



# State of Nevada

Department of Administration

# Peak Performance

Risk Management Division

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## What Are Triglycerides ?

Triglycerides are fats carried in the blood from the food we eat. Most of the fats we eat, including butter, margarines and oils, are in triglyceride form. Excess calories, alcohol or sugar in the body are converted into triglycerides and stored in fat cells throughout the body.

### How are triglycerides different from cholesterol?

Triglycerides and cholesterol are both fatty substances known as lipids. But triglycerides are fats; cholesterol is not. Cholesterol is a waxy, odorless substance made by the liver that is an essential part of cell walls and nerves.

Cholesterol also plays an important role in body functions such as digestion and hormone production. In addition to being produced by the body, cholesterol comes from animal foods that we eat.

Pure cholesterol cannot mix with or dissolve in the blood. Therefore, the liver packages cholesterol with triglycerides and proteins in carriers called lipoproteins to transport it to sites throughout the body. An elevated triglyceride level increases the risk of heart disease.

### How can triglycerides be lowered?

If you have high triglycerides, you may be able to reduce them without medication by following a low-sugar and low-fat diet, as well as limiting your alcohol intake. Check with your personal care physician for guidance in lowering your triglycerides.

People who have high triglycerides and low HDL or high LDL levels may require medications as well as diet modifications. Patients with triglycerides in the very high range (over 500 mg/dL) generally will require medications, because triglyceride levels this high may cause other medical problems.

### High Blood Pressure Can Be Prevented - And Lowered - If You Take These Steps:

Follow a healthy eating plan that includes foods lower in salt and sodium.

Maintain a healthy weight.

Be moderately physically active for at least 30 minutes on most days of the week.

If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine as directed.



# Ways To Help Yourself See The Lighter Side Of Life



Deal with your stress. Stress is a major impediment to humor and laughter.

Pay attention to children and emulate them. They are the experts on playing, taking life lightly, and laughing.

Laugh at yourself. Share your embarrassing moments. The best way to take yourself less seriously is to talk about times when you took yourself too seriously.

Attempt to laugh at situations rather than bemoan them. Look for the humor in a bad situation, and uncover the irony and absurdity of life. This will help improve your mood and the mood of those around you.

Surround yourself with reminders to lighten up. Keep a toy on your desk or in your car. Put up a funny poster in your office. Choose a computer screensaver that makes you laugh. Frame photos of you and your family or friends having fun.

Keep things in perspective. Many things in life are beyond your control—particularly the behavior of other people. While you might think taking the weight of the world on your shoulders is admirable, in the long run it's unrealistic, unproductive, unhealthy, and even egotistical.

## Can Taking Vitamins Help Prevent Heart Disease or Heart Attack?

It's uncertain whether taking vitamins can reduce your risk of developing heart disease or having a heart attack. However, no matter what type of vitamins you take, vitamins won't prevent the development of heart disease if you don't control your other risk factors, such as poor diet, lack of physical activity, smoking, high cholesterol and diabetes.

Some researchers think that certain vitamins, such as vitamins C and E, may reduce your heart disease risk. These vitamins may help prevent low-density lipoprotein (LDL, or "bad") cholesterol from producing plaques that can narrow your heart's arteries. The evidence for this benefit is limited, and the American Heart Association doesn't recommend taking vitamin C and E supplements as a way to prevent heart disease.

Another vitamin that might improve your heart health is vitamin D. There's some evidence that vitamin D improves the health of your blood vessels, but nothing conclusive yet. Talk to your doctor if you're concerned about your vitamin D level.

Vitamins can be an option for some people, especially if you're not getting enough nutrition from your diet. However, most generally, healthy people don't need to take a daily vitamin because they get all the nutrients they need from their food. If you're concerned about your nutrition and diet, talk with your doctor about whether taking a daily vitamin might be a good option for you.

## A Trick For Tasty Vegetables

When you cook vegetables at home, are you taking one step toward better health, then two steps back? If you're using butter, you just might be. Butter has a lot of saturated fat, which raises cholesterol in your blood and can increase your risk for heart disease and stroke.



But there are easy ways to make vegetables tasty. Start by replacing butter with canola, olive or another vegetable oil. Vegetable oils are better choices because they have heart-healthy fats. When you replace sources of saturated fat, like butter, with heart-healthy fats, like those in vegetable oil, you can actually lower your cholesterol. (Keep in mind that a single serving is 1 teaspoon.)

Roasting vegetables is a great cooking technique to try. Crank up your oven to 400 degrees. Chop your vegetables to about the same size so they can cook evenly (one inch is a good size). Cut potatoes and root vegetables a bit smaller since they take longer to cook. Toss the vegetables with a light drizzle of canola, olive or other vegetable oil - no more than 1 tsp. per serving. Season with Italian seasoning or your choice of herbs and spread them out on a metal baking sheet, which roasts better than glass. Watch closely and turn as needed to brown the edges - just shy of burning. The crisp adds flavor. Enjoy!



# Five Fun Ways to Get More Exercise This Spring

Has winter turned your family into lethargic couch potatoes? Spring's the perfect time to get the whole family out of the house, exercising, and having fun.

When early June rolls around, most of us start thinking of getting ready for summer activities like biking, boating, hiking, swimming, and going to the beach. Sometimes, there can be a moment of panic upon realizing that last year's bathing suit doesn't fit quite right or a ten-minute bike ride leaves you out of breath.

Want to avoid any moments of panic? Try adding healthy, heart pumping activities to your routine right now. And get your kids involved, too, since being physically active as a kid builds a great foundation for a long and healthy life.

Getting more exercise during spring doesn't have to be hard or painful, since you can choose spring activities that are fun for both children and adults. Here are five easy ways for you and your kids to get more exercise and have fun.

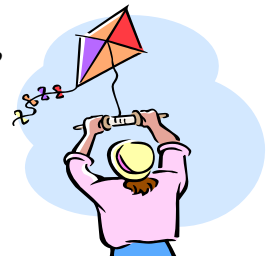
**1. Go Bird Watching.** Whether you live in a large city, a small town or a rural setting, your family can get outside during the spring and discover the myriad of big and small birds living near you. Challenge your kids to listen for different bird songs as you walk, and to count how many different songs they hear. If you don't know anything about birds, buy a bird identification guide and a pair of inexpensive binoculars and see if you can identify one new species on each bird walk you go on.

**2. Spring Clean Your Yard.** Moderate yard work such as raking, trimming, and gardening can burn around 225 calories in an hour. That's a lot of calories! To maximize the benefits of your spring yard work, break it down into 20- or 30-minute segments, and get your whole family to work on your yard regularly. Not only will you get great exercise, your yard will be the best looking one on the block,

**3. Spring Clean Your Community.** Often, communities have several different cleanup days in the spring. Sometimes it's helping to clean up a nearby river or creek area; sometimes it's to repair damage done in the winter to local hiking trails; or sometimes cleanup days will be held in neighborhood parks. It's a great way to get some exercise and, by participating as a family, you'll allow your children to experience how fun it can be to do a little hard work, get a little dirty, and help make a difference in your community.

**4. Go Fly a Kite.** It's the quintessential outdoor spring activity for families, and it's great exercise. You can fly kites in the summer and fall, but the weather conditions are optimal in the spring. There's the good wind speeds that make it easy to get your kite up high. There's the always changing wind direction that makes it tougher (and more fun) to keep your kite in the air for a long time. Need a few kite flying hints? Here are two: Keep a kite in your car so that when the perfect kite flying opportunity presents itself, you and your kids will be ready; and, for a little more visual fun, let your kids add "line laundry" such as streamers or ribbon tails to the kite line.

**5. Bring Spring to You.** If your big-city setting makes it difficult to get outdoor exercise, bring fun spring indoors. Try a variety of activities like dancing, dusting, jumping jacks, doing dishes, or video games. Then get some games that incorporate movement into them (dance games are a good bet) and join in on the fun, too.



# ***Congratulations To Employees Reaching 16 METS And Had Health Improvements 10/13 - 2/14***

## MET TOTALS

Employee	Agency	METS
Aldis, Daniel	P&P	16.9
Tanner, Andrew	NHP	16.9
Papke, Ed	DOC	16.1
Vela, Laurie	P&P	17.1
Donahue, Sean	DOC	17.0
Frazzini, Patrick	DOC	16.9
Briscoe, Nicholas	P&P	17.0
West, William	NHP	16.3
O'Rourke, Stephanie	P&P	16.1
Gamberg, Michael	NHP	17.0
Zacharias, Jarrett	DOC	16.9
Tanner, Andres	NHP	17.0
Stewart, James	NHP	16.9
Page, Adam	P&P	16.9
Wood, Natalie	P&P	16.9
Gresock, John	P&P	16.9
Minoletti, Giovanni	NHP	19.2
Gustomerotti, Damien	NDF	19.1
Brittingham, Steve	NDF	16.9
Grayson, James	NHP	21.0
Plowman, Don	NHP	16.9

## HEALTH IMPROVEMENTS

Employee	Agency	Employee	Agency
Slayton, Avery	NHP	Liverani, Matthew	DOC
O'Connell, Brian	P&P	Rigney, Curtis	DOC
Lee, Charles	NHP	Westphal, Judy	DOC
Wheeler, Charles	P&P	Marshall, Randy	DOC
Briscoe, Nicholas	P&P	Walker, Debra	DOC
Satterwhite, Kris	NHP	Needham, Tim	DOC
Foote, Michael	DOC	Burt, Scott	NHP
Ebert, Matthew	DOC	O'Rourke, John	NHP
Merschel, Thomas	NHP	Hendrix, Weston	DOC
Spring, Chris	NHP	Liverani, Matthew	DOC
Whitfield, John	NHP	Rigney, Curtis	DOC
Lee, Seong	NHP	Westphal, Judy	DOC
Bailey, William	DMV	Smith, Robert	DOC
Willis, Erika	DOC	Sorci, Mark	DOC
Lynn, William	NHP	McInally, Anslie	DOC
Marshall, Randy	DOC	Anelli, Joseph	NDF
Walker, Debra	DOC	McAfee, James	NHP
Needham, Tim	DOC	Muse, Alex	DOC
Burt, Scott	NHP	Gonzalez, Jorge	NDF
O'Rourke, John	NHP		
Hendrix, Weston	DOC		

## ***Congratulations To The Winners Of The BIG Weight Loss Challenge***



Free Prizes to Top Loser at every weigh In!  
Free T Shirts To ALL who LOSE 10 LBS!  
Top 3 Final Winners take the Cash Pot!  
\$25 to enter.

Fifty employees from DOC, NHP, P&P and Forestry participated in losing weight. They were coached by Marci Schmiede, our Health & Wellness Coordinator. First place went to Steven Maczka from P& P Las Vegas; NHP Elko, took second place and third was split by NHP Elko and NHP Reno. It was the most successful of all weight loss challenges to date with a total loss of 530 lbs.