



State of Nevada

Department of Administration

Peak Performance

Risk Management Division

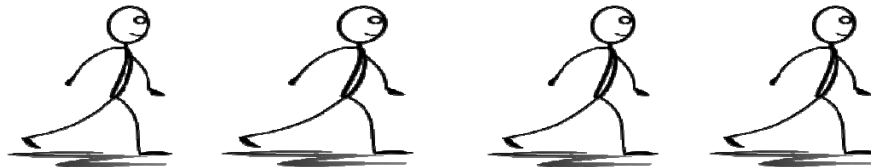
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Walking: A New User's Guide



One of the key behaviors to long-term weight loss success is physical activity. Walking is the most popular and most recommended form of physical activity.

HOW MUCH IS ENOUGH?

Take every opportunity to get steps into your day. A total of 150 minutes per week of moderate-intensity physical activity is the minimum recommended dose. This can be accomplished in small bouts-10 minutes at a time.

WALK THE WALK AND TALK, TALK, TALK

A good rule of thumb is if you can't talk while you walk, you may be beyond moderate intensity. If you are walking at the moderate pace, you should find that talking to a partner is quite easy. When you pick up your pace to a brisk walk, you may not be able to deliver your monologue gracefully, but you should still be able to speak comfortably.

WISE WARM-UPS

All walks should begin with a 3-5 minute warm-up performed at an easy walking pace. This provides a chance for your body temperature to rise, leaving you with an overall feeling of warm. While walking, take time to roll your shoulders forward and backward, lift them to your ears and pull them down, drop your chin to your chest, move your head from side to side, and flex your hands during your walking warm-ups.

Courtesy of ACSM's Health & Fitness Journal

The 2017 Step Count Challenge Starts Soon!

Gear up for the first 2017 Wellness Challenge! This Challenge is open to all sworn Officers/Firefighters and will be based on the total number of steps you record and report throughout the Challenge. The Challenge **begins on April 17th and will end on May 26th**. Participants will record their daily steps using a pedometer, activity monitor, or smartphone fitness app. Every Friday of the Challenge, participants will email their weekly step count totals to Laura Streeper, Health and Wellness Coordinator for the Heart & Lung Program. The 3 Participants to record the most steps by the end of the Challenge will win a cash prize! **In addition, you can request a complimentary pedometer if you do not currently own one.** The pedometer will be mailed or hand delivered to your work site prior to the start of the Challenge. **There is a \$15 entry fee to join.** If you are ready to pay your entry fee and join the Challenge, please contact Laura Streeper at Laura.Streeper@Willis.com or (775) 291-7881. The cash prize will consist of the entry fees combined and divided as follows; 1st place gets 50% of the fees, 2nd place gets 30% of the fees, 3rd place gets 20% of the fees.

After joining the Challenge, instructions will be emailed to you on how to report your weekly step counts. So don't forget to keep an eye on your email for additional Challenge information.

NOTE: Non-sworn staff are also welcomed to join the Challenge if they bring along one Officer/Firefighter.

5 Steps to Lose Weight and Keep It Off

Learning to balance healthy eating and physical activity can help you lose weight more easily and keep it off.

Take it from people who have successfully maintained weight loss:

- 98% have modified their eating habits.
- 94% have increased their physical activity, especially walking.

Source: National Weight Control Registry

Set realistic goals.

Know where you are today so you know how to get where you want to be. Learn your body Mass Index (BMI). Set yourself up for success with short-term goals, like "I will make lifestyle changes which will help me lose (and keep off) 3-5% of my body weight." Short-term goals can seem more achievable and keep you on track toward your long-term goals.

Understand how much and why you eat.

Use a food diary or tracking app to understand what, how much, and when you're eating. Being mindful of your eating habits and aware of your roadblocks and excuses can help you get real about your goals.

Manage portion sizes.

It's easy to overeat when you're served too much food. Smaller portions can help prevent eating too much. Learn the difference between a portion and a serving and how to keep portions reasonable.

Make smart choices.

You don't have to give up all your favorite foods. Learn to make smart food choices and simple substitutions instead. Discover healthy snacks and how fruits, vegetables and whole grains help keep you fuller longer.

Be physically active.

Physical is anything that gets your heart rate up, like walking. Aim for at least 150 minutes of moderate activity a week. Even 10-minute blocks count toward your goal.

Last updated: January 9, 2017

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HOW MEAT-EATERS CAN REDUCE SATURATED FAT IN THEIR DIET

The American Heart Association recommends emphasizing vegetables, fruits and whole grains in your diet. It's better to get your protein from skinless chicken, fish, legumes, unsalted nuts and low-fat dairy products, while limiting your intake of red meat which can be high in saturated fat.

The trouble with saturated fat is that it raises the level of cholesterol in your blood, especially LDL ("bad"), which increases your risk of heart disease and stroke. The American Heart Association recommends those who would benefit from lowering their LDL get no more than 5 percent to 6 percent of calories from saturated fat.

That means, for example, if you need about 2,000 calories a day, no more than 12 of them should come from saturated fats. That's about 13 grams of saturated fats a day. According to the USDA National Nutrient Database, 3 oz. of regular (30 percent fat/70 percent lean) hamburger cooked contains 5.164 grams of saturated fat; 1 oz. of regular cheddar cheese contains 5.349 grams; a roasted chicken leg has 2.877 grams.

When you do occasionally indulge, there are things you can do to reduce the amount of saturated fat from the meat you eat:

- Keep your portion of lean meat to about the size of a deck of cards or about 3 ounces.
- Select lean cuts of meat with minimal visible fat. Lean beef cuts include "round," "sirloin," and "loin."
- Buy "choice" or "select" grades rather than prime. "Select lean or extra lean ground beef."
- Trim all visible fat from meat before cooking and pour off any melted fat after cooking.
- Broil rather than pan-fry hamburger, lamb chops, pork chops and steak.
- Use a rack to drain off fat when broiling, roasting or baking. Instead of basting with drippings, keep meat moist with wine, fruit juices, lower sodium broth or a vegetable oil-based marinade (compare labels to select products with the lowest amount of added sugars and sodium).
- With stews, boiled meat, soup stock and other dishes in which fat from the meat combines with the liquid, cook the dish a day ahead of time and refrigerate it overnight. Then you can easily remove the hardened layer of fat from the top.
- When a recipe calls for browning meat first, try browning it under the broiler instead of in a pan or use vegetable spray to brown. Drain off excess grease afterwards.

Heart Insight – July 2016

Sleep Your Way to Better Health

Research shows that sleep issues can raise your risk of obesity, high blood pressure, Type 2 diabetes, stroke, and heart disease.

Try being more active, limiting caffeine (especially before bed), and following a bedtime routine to get on track to better sleep.

American Heart Association

Congratulations Peak Performers

January 1 to February 15, 2017

Name:	Agency:	Location:	METS	Name:	Agency:	Location:	METS
Smith, Robert	DOC	Elko	16.1	Muse, Alexander	DOC	Elko	16.9
Donahue, Sean	DOC	ESP	17.0	Fluhrer, Shawn	DOC	LCC	16.1
Stewart, James	NHP	Reno	21.0	Minoletti, Giovanni	NHP	Reno	21.0
Grayson, James	NHP	Reno	21.0	Hildebrand, Douglas	NHP	Elko	16.9
Lowell, Kenneth	NHP	Elko	21.0				

The Circuit Workout Comes Home

When the weather outside is frightful or too rainy, hot or cold for an outdoor workout – you can create your own exercise circuits at home with absolutely no equipment needed. It can be a great way to stave off burnout and get a good workout.

According to the American Council on Exercise, a typical circuit training workout includes about 8-10 exercises. You alternate strength/resistance exercises focused on different muscle groups with brief cardio bursts of 30 seconds to 3 minutes. The beauty of the circuit is that you can be creative. Mix and match your favorite moves.

Here are some examples of exercises that can be included in a circuit, along with some basic safety tips.

Cardio Exercises

- Jumping jacks
- Jumping rope
- Jogging or marching in place
- Stair climbing or step-ups

Strengthening and Stability Exercises

- If you're unsure about any of these exercises, talk with your healthcare professional or a certified fitness trainer.
- Choose exercises that are appropriate for your level of physical fitness and ability.
- Rest or stretch between exercises as needed.
- When starting an exercise program, begin slowly with low intensity exercises.
- Wait at least 2 hours after eating a large meal before doing strenuous exercise.
- Wear appropriate shoes for your activity and comfortable, loose-fitting clothing that allows you to move freely but won't catch on other objects.
- Warm up with low-intensity exercises at the beginning of each exercise session.
- Drink water before, during, and after your exercise.
- Stop if you have pain or pressure in your chest, neck, shoulder, or arm or feel dizzy or sick to your stomach.
- Breathe regularly; exhale as you push or lift and inhale as you relax. Don't hold your breath during strength exercises.
- Build up your time and number of repetitions slowly as your fitness improves.

American Heart Assoc. Last revised 2016

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste. 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-3194 or e-mail her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 323-1656 extension 23, or email Laura.Streeper@WillisTowersWatson.com for a free individualized consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.