



# Sarpy Strong Wellness Program

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## Top 5 Ways to Start the Year off Right

Now is the perfect time to follow these 5 ways to start the year off right, and take charge of what you are getting out of life.

### #1 Do a yearly review

Take stock of where you've been and appreciate all of the accomplishments you've made in the last year. Ask yourself these questions:

1. What went well for me last year?
2. What accomplishments did I have?
3. How did I improve my life?
4. How did I improve my relationships?
5. What did I remove from my life that is now making me happier?
6. What do I wish I had taken more time for?

### #2 Finish what you started

Keeping projects around like pets doesn't do us any good—they just weigh on our minds, and people will spend hours thinking about something that

will only take 10 minutes to take care of. Cross those things off your list and give yourself a fresh start.

### #3 Be realistic

Dreaming is fabulous and highly recommended, but if you want to accomplish some improvements in your life, you need to be realistic. Take your dream and start breaking it down into milestones.

### #4 Focus on what you want

Speaking of dreaming, ask yourself what your dream looks like. What are you doing in the dream? How are you living? Who is in the dream with you? What does a typical day entail?

These questions will help you define what lifestyle you really want, and give you ideas about how you can achieve that lifestyle.

If you think that what you want is more money, keep digging at that response. What would you do if you had endless amounts of money? Would you travel, volunteer, or live simply and quietly away from it all?

We often think that money is an end goal, when really we are just stuck in a rut, and we think we can't do or have what we really want unless we have more money. Challenge that idea and dig to find those things that you really want, and aim to pursue them now.

### #5 Put yourself on top

Using the information you gained above by determining what you want, put yourself at the top of the list. Taking care of yourself and striving to reach your own goals will make you a better spouse, friend, child, and parent.

[www.lifehack.org](http://www.lifehack.org)

## Spotlight on Chief Deputy Greg London

Chief London began his career with Sarpy County in 1988 as a deputy. Since that time he has worked in all areas of law enforcement.

In 2002 Chief London joined a friend who was planning on running a marathon. Since that time he has ran 41 marathons in 21 states—he keeps a spreadsheet. The Chief has ran marathons in Boston, San Francisco, Seattle, and New Orleans. "Running has allowed me to see parts of the country I wouldn't normally travel too," he said.

The key to wellness is finding something you enjoy and maintain so it becomes part of your lifestyle. Maintain a healthy diet and never give up because you fail. Don't get down on yourself and move forward with consistent exercise.





Look for healthy options when eating out.

Steer clear of hidden fat and calories in restaurant food.

## Make Healthy Choices at Any Restaurant

When ordering food at a restaurant, do you know which items may be loaded with fat and calories?

Hidden calories refer to the extra calories in many dishes that come from ingredients you may be unaware of. Ingredients are often added to enhance the flavor, color or texture of food — for example, seasonings, sauces, cheesy toppings or dressings. And sometimes they're part of the process used to prepare the dish — for example, oil or butter for cooking.

Use these tips to steer clear of hidden fat and calories in restaurant food.

**Appetizers.** If you're having an appetizer, choose one that contains primarily vegetables, fruit or fish. Lettuce cups, edamame, fresh-fruit compote and shrimp cocktail served with lemon are healthy appetizers. Avoid fried or breaded appetizers, which are generally high in calories. Of course, you can also save calories by skipping the appetizer altogether.

**Soup.** The best choices are broth-based or tomato-based soups. Creamed soups, chowders and pureed soups can contain heavy cream or egg yolks.

**Bread.** Muffins, garlic toast and croissants have more fat and calories than do whole-grain bread, breadsticks and crackers. Skip the temptation by asking the server not to bring the bread basket.

**Salad.** Your best choice is a lettuce or spinach salad with a low-fat dressing on the side. Limit all of the high-calorie additions, such as cheese and croutons. Also beware that chef salad and taco salad are usually high in fat and calories because of the meat, cheese and other extras — such as the taco salad's deep-fried shell.

**Side dish.** Choose steamed vegetables, rice, fresh fruits, a baked potato or boiled new potatoes instead of higher-calorie options, such as french fries, potato chips and mayonnaise-based salads.

**Entrees.** You may want to skip pasta dishes with meat or cheese or dishes with creamy sauces. The names of certain dishes are sometimes giveaways that they're high in fat, such as prime rib, veal parmigiana, stuffed shrimp, fried chicken, fried rice and fettuccine Alfredo. Instead, look for these healthy terms when choosing an entree: baked, broiled without added butter, grilled, poached, roasted or steamed.

**Dessert.** Finish your main meal before ordering dessert. By the time you're done, you may not even want dessert. If you do order dessert, consider splitting it with one of your companions. Some healthy dessert options include fresh fruit, sorbet or sherbet.

Also, be mindful of two common dining-out challenges: the urge to order more food than you need and the impulse to eat every bit of food on your plate — even when the portion size is way too large for one person!

[www.diet.mayclinic.org](http://www.diet.mayclinic.org)

## Winter Fun Facts

- ❄️ Snow comes where you least expect it, from the Sahara Desert to Hawaii. The Atacama Desert in Chile received nearly 32" of snow in 2011.
- ❄️ The largest snowflake observed was in Montana in 1887—15" wide and 8" thick.
- ❄️ The lowest temperature ever recorded was in Antarctica on July 21, 1983, it was -128.6 Fahrenheit.
- ❄️ The average snowflake falls at 3 mph

### January is National...

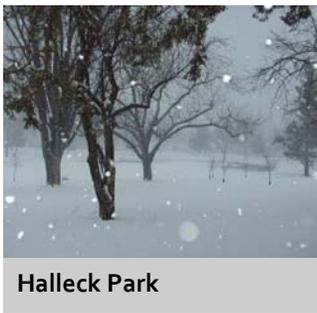
- ❄️ Bath Safety Month
- ❄️ Slow Cooking Month

### February is National...

- ❄️ American Heart Month
- ❄️ Black History Month
- ❄️ Children's Dental Health Month

### March is National...

- ❄️ Kidney Disease Awareness Month
- ❄️ Celery Month
- ❄️ Women's History Month



Halleck Park

Let It Snow!

## Healthy Celery Soup

Serves: 4

Prep Time: 5 minutes

Cook Time: 25 minutes

### Ingredients

6 stalks celery (chopped)	2 cups water
1 small onion (finely diced)	1 Tbsp. low fat crème fraiche
1 small potato (peeled and chunked)	3-4 shots oil spray
1 chicken bouillon cube	



### Directions

Spray pot with oil spray (Pam) and add onion to soften over moderate heat until translucent

Add the celery and potato and cook for 2-3 minutes

Add the water and stock and bring to a gentle boil. Cook 15-20 minutes, until celery and potato is soft.

Blitz with a stick blender or process through a food processor

Add seasoning to taste such as salt, pepper, and garlic. Serve with a teaspoon of crème fraiche shirred through each bowl.

### Nutrition

1 cup: Calories 34, Fat .1 g, cholesterol 0 mg, sodium 29 mg, carbohydrates 7.3 g, fiber 1.3 g, protein 1.1 g.

## Make Heart Disease in America Exotic Again

Six hundred thousand Americans will die of heart disease this year. That's more than from any other single cause. An additional 720,000 will have a heart attack. But turn on the news and instead of hearing anything about our #1 killer, you hear about the two people infected with Ebola. Dr. Caldwell Esselstyn, author of Prevent and Cure Heart Disease says, "Cardiovascular disease is a toothless paper tiger that need never exist. And if it does exist, it need never progress. It is a food-borne illness. Change your food, change your life." The cure is the prevention. The prevention is the cure. And WE ARE IN CONTROL of the lifestyle factors that either encourage or discourage risk factors for heart

disease, such as type 2 diabetes, hypertension and high cholesterol. Diet, exercise, diet, smoking, oh yeah and DIET are things we have control over that play a major part.

Heart disease is so prevalent that we just accept it as a part of aging. When a person dies of a heart attack at age 78 in America we think he died of "old age." A person of the same age dying from heart disease in Okinawa would be considered a tragic loss. Autopsy studies in this country have demonstrated that children as young as twelve already show the beginnings of heart disease. A lot of people would argue that it's child abuse to feed kids the foods proven to promote

heart disease. On the TLC hit TV show My 600-Lb Life we call that enabling.

Nobody is coming to save you. And the reason is because nobody needs to. We need to and we are the only ones who can. Every day we are either promoting health or promoting chronic dis-ease. Every day we make the choice to move our bodies or not, to be more aware and eat mindfully or not, to learn new things or not. Healthcare is Self-Care. Every day is the perfect day to invest in your health because it is never too late and it might just save your life.

**"Nobody is coming to save you. We are the only ones who can."**

## 5 Smart Food Shopping Tips

When you eat at home, you consume fewer calories. But, in order to make delicious healthy meals, you need to have the right foods on hand. These strategies will help:



Be smart at the store.

**Take inventory.** Use a meal planner as part of your healthy-eating strategy to guide your shopping. Take an inventory of your staples, such as low-fat milk, fresh fruits and whole grains.

**Make a list.** A list makes your shopping trip more efficient and helps you avoid impulse buys. But don't let your list prevent you from looking for or trying new healthy foods. When making your list, use your weight-loss menus as your guide. Make sure your list includes healthy and convenient snack foods. To make things go faster, organize your list according to where foods are located at your favorite store.

**Shop the perimeter of the store for fresh foods.** The dairy case and the fresh produce, poultry and seafood sections of most grocery stores are all located on the perimeter. That's where to focus your shopping when using the Mayo Clinic Healthy Weight Pyramid. Fresh foods are generally better than ready-to-eat foods because you know exactly what goes into your meal.

**Don't shop when you're hungry.** It's harder to resist buying higher-fat, higher-calorie snack items when you're hungry. So set yourself up for success and shop after you've eaten a good meal. If you do find yourself shopping on an empty stomach, drink some water or buy a piece of fruit to munch on.

**Read nutrition labels.** Check nutrition labels for serving size, calories, fat, cholesterol and sodium. Remember, even low-fat and fat-free foods can pack a lot of calories. Don't be fooled. The label will list calories, fat, sodium and cholesterol for one serving — but it can be tempting to eat more than one serving. Make sure to compare similar products so that you can choose the healthiest option.

[www.diet.mayoclinic.org](http://www.diet.mayoclinic.org)

## What's Your New Year's Resolution?



Keeping your New Year's resolution is keeping a promise to yourself.

Research shows that only 8% of people actually achieve their New Year's resolutions. According to psychologist Paul Marciano there are seven keys to achieving your goals.

- 1. Make your goals specific.** Dr. Marciano is a fan of the classic goal system that makes goals specific, measurable, achievable, relevant and time-bound (SMART).
- 2. Measure progress.** "If you can measure it, you can change it."
- 3. Be patient.** Making lasting changes takes time.
- 4. Share your goals** with friends and family. Social support is critical. One of the most effective things you can do is to get an "accountability partner", someone who checks in with you daily or weekly.
- 5. Schedule it.** No-body finds time, we choose time. Treat these New Year Resolution's appointments just like they were scheduled doctor appointments.
- 6. Something is better than nothing.** Dr. Marciano says the difference between doing something rather than nothing is huge. "Any effort towards your goal is better than no effort."
- 7. Get up, when you slip up.** Legendary coach Vince Lombardi

said, "It isn't whether you get knocked down, it's whether you get back up." Resiliency is paramount. Don't turn temporary failures into total meltdowns or excuses for giving up. Instead, just acknowledge the mistake and recommit to the path towards the goal.

Dr. Marciano says achieving your goals isn't about willpower. It's about developing the right skills, executing strategies, and having the patience that inevitably lead to success. Will 2017 be the year you join the elite 8%?

[www.forbes.com](http://www.forbes.com)

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## Local Events

Jan 7 9:30-11 a.m.	Hummel Nature Center Hike the trails of Hummel Park and enjoy hot chocolate when finished
Jan 29 9-10:30 a.m.	Yoga in the Forest <a href="#">Fontenelle Forest</a>
Feb 4 2-4 p.m.	Monclair Community Center Inflatable obstacle course and fun exercise stations
May 7	Lincoln Marathon & Half Marathon <a href="http://www.lincolnmарathon.org">www.lincolnmарathon.org</a>
Sept 10	American Lung Association 37th Annual Fight for Air Corporate Cup <a href="http://action.lung.org/site/TR?fr_id=14319&amp;pj=entry">http://action.lung.org/site/TR?fr_id=14319&amp;pj=entry</a>
Various	Motorcycle Training Classes <a href="#">Sarpy Safety Program Website</a>



[www.sarpy.com/  
wellness](http://www.sarpy.com/wellness)



## How to Slow Down and Enjoy Your Food More

Going into a new week is tough. We believe the best way to start it off right is with a little peace of mind. Here's one quick and simple way to establish emotional wellness, every day.

When life gets hectic, it can be a struggle to make time for things that can improve our well-being, like meditation. Incorporating mindfulness into everyday activities can really help, so why not take the opportunity to slip in a little mindfulness while eating your next meal? This is especially important as we approach the busy, feast-filled holiday season.

When we slow down and bring our full attention to the act of eating, we can lower calorie intake, improve our mood and feel a greater sense of enjoyment of the foods we eat.

While it's tempting to rush through a meal while doing something else, like driving or working at your desk, research

has shown that eating on autopilot causes us to consume more calories and make poor food decisions. So the next time you're about to eat while texting or looking at your phone, try eating mindfully instead by following these 10 easy steps:

1. Take a few deep breaths before you dig in.
2. Now take a moment to observe what you're about to consume. Maybe it's a sandwich or a salad — try to notice everything about the food you're about to put in your body. Describe it silently to yourself.
3. Before putting the food into your mouth, move it up to your nose. Notice any aromas or scents.
4. Now lower the food to your lips. Notice how your hand and arm know exactly where to position it. Notice how the food feels in your hand or on

your fork.

5. Take a bite, but don't chew. Just let the food rest on your tongue.
6. Notice any thoughts, feelings or sensations as you let the food sit in your mouth for a moment.
7. Now begin to chew your food. Notice the texture of the food and how it changes as you chew.
8. As you continue to chew, notice any tastes or sensations in your mouth.
9. When you feel ready to swallow the food, see if you can feel what's left of the food as it travels through your body and into your stomach.
10. Continue to eat in this way, and notice how your body feels as a whole when you're done.

[www.myfitnesspal.com](http://www.myfitnesspal.com)