

Kerr County Newsletter

Vol. 3, No. 2

February 1, 2016

February Calendar of Events:

- 2nd: Groundhog Day
- 5th: First Friday Wine Share
- 7th: Superbowl Sunday
- 8th: Commissioners Court
- 9th: Mardi Gras in the Park
- 14th: Valentine's Day
- 15th: President's Day – County Offices CLOSED
- 16th: First day of Early Voting
- 22nd: Commissioners Court
- 26th: Last day of Early Voting
- 27th: Family Free Day @ Museum of Western Art
- 29th: Leap day in February for Leap Year!

Happy Birthday to all Kerr County Employees celebrating a February Birthday!

WOW!!

Sonic Boom County-wide Stats:

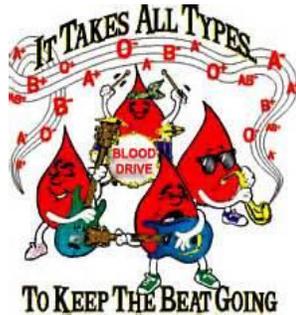
January 2016

Sonic Boomers: 43
Total Steps: 5,174,472
Total Time (Min): 90,267.5
Total Calories Burned: 337,609
Total Distance (Miles): 2,344.33

Compared to January 2015

Sonic Boomers: 18
Total Steps: 1,378,490
Total Time (Min): 26,775.4
Total Calories Burned: 65,069
Total Distance (Miles): 585.85

WAY TO GO KERR COUNTY!!



Kerr County's next Blood Drive

Date: Wednesday, 02/03/2016 from 11:30am to 5:30pm

Location: Courthouse Parking Lot

Why Give Blood?

There is no substitute for blood. It has to come from one person in order to give to another. In order to meet hospital demands the South Texas Blood & Tissue Center must collect sufficient units of blood to service 100 hospitals in 43 South Texas counties. The need for blood is constant, we need donors every day.

SONIC BOOM OPEN ENROLLMENT

REGISTER AND ORDER YOUR SONIC BOOM PEBBLE OR BOOMERANG BEFORE FEBRUARY 19, 2016

Sonic Boom Pedometers are necessary to participate in Healthy County Sonic Boom and Fitness Challenges. These challenges are designed to encourage healthy behaviors, promote physical activity, and create a friendly competition between co-workers. As a participant, if you complete the Sonic Boom challenge, you are eligible for **cash prizes** through TAC. **You must be a county official or employee covered by Kerr County's medical benefit plan to be eligible to participate in Sonic Boom.**

New Participants: To participate in the Sonic Boom Program, you will need a device called a pebble. The pebble is offered at NO COST during open enrollment. You will have the option to upgrade to a Boomerang for \$30; this device is similar to a Fitbit that you wear on your wrist. Visit the following website to request a Pebble: <http://www.county.org/pool-and-risk-services/healthy-county-program/sonic-boom/Pages/Request.aspx>



Existing Participants: If you already participate in Sonic Boom, you may request a replacement battery for your pebble, or upgrade to a Boomerang for \$30; this device is similar to a Fitbit that you wear on your wrist. After the open enrollment period, the Boomerang price goes up to \$60.

Open enrollment only happens once per year, after Feb 19th, you may purchase a Pebble for \$30 or a Boomerang for \$60 directly from Sonic Boom. Once you have your device, you will activate your account at: <http://www.county.org/pool-and-risk-services/healthy-county-program/sonic-boom/Pages/Activate.aspx>

Boomerang vs. the Pebble One of the benefits of the Boomerang is that the Boomerang is a Bluetooth device and can download your activity to an app on your smartphone! No more having to find a county computer to download to!

The first challenge will begin on April 4th! Get your Pebble or Boomerang now and watch for details!

February National Awareness Month

- African-American History Month
- American Heart Month
- Children's Dental Health Month
- Eating Disorders Screening Program Month
- Ethnic Equality Month
- Wise Mental Health Consumer Month
- Women's Heart Health

Did you know...

Zinc works better than vitamin C to put the brakes on a cold. While C might help boost immunity, studies show zinc shortens a cold by about a day and a half. Just start taking it within 48 hours of that first tickle in your throat.

Low Calorie Valentine Treat

Ingredients:

2 1/8 oz pretzels, about 28 pretzel nuggets
2 T semi-sweet chocolate chips

Directions:

1. Cover a cookie sheet with wax paper. Place the pretzels on the wax paper close together but not quite touching.
2. Place the chocolate chips in a small microwavable bowl and microwave on high, stirring every 15 seconds, until the chocolate is melted and smooth, about 1 minute.
3. Fill a small, resealable plastic bag with melted chocolate and carefully snip off a small corner of the bag with scissors. Squeeze bag to drizzle chocolate over the pretzels using a back and forth motion.
4. Refrigerate 3 minutes or until the chocolate is firm, or allow the chocolate to firm up at room temperature, about 3 hours.



Yields 7 pretzels per serving
Weight Watchers Points Plus Value: 2 per serving

How are your New Year Resolutions holding up??

The secret to sticking to your good intentions is shrinking them down, ticking them off and reaching your big goals one small step at a time.

Instead of drastically changing your way of eating/exercising/living, try setting smaller goals for yourself and see the results.

1. Instead of **"I'm going to eat healthy"** Think **"I'll eat a salad or vegetable with dinner"** – add healthy to your diet a little at a time.
2. Instead of **"I'll get more sleep"** Think **"I'll bump my bedtime up"** – go to bed 15 min early two or three days per week.
3. Instead of **"I'll exercise for an hour every day"** Think **"I'll move for 10 minutes 3 times per day"** – If you don't normally exercise, a brisk 10 min walk 3 times per day will get you on the right track.
4. Instead of **"I'm cutting out sugar"** Think **"I'll have only one sweet treat per day"** – Focus on what you **CAN** have rather than what you **CAN'T** have and you won't over indulge. This can be done with any type of food or drink (carbs, soda, alcohol)
5. Instead of **"I won't sit so much"** Think **"I'll set a get-up reminder"** – Too much sitting is bad for your health. Get up out of your seat at least once every hour. Try the Stand Up! App (free on iTunes and Google Play)