the conversation and the company.** Eat slowly enough to give your brain time to register that you are filling up and aren't hungry anymore.
8. **If you count carbohydrates get to know the carb counts of typical holiday foods.** This will help you limit yourself, and, if you take insulin, you will know how much you need.
7. **Choose your splurges carefully!** Know which events and which scrumptious foods you don't want to pass up and the ones where you want the company to be the main attraction.
6. **Proteins and veggies first!** Concentrate on eating from the protein and vegetable part of the menu first to help reduce your appetite.
5. **Eat what you decide to eat and not what other people want you to eat.** Plan ahead, if

possible. Or bring a dish you know you can enjoy.

4. **Practice the art of the "polite decline."** You can still show Aunt Elizabeth you love her, even if you don't want to eat her fudge.
3. **Leave the table before you are full.** Continue the conversation somewhere else, or help clear the table so you can enjoy coffee or tea after the meal.
2. **Remember, you don't need to try everything today – that's what leftovers are for.**
1. **When you move away from the table keep right on moving.** After dinner is a great time to bundle up and take a walk around the neighborhood, play catch or build a snowman with the youngsters.

"We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empower them." - Converse County Wellness Committee