

Winter 2016

Cerro Gordo County Dept. of Public Health

Wellness Newsletter



Worksite Wellness Recognition Program

Who: Cerro Gordo County Businesses
(or MC Chamber Business Member)

What: Award & Recognition Program for Businesses with Employee Wellness Programs

When: Award Applications: Spring 2016
Award Recognition: October 2016

How: Businesses who offer their employees wellness programs and services are eligible to apply for Worksite Wellness recognition by the Cerro Gordo County Department of Public Health. Employers will fill out applications demonstrating their wellness efforts. Awards will be awarded on an annual basis at the Annual Mason City Chamber Meeting. Showcase your wellness successes!

PLUS + The Health Department will be sponsoring quarterly Lunch and Learn Seminars for interested employers. Topics will focus on various worksite wellness practices & strategies.

MORE INFORMATION TO BE MADE PUBLIC IN COMING MONTHS!!

Diabetes Prevention Program starts January 13 & 14

Program Offers:

FREE structured weight-loss program provided by a registered dietitian, certified fitness trainer, or registered nurse.

- Sessions will be held weekly for six months, followed by six monthly maintenance sessions to assist with maintaining lifestyle changes. (1 year program.)
- You will learn:
 - Healthy eating habits.
 - How to increase your activity level.
 - How to manage stress to maintain weight



Cerro Gordo County
Department of Public Health
www.cghealth.com 641-421-9303

Change can be tough...
we can help!

Classes held in Mohawk Square

Wednesday Sessions: 10-11 AM Thursday Sessions: 5-6 PM



For more information or to enroll in the program, call 641-421-9303 or visit www.cghealth.com.

Who is eligible?

(You only need to meet one requirement to be eligible.)

- Anyone 18 years of age or older AND overweight (See Chart →)
- Women previously diagnosed with gestational diabetes
- Anyone who's had a blood test indicating prediabetes.

Must be 18 years of age or older and not already diagnosed with diabetes to participate.

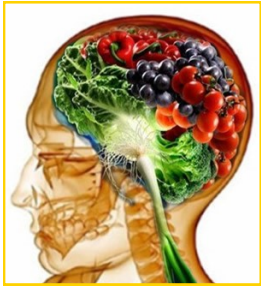
Sign up NOW!

Find your height on the chart. Do you weigh as much as or more than the weight listed for your height?

4'10" - 129	5'8" - 177
4'11" - 133	5'9" - 182
5'0" - 138	5'10" - 188
5'1" - 143	5'11" - 193
5'2" - 147	6'0" - 199
5'3" - 152	6'1" - 204
5'4" - 157	6'2" - 210
5'5" - 162	6'3" - 216
5'6" - 167	6'4" - 221
5'7" - 172	

If your answer is **YES**,
you are eligible for this program!

Healthy Bites



Alzheimer’s Awareness! While the link between nutrition and the development of this disease continues to be researched, there are steps you can take to care for your brain at any age!

Protect... with antioxidants!

Enjoy a variety of colorful fruits and vegetables, especially dark leafy greens and berries. The antioxidants found in these foods may help protect against damage to the brain. Other antioxidant rich foods include dark chocolate and tea!

Boost... with omega-3 fats!

A healthy heart makes for a healthy brain. Choose foods rich in omega-3 fats, a type of unsaturated fat, found in fatty fish (salmon, tuna, etc.), walnuts, and flaxseeds. Limit foods high in saturated fat to decrease your risk for heart disease and stroke!

Hydrate... with water!

Did you know that 80% of your brain is water? Drink at least 8 cups of water daily for adequate hydration.

Fuel... with complex carbohydrates!

Skip the simple carbohydrates found in cake, soda, chips, and refined grains. They provide quick energy, but can lead to a “crash” in mental and physical performance. *Choose complex carbohydrates* from fruits, vegetables, whole grains, and beans for sustained energy. Your brain can not use fat as an energy source. It needs glucose from carbohydrate foods daily!

Reference: Bane, T., & Cole, C. Prevention of Alzheimer’s disease: The roles of nutrition in primary care. *The Nurse Practitioner*. 2015. 40 (5). Pg 30-35. Web

In the Kitchen: The Ultimate Veggie Juice

Ingredients:

- | | |
|------------------------------|---------------------------------|
| 2 stalks celery | 1/2 cucumber - unpeeled |
| 1/2 beet - skin and all | 1 leaf kale |
| 1 broccoli spear | Small bunch of fresh watercress |
| 3 tomatoes - skin and all | Small bunch fresh parsley |
| 1 carrot - unpeeled | 1 radish |
| Dash of Worcestershire sauce | Salt and Pepper to taste |

Nutrition Facts:
Serving Size: 12 oz.

Calories: 164
Total Fat: 0 g
Saturated Fat: 0.0 g
Sodium: 250 mg
Total Carbohydrate: 36 g
Dietary Fiber: 9 g

Directions:

Throw all ingredients into a blender. Blend to desired consistency. Chill if desired. Serve!

<i>Vitamin A</i>	<i>100%</i>	<i>Vitamin E</i>	<i>20%</i>
<i>Vitamin B6</i>	<i>46%</i>	<i>Folate</i>	<i>38%</i>
<i>Vitamin C</i>	<i>100%</i>	<i>Thiamin</i>	<i>27%</i>
<i>Vitamin K</i>	<i>100%</i>	<i>Niacin</i>	<i>29%</i>



Fitness Corner: Body Composition Mistakes

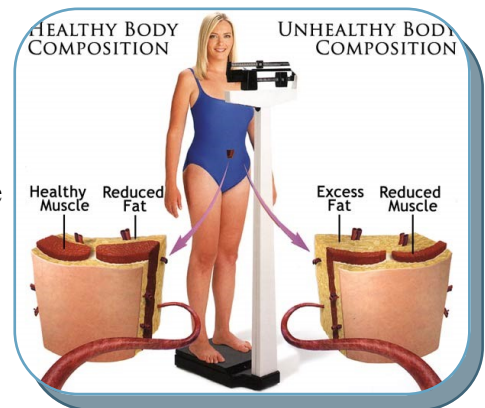
More muscle and less fat; improved body composition. Everyone wants it, yet not many get it. Those who don't are often missing the big picture, focusing on little inconsequential things while making some big fat mistakes. Are you doing the right things to become lean?

Mistake #1 Not Training Often Enough

If you want to look like someone who lifts weights, you need to lift weights a lot. The more often you ask your body to adapt to a stress, the faster it's going to change. Training two or three times a week can maintain or sometimes increase your strength levels, but from a body composition standpoint, your ability to build muscle and lose fat will be limited.

This doesn't mean you need to start training every day of the week, you slowly have to build up your training frequency over time. Perhaps have an arm day, a leg day, or a focus on a weak body part for 20 minutes.

More weight training means more muscle, less fat.



Mistake #2 Doing Excess Cardio

Cardio, particularly steady-state cardio, is important in body re-composition. Doing it in moderation in comparison to your weight training is far better than getting crazy with cardio overload.

Steady-state cardio is easily adapted by the body. Overtime, you are going to look like someone who does a lot of steady-state cardio (think "runner"). If you don't want to look like a jogger, keep the steady state cardio to a few times a week for 30 minutes a shot. Focus more on your diet, where the big gains are made. If you "Have To" do tons of cardio to stay lean, then your diet is terrible. Period.

Mistake #3 Disregarding the Importance of Sleep

Lack of sleep makes you fatter and even leads to muscle loss, regardless of diet. While you may be able to "function just fine" on a few hours of sleep, your body demands 8.5 hours a night to fully benefit from your training efforts. Sleep is when our body recovers. Consider a baby, after they are born they eat and sleep...a lot. Why? Because to grow, our body requires a tremendous amount of rest. Also make sure your body can relax at night. Sleep in a dark room, at regular time intervals.

Mistake #4 Not Knowing How Much You're Eating

It's easy to over or underestimate calorie needs. The best weight loss and weight maintenance programs have one thing in common...TRACKING! Track calories and major nutrients (i.e. Fat, Carbs, Protein) until you are better at eye-balling portion sizes.

Mistake #5 Not Drinking Enough Water

Even mild dehydration kills gym performance. Drinking ice-cold water boosts metabolism. Water is that "one simple trick" that can play a huge role in fat loss. An easy rule of thumb: Drink one ounce per pound of bodyweight a day.

Strength Training Sample Plans

FULL BODY WORKOUT	Set 1	Set 2	Set 3
<u>Dumbbell Bench Press</u>	8	10	12
<u>Lat Pulldown</u>	8	10	12
<u>Overhead Dumbbell Press</u>	8	10	12
<u>Leg Press</u>	8	10	12
<u>Lying Leg Curl</u>	8	10	12
<u>Triceps Push Down</u>	8	10	12
<u>Barbell Biceps Curl</u>	8	10	12
<u>Standing Calf Raise</u>	8	10	12
<u>Crunch</u>	15	15	15

Full Body Workouts:

Leave at least 1 Day of Rest between each session

Upper/Lower Body Workouts:

Rotate each day and add 1-2 days of rest each week

Push/Pull Workouts:

Rotate each day and add 1-2 days of rest each week

UPPER BODY WORKOUT	LOWER BODY WORKOUT	Set 1	Set 2	Set 3
<u>Barbell Bench Press</u>	<u>Leg Press</u>	10	12	15
<u>Dumbbell Fly</u>	<u>Leg Extension</u>	10	12	15
<u>Barbell Bent Over Row</u>	<u>Lying Leg Curl</u>	10	12	15
<u>Lat Pulldown</u>	<u>Seated Leg Curl</u>	10	12	15
<u>Overhead Dumbbell Press</u>	<u>Standing Calf Raise</u>	10	12	15
<u>Lateral Dumbbell Raise</u>	<u>Seated Calf Raise</u>	10	12	15
<u>Barbell Biceps Curl</u>		10	12	15
<u>Machine Preacher Curl</u>		10	12	15
<u>Lying EZ Bar Triceps Extension</u>		10	12	15
<u>Triceps Pushdown</u>		10	12	15
<u>Crunch</u>	<u>Crunch</u>	15	15	15

PUSH WORKOUT	PULL WORKOUT	Set 1	Set 2	Set 3
<u>Incline Barbell Bench Press</u>	<u>Barbell Upright Row</u>	10	12	15
<u>Dumbbell Fly</u>	<u>Single Arm Dumbbell Row</u>	10	12	15
<u>Overhead Dumbbell Press</u>	<u>Incline Dumbbell Biceps Curl</u>	10	12	15
<u>Smith Machine Upright Row</u>	<u>Machine Preacher Curl</u>	10	12	15
<u>EZ Bar Triceps Extension</u>		10	12	15
<u>Dumbbell Kickback</u>		10	12	15
	<u>Reverse Crunch</u>	15	15	15
	<u>Crunch</u>	15	15	15