



Converse County Health & Wellness

January 2019

Drink Up Your Water!

1. Keeps your mind sharp: Our brains are mostly water. Drinking it keeps your mind “hydrated” – it helps you think, improves concentration, and keeps you alert.
2. Moisturizes skin: Forget expensive and chemical-laden skin moisturizers. Let nature do its work. Water keeps your skin soft and supple, and reduces wrinkles. Need we say more?
3. Prevents headaches: Did you know, most headaches are caused by mild hydration? If you are prone to headaches, try upping your water intake. Staying hydrated can even help eliminate or reduce incidence of migraine headaches.
4. Decreases muscle cramps: Water is the body’s natural lubrication system. Proper hydration will keep your joints lubricated and your muscles more supple and elastic – which will reduce pain.
5. Removes toxins: Our bodies use water to naturally flush out waste through sweat and urination, ensuring better system balance. If you suffer kidney stones or chronic Urinary

- Tract Infections – water is your best bet!
6. Boosts immune function: Considering the important role that water plays in so many of our body systems and processes, it is no wonder that someone who drinks water regularly is less likely to get sick. Staying hydrated can help protect you from everything from the common cold and flu, to more serious diseases like cancer and heart attacks.
 7. Supports healthy weight: Water helps keep our appetite in check by giving us a sense of fullness so we feel satisfied. During periods of weight loss, the body will break down more substances that require elimination. Toxins that have been stored in fat tissue can be released in greater amounts during this time. Water helps to flush these out of our bodies. Water is especially important for people who follow low carb/high protein diets, which tend to put extra stress on our kidneys due to nitrogen buildup. It takes a bit more water to process this excess nitrogen byproduct.
 8. Improves digestion: Perhaps most important is the role that water plays in digestion. Good health is

dependent on good digestion. Water is critical to food digestion and absorption. Water also helps to prevent constipation, which can inhibit good digestion and elimination.

<http://naturallysavvy.com/live/water-8-reasons-to-drink-8-glasses-a-day-every-day>

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

**GET SLEEP
EAT HEALTHY
DRINK WATER
EXERCISE ALOT
REPEAT**

Wellness Committee

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Appetizer Antipasto Skewers

Author: Cyd Convers Prep time: 20 mins Total time: 20 mins Serves: 24

Ingredients:

- 24 mini fresh mozzarella balls
- 24 olives
- 12 slices of uncured salami, cut in half
 - 24 small basil leaves
 - 2 roasted peppers (or 1 jar)
 - 1 jar artichoke hearts
- ½ pound fresh tortellini, cooked
- Bamboo skewers

Instructions

1. Using 3" bamboo skewers or similar, layer your ingredients starting with the mozzarella balls, then the roasted peppers tortellini, basil, artichoke heart, salami and olives.
2. I opted to pick up mozzarella and olives that were already marinated and seasoned, but I would suggest tossing yours in a bit of olive oil with a pinch of Italian seasoning if you can't find those that are already pre-seasoned.
3. I also roasted my own peppers, but you can easily pick up a jar to make things simpler.
4. Line a tray with your finished skewers and refrigerate until serving.
5. Make them the night or the morning before and keep chilled. (Leftovers will keep for a few days!)
6. Plan for 2 - 3 per person.

Insurance Corner

Don't forget Open Enrollment for
Blue Cross/Blue Shield starts
3/1/19 until 3/31/19