



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

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Running in the Cold:

How to Survive and Thrive

Whether you're training for a marathon or just logging miles, cold-weather running requires some special health and safety precautions, according to a sports medicine expert.

That said, it also gives you a chance to get ahead of the competition because people often don't train once serious cold sets in, said Dr. Joshua Blomgren a

primary care sports medicine physician at Midwest Orthopedics at Rush in Chicago.

As for precautions, start by letting the temperature and road conditions dictate your pace and mileage. You can run at a normal pace on dry and paved surfaces, but slow down when conditions are icy and slippery. Also stick to paved roads. Avoid wooded trails and paths, which are more likely to be icy or snow-packed.

He also suggests running during mid-day, when temperatures are generally highest. Dress in layers with fabrics that move moisture away from your body. When it's extremely cold, warm up indoors before heading outside. Start your run slowly and gradually increase your speed. Blomgren says that these precautions will reduce the risk of muscle and ligament injuries. Other health concerns remain.

For instance, at temperatures below 40 degrees Fahrenheit, your heart has to work harder, resulting in a higher heart rate and blood pressure, Blomgren says. He suggests using a heart rate monitor to alert you to any abnormalities that might develop.

Also consider using cold weather as a reason to do indoor cross-training, such as hip and core.

Let's talk TACOS!

One restaurant taco can contain more than **600 mg of sodium!**
Here's how the salt can add up.... and some at-home options to build a taco with less sodium.

Shell

8" Flour tortilla: **364 mg**
8" Whole wheat tortilla: **210 mg**
6" Corn tortilla: **11 mg**
Lettuce wrap: **2 mg**

Meat (2 oz)

Ground beef: **48 mg**
Ground chicken: **49 mg**
Baked fish (Tilapia): **34 mg**

Beans (1/8 cup)

Refried, traditional: **110 mg**
Refried, low-sodium: **41 mg**
Black beans, low-sodium: **41 mg**

Seasoning (2 tsp)

Packaged: **411 mg**
Homemade: **42 mg**
(Combine 1/2 tsp each: cumin, chili powder, oregano, and garlic powder)



Cheese (2 Tbsp)

Cheddar: **92 mg**
Mexican blend: **47 mg**
Low-sodium cheddar: **3 mg**

Vegetables (1/4 cup)

Tomato, canned, stewed: **141 mg**
Tomato, raw: **2 mg**
Avocado: **3 mg**
Lettuce: **1 mg**

Toppings (2 Tbsp)

Traditional salsa: **256 mg**
Salsa verde: **180 mg**
AHA Black Bean Salsa: **2 mg**
Olive, canned: **123 mg**
Jalapeno, canned: **284 mg**
Jalapeno, raw: **0 mg**
Onion, raw: **1 mg**



Healthy Living™

Source: USDA, National Nutrient Database for Standard Reference Release 28

heart.org/sodium

Congratulations Peak Performers

Employees who Achieved 16 METS or Better

October 1st through December 31, 2017

Last Name:	First Name:	Agency:	METS
Ball	Jonathan	DOC	17
Mejia	Arthur	DOC	16.1
Barney	Kelly	NHP	17
Harkleroad	Blair	NHP	18.8
Osterman	Michael	NHP	18.1
Phillips	Jason	NHP	16.9
Diamond	Michael	P&P	16



New this Year

Willis Towers Watson has provided the State of Nevada with Camelback water bottles and lapel pins for the 2017 Peak Performers. The water bottles and lapel pins will be distributed to the Officers in the first quarter of 2018. Hopefully we'll be able to continue this program going forward.

Physical Activity for a Healthy Weight

From the CDC here are some guidelines to follow:

To maintain your weight: Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous-intensity aerobic activity, or an equivalent mix of the two each week. Strong scientific evidence shows that physical activity can help you maintain your weight over time. However, the exact amount of physical activity needed to do this is not clear since it varies greatly from person to person. It's possible that you may need to do more than the equivalent of 150 minutes of moderate-intensity activity a week to maintain your weight.

To lose weight and keep it off: You will need a high amount of physical activity unless you also adjust your diet and reduce the amount of calories you're eating and drinking. Getting to and staying at a healthy weight requires both regular physical activity and a healthy eating plan.

BE HEALTHY FOR GOOD WITH LIFE'S SIMPLE 7

Making little changes every day can add up to **BIG IMPROVEMENTS** in your overall health. You've got options! Give two of these a shot to start your whole health journey.

Get Active:

Even two or three 10-15 minute bursts of exercise each day can lead to big gains in the long run!

Eat Better:

A balanced diet doesn't happen overnight. Making little changes to your plate, like adding color to each meal, can help you form habits that will stick!

Lose Weight:

Maintaining a healthy weight is important for your health. Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off for good!

Control Cholesterol:

Cholesterol comes from two sources: your body (which makes all the cholesterol you need) and food made from animals. Eating smart, adding color and moving more can all help lower your cholesterol.

Manage Blood Pressure:

Stress and poor diet have both been linked to high blood pressure, so it's important to be well and eat smart to help positively influence our blood pressure numbers.

Reduce Blood Sugar:

Some easy ways to start are cutting out added sugars, limiting sweets and sugary beverages and choosing simple foods over heavily processed ones.

Stop Smoking:

Not using tobacco products is one of the best things you can do for your health - and the good news is that your lungs can begin to heal themselves as soon as you stop.

American Heart Association – Healthy For Good

Congratulations to Employees with Health Improvements Calendar Year 2017

LAST NAME	FIRST	AGENCY	LAST NAME	FIRST	AGENCY	LAST NAME	FIRST	AGENCY
ADAMS-WILK	CHESA	P&P	GLOVER	DERRICKA	DOC	NEEDHAM	TIMOTHY	DOC
AGUILAR	AMANDA	DOC	GOCKE	MICHAEL	NHP	NELSON-CLOUD	DONALD	LAKES X
ANDERSON	TODD	PARKS	GOINGS GOMEZ- ESTRADA	MONICA	DOC	NICKERSON	KENNETH	NHP
ANGEL	JAMES	NHP	ADAN	DOC	O'DOWD	RICHARD	NHP	
ARROYO	ALFREDO	DOC	GONZALEZ	STEPHANIE	NHP	O'ROURKE	STEPHANIE	P&P
ASHCRAFT	RICHARD	DOC	GORDON	DANIEL	NHP	ORTEGA	MIKEL	NHP
AVILLA	DAWN	P&P	GRIFFIN	CHARLES	DOC	ORTIZ	OSKAR	LAKES X
AZEVEDO	MARTIN	SFM	GROTH	KYLE	PARKS	OSTERMAN	MICHAEL	NHP
BASHOR	MICHAEL	DOC	HAMMONS	JAMES	PARKS	PAGE	RYAN	P&P
BEAUREGARD	ANTHONY	PARKS	HANSKI	JASON	DOC	PAZOS	JAMES	NHP
BEAVER	KATHLEEN	DOC	HARALSON	VANESSA	DOC	PEGUES	MICHAEL	P&P
BENNETT	DANIEL	NHP	HARDY	JACKSON	DOC	PERDUE	NORMA	P&P
BENNETT	CHRIS	NHP	HARVEY	STEPHEN	P&P	PEREZ	ANTHONY	DOC
BILLICH	JONI	P&P	HAWKINS	MARJION	DOC	PEREZ	LORENA	P&P

2017 Health Improvements – CON'T

LAST NAME	FIRST	AGENCY	LAST NAME	FIRST	AGENCY	LAST NAME	FIRST	AGENCY
BLATTEL	FRANK	NHP	HAYCOX	CHARLES	NHP	PERRY	DONNIE	DMV
BOATNER	BRIDGETT	DOC	HENLEY	JUSTIN	DOC	PIFFNER	DAVID	DOW
BRENDEL	ADAM	DOC	HERNANDEZ	ANTHONY	NHP	PHILLIPS	JASON	NHP
BRENNAN	ANGELA	DOC	HOSKINS	CHAN	NHP	PORTILLO	MANUEL	DOC
BROSNAHAN	ANGELINA	NHP	HOWARD	JEFFREY	PARKS	PREATO	BRIAN	NHP
BRUNJES	JONATHAN	PARKS	HUBBS	RAYMOND	NHP	PROSSER	WAYNE	NHP
BUCHANAN	BRANDON	DOC	INGHAM	GREGORY	DOC	PROTAIN	JOHN	NHP
CALLEN	DAVID	NHP	ISMAIL	ALI	DOC	RAMIREZ	DAVID	DOC
CALVEZ	BEN ERIC	DOC	IVINS	JOSHUA	PARKS	RITCHIE	JEFFREY	DOC
CAMPBELL	BRADLEY	NHP	JOHNSON	CHRIS	NHP	RIVERA	REVE	DOC
CARPENTER	ANNE	P&P	JOHNSON	ERIC	PARKS	ROARK	NATHANIEL	OOTM
CHAMBERS	MARC	P&P	JOHNSON	BEN	PARKS	ROBINSON	CRAIG	PARKS
CLAYTON	JONATHAN	NHP	KELLER	RICHARD	PARKS	SALVAGE	ANTHONY	DOC
COLEMAN	RAVEN	DOC	KIECANA	MELODY	DOC	SALVATORE	NICHOLAS	P&P
CONLIN	JOSEPH	NHP	KOENIG	BRADLEY	P&P	SANTEE	STEPHEN	PARKS
CORRELL	LORIN	NHP	LAOS	CRYSTAL	DOC	SCHORR	TEENA	DOC
COSS	ERIC	NHP	LARA	NICOLAS	NHP	SCOTT	ANDREW	P&P
CRAIG	DAVID	DOC	LAROSE	JAMES	NHP	SEEVERS	KYLE	NHP
CROWDER	SCOTT	DOC	LAWSON	DEBRA	LAKES	SEGURA-VAZQUEZ	ANTONIO	DOC
CURTIS	DAVID	OOFM	LEE	SEONG	NHP	SHIPMAN	MICHAEL	PARKS
DANCER	TONIA	DOC	LEVINE	AMY	DMV	SMITH	DENISE	DOC
DAVENPORT	SOLOM	NHP	LEWIS	DAVID	NHP	SMITH	BRADFORD	P&P
DAVIS	ANDREW	P&P	LYONS	WILLIAM	DMV	STALNAKER	RICHARD	DOC
DAWSON	JENNIFER	PARKS	MACK JR	NOVELT	NHP	STAPLETON	BARBARA	NHP
DELANEY	MARK	P&P	MADSEN	JAMES	NHP	STEFIK	SAMANTHA	NHP
DELLABELLA	TRISA	NHP	MAREK	DANIEL	NHP	TANNER	EVA	P&P
DELPADRE	DOMINIC	NHP	MAUYAO	NOEL	DOC	TENHET	JEREMIAH	P&P
DIAMOND	MICHAEL	P&P	MAY	MICAH	NHP	THOMPSON	CHARLES	P&P
DINGLASAN	VINCENT	NHP	MCCANN	COLEY	INV	THOMPSON	ANDREW	P&P
DOMINGUEZ	ELIZABETH	P&P	MCGEE	WENDY	P&P	TIRAN	RICHARD	P&P
DONNELLY	MICHAEL	DOC	MCKAY	JOSEPH	NHP	TOMASEK	TYLER	NHP
DUYCK	HUBERT	DOC	MEDEIROS	DEAN	DOC	VANELLEN	DARLA	P&P
ECKERT	SHAWN	NHP	MENDOZA	PATRICIA	NHP	VARNER	JEFFERY	NHP
EDMUNDS	CHRIS	P&P	MENDOZA	CHARLES	P&P	WALKUP	KELLY	NHP
ELIZALDE	PEDRO	DOC	MERGELL	ROBERT	PARKS	WHITE	WILLIAM	NHP
ESTEVEZ	DESHAWN	DOC	MESA	JOSEPH	P&P	WIDMAR	TERESA	DOC
FRANCO	MATTHEW	NHP	MLECZKO	MARTIN	NHP	WIDMAR	KIRK	DOC
FREEMAN	BEVERLY	DOC	MONSON	CHARLES	P&P	WILLIAMS	SCOTT	NHP
GADDIS	MARC	P&P	MOORE	STEVEN	NHP	WILLIAMS	ROBERT	NHP
GAFENEY	CLYDE	DOC	MOORE	KEVIN	NHP	COOPER	ROBIN	DOC
GAGNE	RONALD	NHP	MORENO	JUAN	DOC	WOLFF	ANGELA	NHP
GARRETT	TIM	DOC	MORGAN	DARYL	P&P	WOLLER	MARIANNE	NDI
GARVIN	RUSSELL	DOC	MORRIS	DARYL	DOC	WOODWARD	AMBER	P&P
GEMMEL	ROBERT	NHP	MUSE	TYWANDA	DOC	WOOLDRIDGE	ALLEN	PARKS
GISI	MICHAEL	NHP	NEDZA	SCOTT	P&P	ZAMORA	CRESENCIO	DOC