
CC WELLNESS

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

April, 2019

March WINNERS

Did you enter the drawing? Your chance to win is coming up, read through the newsletter to find out how!

***KRISTY SHULER**

***KIM WRIGHT**

-These two win a benefit of their choice, a massage, infrared sauna sessions (4) or a float therapy session!

You've got to tell your money what to do, or it will leave- Dave Ramsey

Financial Wellness

One of the most important areas of wellness is FINANCIAL WELLNESS. Money can create peacefulness or stress depending upon your situation. Do you know the four key areas most people need the help in? Check out these words from Dave Ramsey on the following page to assess your need for a financial makeover!

WELLNESS COMMITTEE

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Benefits of the Infrared Sauna

Your wellness committee is exploring the option of adding Sauna Benefits to your wellness offering. Check out these benefits.

Detoxification

Sweating is the body's safe and natural way to heal & stay healthy. Infrared heats the body directly causing a rise in core temperature resulting in a deep detoxifying sweat at the cellular level, where toxins reside

Lower Blood Pressure

Infrared saunas induce a deep sweat to make the heart pump faster, which in turn increases blood flow, lowers blood pressure and helps circulation. Scientific evidence shows that using an infrared sauna a couple times a week lowers blood pressure.

Weight Loss

Studies have shown that an infrared sauna session can burn upwards of 600 calories while you relax! As the body works to cool itself, there is a substantial increase in the heart rate, cardiac output and metabolic rate, causing the body to burn up more calories.

Pain Relief

Infrared heat penetrates tissue, joints, and muscles to relieve anything from minor aches and pains to chronic pain conditions such as fibromyalgia. Pain management professionals incorporate infrared heat therapy into treatment plans to decrease pain and muscle spasms and to speed up recovery time.

Improved Circulation

Heating the muscles with infrared rays produces an increase in blood flow similar to that seen during exercise. Regular infrared sauna use can significantly stimulate blood flow up to twice the normal rate.



BUDGETING

Budgeting is telling your money where to go instead of wondering where it went. The problem is that for most people it feels like a chore. You must know the *why* and make budgeting simple, easy, and fun.

DEBT ELIMINATION

With 24% of take-home pay going to consumer debt, it's no wonder your people are off track. If you can free up those funds, just think about how much more they could invest in retirement.

SAVING FOR EMERGENCIES

70% of Americans live paycheck to paycheck. With no margin, every unplanned expense becomes a crisis. If your people have emergency savings, they will feel (and actually be!) more secure financially.

RETIREMENT PLANNING

Most people don't save for retirement until it's too late. Those who do are not investing nearly enough. You must to change your habits and invest 15%.

Spring is a wonderful time to get a jump start on CHANGE, changing your habits and changing your spending, for more information check out <https://www.daveramsey.com> also check out the bulletin board in the County Building for some healthy budget friendly ideas!

Second Blood Draw!

We know you have been working hard to change habits and become your best self. The Converse County Wellness Committee invites each and every one of you to have your blood drawn for the second time this year, ON US!!! Simply contact your department head to obtain a voucher to visit the hospital lab April 8-19, 2019.

Vouchers will be distributed in mailboxes. You will need to fast 8-12 hours ahead of your blood draw time.



Tank float therapy is proven to:

- Relieve stress, anxiety and depression
- Reduce chronic fatigue caused by insomnia and jet lag
- Stimulate creativity
- Accelerate mental clarity and learning
- Deepen meditation practices
- Soothe chronic pain from arthritis, fibromyalgia, back and neck pain, inflammation and tendonitis
- Improve athletic performance
- Decrease muscular tension caused by daily stresses and prolonged sitting
- Improve circulation and reduce blood pressure
- Accelerate healing
- Strengthen the immune system

Want to be a winner for April? Enter your name by emailing Crimson Miller at crimson.miller@conversecountywy.gov we have prizes to give out!

Coming Soon!

Why not TRY?!?!? Starting in **May** we will be offering a “TRY-athalon” challenge. Our three main events will be:

- * WALKING (counting steps)
- * WATER (guzzling ounces) and
- * SLEEP (tracking hours). Grab a partner and decide which events to enter, one, two or all three. Serious prizes for winners! This challenge must be done with another warm body on your team; it can be a spouse, a coworker or friend. \$25/team entry fee. Top team takes home the **CASH** and additional prizes!