

Sponsored by: Wellness Committee

May 2021
Volume 4, Issue 4

Highway to Well & Safety

RIDE YOUR BIKE MONTH

We've been cooped up in our homes for months now. The weather is beginning to get nice and a good way to enjoy the outdoors is by bike riding.

Bike riding can be for fun, fitness, or essential. One can also be a part of a movement for safer streets, community connection, and it embraces and healthier planet.

Established in 1956, National Bike Month was enacted to encourage people to give biking a try. Here is where you can start:

Questions to ask yourself

- What's keeping you from riding? Are you constantly making excuses?
- What motivates you? Are you wanting a new way to get fitter and healthier? Save money?

Maybe bike riding could be what you're looking for so the following tips could be a good starting point.

Bike Tips for people new to riding a bike

- Ride on quiet streets and in parks.
- Practice looking over your right shoulder.
- Practice riding with one hand.

- Persist.
- Hills can be easy.
- Helmets.
- Watch out for the 'door-zone'.

Bike Tips for buying a bike

- Avoid buying your first bike online.
- Don't get a mountain bike if you're going to cycle to work.
- Get the right size.
- Negotiate some free services.
- Set your goals.
- Set your budget.

For tips on riding on busy roads, riding at night or to work, and more, please visit the Love to Ride link.

Reference:

[Love to Ride](#)

[Bike League](#)

INFO TO REMEMBER

Bike to Work Week
May 17th—May 23rd

Bike to Work Day
May 21st



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SPECIAL POINTS OF INTEREST

• **Last Month's Winners**

Clara Kincaid
Lynda Seeger
Margaret Olaiya
Lorin Fish

• **YMCA Fitness Classes**

Tuesdays – Yoga	11:45 am–12:30pm
Tuesdays – Hit the Beat	5:00 pm–5:45 pm
Wednesdays – WERQ	6:15 pm–7:00 pm
Thursdays – Cardio/Strength	11:45am–12:30pm
Thursdays – Yoga	4:45pm–5:30pm

For more information, visit the April 30th, 2021 email.

• **Freedom from Smoking**

7 week tobacco quit program
Tuesdays, May 4—June 15
12:00-1:00pm
deancare.com/quitnow

EXERCISE ADDICTION

We're constantly promoting that we should exercise regularly. But it's important to also keep in mind that excessive exercising could be too much of a good thing. Exercise, like food, can be abused.

Signs of exercise addiction include:

- Persistent need to feel euphoria through exercise.
- A feeling that not doing a physical activity will disrupt or disturb one's daily life.
- Withdrawal symptoms include anxiety, depression, guilt, tension, loss of appetite, sleeplessness, headache.
- Exercising through trauma and despite physical injuries.

At the moment, exercise addiction isn't classified a mental health disorder, but it's now being taken seriously. It could be considered an eating disorder. Self esteem issues may play a big part in the development of this addiction.

Exercise Dependence Scale

- **Tolerance:** Need for increased amounts of exercise to achieve desired mental and physical effect.
- **Withdrawal symptoms:** suffering anxiety or fatigue if unable to exercise.
- **Intention effect:** Exercise is taken in larger amounts or over a longer period than was intended.
- **Lack of control:** persistent desire or unsuccessful effort to cut down or control exercise.

- **Time:** Prioritizing exercise over other things.

- **Reduction in other activities:** social, occupational, and other recreational activities .

- **Continuance:** Exercising despite persistent or recurrent physical or psychological problems that are caused/exacerbated by exercise.

What can you do?

It's important that you seek help and talk to your doctor. There is no medications, but treatments could include psychotherapy, strong family support structures, or cognitive behavioral therapy.

Reference: Breathe: The Energy Special Magazine. Pages 54-57

"Raise your words, not your voice. It is rain that grows flowers, not thunder." -Rumi



FASTFOOD & HEARTHEALTH

Yes, fast food is delicious and can be convenient for busy people, but it's important to remember what you're consuming.

- It's highly processed.
- Contains unhealthy trans fats (fried foods).

What can it do to you?

- It can increase your risk for heart disease and stroke.

What can you substitute?

- Skinless poultry and fish
- Fruits & vegetables
- Low-fat dairy products
- Whole grains

It's important to limit your daily intake of fast food.



BENEFITS OF FOAM ROLLING

Here's a good way to sooth tired muscles after working out or sitting too much.

What is it?

Lightweight tube that is made of compressed foam. They come in various lengths and levels of firmness.

Why you should try it?

It can increase flexibility, reduce soreness, and prompt muscle knots to release. So, pay attention to your body .

How to test it out?

There are great videos online that teach how to properly use it. And it's important to remember that at the beginning it will be uncomfortable.

Reference: Prevention Magazine. March Issue. Page 24.



INDOOR HERB GARDEN

- Choose your herbs. Start with herbs that you use frequently.
- Popular beginner herbs: Cilantro, mint, basil, rosemary, sage, chives, parsley and dill.
- Decide seedlings or seeds. Seeds cost less, but seedlings are quicker and require less maintenance.
- Select your pots. Choose the right size and with good drainage.
- Pick a location. Herbs enjoy lots of direct sunlight.
- Follow the plant's care instructions. Some may require more or less sunlight and water than others.

Reference: M3 Newsletter

SOUTHWESTERN GRILLED CHICKEN W/ LIME BUTTER

Ingredients:

- 2 tsp. ground cinnamon
- 1 tbsp. chili powder
- 1 tbsp. brown sugar
- 1 tsp. cocoa powder
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 3 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- 3 1/2 lbs. bone-in chicken parts

Lime Butter:

- 1/2 cup butter, melted
- 1 tbsp. fresh lime juice
- 1 serrano chili, minced
- 2 tbsp. finely minced white onions
- 1/4 cup finely chopped fresh cilantro
- 1 pinch ground black pepper



Directions:

1. In a small bowl, combine first 8 ingredients.
2. With a spoon or a basting brush, spread seasoning paste over the chicken.
3. Grill chicken.
4. In a small bowl, combine all lime butter ingredients.
5. Drizzle over chicken just before serving or serve separately for dipping.

[The Recipe](#)



Ingredients:

- 8 cups water
- 1 1/2 cups fresh squeezed lemon juice
- 1 1/2 cups sugar

HOMEMADE LEMONADE



[The Recipe](#)

Directions:

1. Place sugar and 2 cups of water in a sauce pan.
2. Heat until sugar dissolves. Pour sugar water, lemon juice and remaining water into a gallon pitcher.
3. Chill for several hours or overnight.

GRILLED CRUSTED STEAK W/ LEMON BUTTER

Lemon Butter Ingredients:

- 4 tbsp. butter, softened
- 1 tbsp. chopped fresh parsley
- 1 tbsp. fresh lemon juice
- 1/4 tsp. garlic powder

Steak Ingredients:

- 4 sirloin steaks
- 1/4 cup ground black pepper
- 1 1/2 tsp. white pepper
- 1/2 tsp. red pepper flakes
- 1 tsp. ground coriander
- 1/4 cup sugar

Directions:

1. Mix together butter, parsley, lemon juice and 1/4 tsp. garlic powder.
2. Place butter mixture in plastic wrap and roll into a log shape.
3. Chill until firm.
4. Combine black pepper, white pepper, red pepper flakes, coriander, sugar, salt and garlic powder.
5. Rub spice mix into both sides of steaks.
6. Shake off excess.
7. Place steaks on a hot grill and cook for 2 minutes.
8. Turn and cook for 2 additional minutes.

9. Move steak to a cooler section of the grill and continue to cook until desired doneness.
10. Serve each steak with a slice of the lemon butter.

[The Recipe](#)

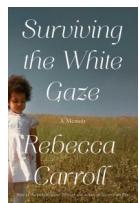


BOOKMARKS & EARPODS

RECOMMENDED BOOKS



This One Wild and Precious Life
By: Sarah Wilson



Surviving the White Gaze: A Memoir
By: Rebecca Carroll



Hello, Habits:
A Minimalist's Guide to a Better Life
By: Fumio Sasaki



Under a White Sky:
The Nature of the Future
By: Elizabeth Kolbert

RECOMMENDED PODCASTS

- Meditative Story: Episode "Stories of New Beginnings" - Discusses the melting-pot perspective on new beginnings from 5 different people.



- Taking off the Mask: Episode "The Conqueror Narrative" - Two individuals discuss their experiences with "the conqueror narrative."



- Ten Percent Happier: Episode "Depression & Anxiety: Your Old Enemies, Your Best Friends" with Zindel Segal - The discussion about the science of mindfulness.

Reference: Mindful Magazine.
Spring 2021 Issue. Pages 656-67.

5 MYTHS ABOUT SCREENS

Are you spending too much time on your phone? The word is that spending 24/7 on your device is not healthy and there are many dangers to keep in mind. Here is what we know.

Myth #1: Screens turn your brain to mush. The truth is that not all screen time is created equal. What's important is what you do on your device. If you're doing video calls, or something like crosswords on your app, those can actually be helpful. One is helping you strengthen social connections and the other is keeping your brain active.

Myth #2: The blue light they emit will destroy your sleep. The most recent research suggests that the blue light emitted from devices may have less impact on our sleep than initially thought. Any and all light suppresses melatonin (the hormone that makes us sleepy). Devices are the main focus because many people stay up too late using them. All light should be avoided. Screens should be dimmed and devices should be set aside one hour before going to sleep.

Myth #3: Too much scrolling will hurt your eyesight. The light from

any electronic device is not bright enough to do permanent damage to your eyes. But, it is important to remember that hours in front of a screen can cause dry eyes, blurred vision, or headaches. Digital eyestrain is real and remember to the 20/20/20 rule: Give your eyes a break every 20 minutes by looking 20 feet away for at least 20 seconds.

Myth #4: Social media is no different from the hours we spent talking on the phone as teens. In truth, social media, like Facebook, may have potential downsides that chatting into the night didn't. Scrolling through social media can make one feel as if their life doesn't stack up to others. This could in turn cause issues like depression.

Myth #5: Screens cause weight gain. That is incorrect. The correlations between screen use and weight gain is more attributed to spending a lot of time sitting. The research has shown that people who sit too much are more likely to become obese.

Reference:
Prevention Magazine. May 2021 Issue.
Pages 56-59.

SUNSCREEN LABEL 101

There are regulated labeling guidelines when it comes to sunscreen.

Here's what you need to know:

- Broad-spectrum protection: works against UVA (skin cancer and premature aging) and UVB (sunburn) rays.
- SPF (sun protection factor): is the level of protection against harmful UVB rays.
- Important: check the expiration date. They're usually good for 2-3 years.



BRAIN STRAIN

Name: _____

Job Location: _____

To enter the newsletter giveaway, you must complete at least one puzzle and then submit your entry via inter-d (CCB 418) or email (employee-relations@countyofdane.com). Entries must be received by May 21st, 10AM. You must complete one puzzle correctly to be entered into the drawing.

Please circle your prize of choice. Please note that quantities are limited and picking more than one helps.

- | | | |
|------------------------------------|--|---|
| • Jumbo Puzzle Book | • Muscle Roller Stick | • Rodney Yee's Power Yoga Collection |
| • 10 vegetable seed pack | • Renewal by Andres R Edwards | • Calming CDs (Pick 2: Ocean Waves, Forest Sounds, Mountain Stream, Rain) |
| • Cast-Iron Cookbook | • Coloring Book + Coloring Pencil Set | • Fitness Tracker HR (black) |
| • Easy Sheet Pan Cookbook | • Earth Puzzle 1000 pieces | • 36 inch foam roller |
| • Meal Prep for Weight Loss | • Titleist TruFeel Golf Sleeve + Tees | |
| • Yoga Mat (Pick: Black or Orange) | • Montague Island Mysteries w/ Puzzles | |

Puzzle #1:

Find the words that begin with the letters "tic," "tac," and "toe" around and within the tic-tac-toe grid. Words can be found in a straight line horizontally, vertically, or diagonally. They may read either forward or backward.

TICKET
TICKING
TICKLE
TICK OFF
TICKTOCK
TACKLE
TACKY
TACO
TACT
TOENAIL
TOE THE LINE
TOE-TO-TOE

Puzzle #2:

GNICKELKYAAZ
AOJHKJLREIUR
RZLCHOUTMNSE
MGODFCIDAAATP
ERXZRHEHTBRP
NEKEWRJVHLIO
IEMCOBALTAAC
ANJZZJAZZKTIN

FIND AND CIRCLE...

- | | |
|--|--|
| Six metals | <input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Three countries starting and ending in A | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Colors of the Italian flag | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Three four-letter styles of music | <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> |
| Calculus or algebra, for example | <input type="checkbox"/> |

GATENILEHTEOTK
NACKLIEIOIJKLMNOP
ITACFKFFOKCITO
KTAC TCNT IIAT
CTAC ITAE COEK
ITIC CFCT TTAC
T I
TTTT KTTT TTTT
EIIO TACK TIAC
ECCE TACK ICEC
OKKT TTAC OKNE
T L
OTIT TECO TEIK
TITA TEYT LAKC
ECIC AKKO NTOI
OTCACCTCCETICT
TAKTAEAKOITOET
LCITKKETOTTTC