

January 2007

FIT FOR LIFE!

*Brunswick County Government— Our Best Health For You
In Brunswick... from the Wellness Committee!*



TURKEY STROLL REWARDS GIVEN !

On December 14th, the Wellness Committee recognized many of the November Walking Challenge participants with certificates and Brunswick County "designer" tote bags for the those that reached 100 miles or more for the month. Certificates were given for the Rookie Award (walking 50 or more miles for the first time entry). They went to:

David Stanley III - Environmental Svcs.

Ronnie Smith - Tax

Debby Phelps - Tax

Tina McGarry -Tax

Tawny Jernigan - Economic Development

Linda Williams - Health Dept.

Franzella Delgado - Health Dept.

Melody Bass - Public Utilities - Billing

Certificates were also given to those that walked 30 miles or more than the first walk in January. They were given to:

Vern Thompson - Computer Svcs.

Kathy Wright - DSS

Ellen Towery - DSS

Robin Greene - DSS.

Beverly Hewett - DSS

Carolyn Davis - Tax

Thanks to all 110 participants this time that walked **4,667** miles. We will see you again in the spring!



Pictured above are the 100+ Mile Walkers holding their rewards!
Left to right: Front Row: Ron Riggs, HR; Sharon Bowman, Tax; Valli Evans, DSS; Jackie Rogers, DSS; Laurie Alderfer, DSS. Left to right; Second Row: Tom Bagby, Tax; Mike Culpepper, Tax; Jane Rabon, Tax; Don Yousey, Health Dept. Not pictured: Bruce Mitchell, Operation Svcs.; Victoria Smith, Health Dept.

TOP TEN NEW YEARS RESOLUTIONS...HOW DO YOU COMPARE?

1. **Spend More Time with Family and Friends.** Recent polls show that more than 50% of Americans vow to appreciate loved ones and spend more time with family and friends this year.

2. **Fit in Fitness.** Studies show that regular exercise reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis.

3. **Tame the Bulge.** Over 66 % of adult Americans are considered overweight or obese, so this is a common resolution. Setting reasonable goals and staying focused are the two most important factors in sticking with a weight loss program.

4. **Quit Smoking.** Even if you have tried to quit before and failed, don't let it get you down. On average, smokers try about 4 times before they quit for good. Start the rest of your smoke-free life!

5. **Enjoy Life More.** With our hectic, stressful lifestyle, it is no wonder that "enjoying life more" has become a popular resolution in recent years!

6. **Quit Drinking.** Many heavy drinkers fail to quit cold turkey but do much better when they taper gradually, or even moderate their drinking. If you have decided to seek professional help, contact our EAP at 512-6004.

7. **Get out of Debt.** Join the millions of Americans who have resolves to spend this year getting a handle on their finances.

8. **Learn Something New.** Perhaps you are wanting to learn a new language or how to fix your computer or your car. Whether you take a course or read a book, education is one of the easiest and most motivating New Year's resolution to keep.

9. **Help Others.** Whether you choose time helping out your local library, mentoring a child, or building a house, there are many non-profit organizations that could use your help.

10. **Get Organized.** Whether you want your home organized enough so that you can invite someone over on a whim, or your office organized enough so that you can find the stapler when you need it, these tips and resources should get you started on the way to a successful new year!

Adapted from Kimberly & Albrecht Powell, "Your Guide to Pittsburgh"

NEW YEAR'S RESOLUTION TO GET FIT? TRY ONE OF THESE AND GET A DISCOUNT !

Sea Trail Plantation Village Activity Center— Sunset Beach
Single monthly memberships—\$30

Family Memberships for \$55.

Gold's Gym— Shallotte and Wilmington- \$40 off start off fee and \$29 per month.

Curves— All Brunswick County Locations—\$29 start up fee and \$29 per month

Elevations Fitnss Center— Supply— No enrollment fee and \$25 per month for single membership.



DIABETES... IT CAN HAPPEN TO ANYONE! SEE STORY ON PAGE 2

To learn more about Diabetes and Pre Diabetes join us for a Break and Learn!

Fred Michael, Deputy Director/ Health Educator of our Health Department will be presenting a Break and Learn on January 4th about Diabetes. The sessions will be located in the Health Department at 2:00 pm, 2:15 pm and 2:30 pm. Sugar free refreshments will be served. Please contact Ron Riggs at ext. 2003 to reserve your space.



KRISTIN BALLANTINE IS A BIG LOSER!

No, we are not putting Kristin down. We are "lifting her up." Kristin is a native of Cleveland Ohio and also lived in the Illinois area for several years. Then in 1972 she "saw the light" and moved to Southport. She has worked in the areas of child support, with an attorney's office and as a police dispatcher in Southport. She is on her second tour of duty with our Department of Social Services (DSS). She was with us from 1992-2000, left and worked for the state and "saw the light" again and came back to work with Brunswick county in March of 2006 as a Child Support Agent. Kristin and her "Reducing-R-Rears" teammates entered the Wellness Committee sponsored "Fatbuster's" weight loss challenge this fall and collectively they lost 59.5 pounds, but Kristin lost an amazing 36 pounds over 11 weeks. She was the Biggest Loser overall.

When asked how she accomplished this feat, she said she lost it using the Atkins Diet and managing carbohydrates. She had previously lost 55 pounds using this method and endorses it highly. Since the end of the diet challenge about 4 weeks ago, she has been able to maintain her weight even during the holidays. She also, had a "buddy," Beverly Hewett, her supervisor, who was there all the way for her and really encouraged her to stick with it. Her goal is to lose twice as much as she lost the first time.

She knows that she now has to get the right amount of exercise and is considering joining a fitness club soon. According to Kristin in order to be successful in losing weight, "you have to be seriously committed to it." She also says that your head has to be in the right place, get a buddy and weigh in every week!

Finally, the real motivating reason why she lost was that she has 5 grandchildren and that she really enjoys them and now through the "renewed energy" of losing weight she can keep up with her grandchildren. She says she now can have an "active" grandma lap! Kristin, now you are the Biggest Winner!

TOP 5 SLEEP MYTHS

There are many common myths about sleep. We hear them frequently, and may even experience them far too often. Sometimes they can be characterized as "old wives tales," but there are other times the incorrect information can be serious and even dangerous. The National Sleep Foundation has compiled this list of common myths about sleep, and the facts that dispel them.

Myth 1: Sleep is a time when your body and brain shut down for rest and relaxation.

No evidence shows that any major organ (including the brain) or regulatory system in the body shuts down during sleep. Some physiological processes actually become more active while you sleep. For example, secretion of certain hormones is boosted, and activity of the pathways in the brain needed for learning and memory is heightened.

Myth 2: Your body adjusts quickly to different sleep schedules.

Your biological clock makes you most alert during the daytime and most drowsy at night. Thus, even if you work the night shift, you will feel sleepy when nighttime comes. Most people can reset their biological clock, but only by appropriately timed cues and even then, by 1-2 hours per day at best. Consequently, it can take more than a week to adjust to a dramatically altered sleep/wake cycle, such as you encounter when traveling across several time zones or switching from working the day shift to the night shift.

Myth 3: Getting just 1 hour less sleep per night than needed will not have any effect on your daytime functioning.

This lack of sleep may not make you noticeably sleepy during the day, but even slightly less sleep can affect your ability to think properly and respond quickly, and it can compromise your cardiovascular health and energy balance as well as the ability to fight infections, mainly if lack of sleep continues. If you consistently do not get enough sleep, eventually a sleep debt builds up that will make you excessively tired during the day.

Myth 4: Extra sleep at night can cure you of problems with excessive day-time fatigue.

Not only is the quantity of sleep important but also the quality of sleep. Some people sleep 8 or 9 hours a night but don't feel well rested when they wake up because the quality of their sleep is poor. A number of sleep disorders and other medical conditions affect the quality of sleep. Sleeping more won't alleviate the daytime sleepiness these disorders or conditions cause. However, many of these disorders or conditions can be treated effectively with changes in behavior or with medical therapies.

Myth 5: People need less sleep as they get older.

Older people don't need less sleep, but they often get less sleep, or find their sleep less refreshing. That's because as people age, they spend less time in the deep, restful stages of sleep and are more easily awakened. Older people are more likely to have insomnia or other medical conditions that disrupt sleep.

From SleepDisorders.com. Watch for more sleep myths next month.

STAY TUNED FOR SOME EXCITING LUNCH AND LEARNS

Here's some probable programs for 2007— stay tuned for date and location.

- Diabetes... It can Happen to Anyone—January 4th, 2:pm
- Dealing with Hypertension
- Good Cholesterol... Bad Cholesterol.... What's the Difference?
- Working toward retirement...are you ready fiscally and physically?

PAULINE BENTON KICKS THE HABIT!

Pauline Benton, lead technician, in Central Permitting, admits she started smoking at age 7. She was given permission to smoke from her parents at age 13. She smoked a pack and a 1/2 a day for 30 years! She was a hard core smoker. When she went to see her father recently, he asked her to quit and maybe a hypnotist would work since she has tried many times and many ways to quit. She really didn't think a hypnotist would work, but she promised her dad. The hypnotist was in Wilmington and most of all she was tired of going out in the rain and cold to smoke since her kids complained of the smell. She went to the John Morgan Seminars in September and after realizing that she would not be clucking like a chicken or barking like a dog, she paid attention to every word that was said. Pauline said they did some relaxing exercises. When she left the seminar, part of her wanted to smoke, but not so bad that she could not stand not having a smoke. She did what they told her to do and got through the moments a little at a time and soon the desire passed. She has been smoke free since September 6th, 2006. Instead of being the "witch everyone thought she would be" her moods actually improved and the cost was only \$60. She estimates she has saved \$450 and she is using this money to fly and see her proud father!

If you would like to find out more on hypnosis, the John Morgan seminars will be in Wilmington on January 4th at 6pm and Myrtle Beach on January 5th at 6pm. Or simply ask Pauline!

DIABETES ...IT CAN HAPPEN TO ANYONE!

Diabetes Facts You Should Know

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure, and amputations. It kills almost 210,000 people each year.

Some people with diabetes have symptoms, but many do not. If you have any of the following symptoms, contact your healthcare provider:

- ⇒ Extreme thirst
- ⇒ Extreme hunger
- ⇒ Blurry vision
- ⇒ Increased fatigue
- ⇒ Unexplained weight loss
- ⇒ Irritability

For more information on diabetes call 1-800-DIABETES or go to www.diabetes.org.

What is Pre Diabetes?

Before people develop diabetes, they almost always have "pre-diabetes"—blood sugar levels that are higher than normal but not yet high enough to be diagnosed as diabetes. About 41 million people in the U.S.; ages 40 to 74 have pre-diabetes. Recent research has shown that some long-term damage to the body may already be occurring during pre-diabetes.

But research has also shown that if you take action to control your blood sugar when you have pre-diabetes, you can delay or prevent diabetes from ever developing. While some medications may delay the development of diabetes, diet and exercise work better. Just 30 minutes a day of moderate physical activity, along with a 5-10% reduction in body weight, can significantly lower your risks for diabetes.

Could you have diabetes and not know it?

Take the Test—A Diabetes Risk Test is available at <http://www.diabetes.org/risk-test.jsp>.

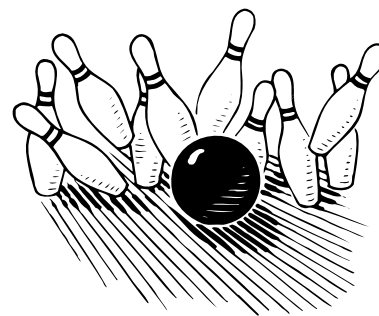
What Do The Numbers Mean?

There are two types of diabetes: Type 1 and Type 2. Type 1 Diabetes is a condition in which the body does not produce insulin. Type 2 Diabetes (Adult onset) is a lifelong disease in which the body either does not make enough of, or does not respond properly to the hormone insulin and does not properly process it; and therefore cannot keep blood sugars within a normal range.

Insulin is necessary for the body's ability to process sugar. Over time, uncontrolled diabetes can lead to serious complications such as heart disease, stroke, nerve and kidney diseases and more.

A simple blood test can screen for blood sugar levels. The screening can be performed either after fasting or two hours after eating.

Adapted from www.fitogethernc.org/EmployeePrograms.aspx



COUNTY CROWNS EMPLOYEE BOWLING CHAMPIONS!

The Wellness Committee and the Parks & Recreation Department jointly sponsored the first Brunswick County employee bowling league. We had 7 teams of 4 participants each. In first place, all from the Health Department were:

Linda Williams, Beverly Pellow, Emma Smith and Deborah Maxwell. A special thanks to Eric Jelinski of the Parks & Recreation Department who organized this event!