

# Kerr County Newsletter

Vol. 3, No. 6

June 1, 2016

## June Calendar of Events:

- Every Saturday Crider's Rodeo & Dance Hall
- Kerrville Folk Festival @ Quiet Valley Ranch through June 12<sup>th</sup>
- Southwest Gourd Fine Art Show @ Kerr Arts & Cultural Center through June 26<sup>th</sup>
- Every Wednesday: Exit 505 Farmer's Market 2pm – 7pm
- 2<sup>nd</sup>: Hill Country Community Blood Drive @ Kerrville Walmart
- 3<sup>rd</sup>: 1<sup>st</sup> Friday for First Responders (wear blue)
- 3<sup>rd</sup>: Free Skin Cancer Screening @ Peterson ACC
- 3<sup>rd</sup>: 1<sup>st</sup> Friday Wine Share @ Playhouse 2000
- 10<sup>th</sup>: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "The Lego Movie"
- 11<sup>th</sup>: National Get Outdoors Day @ Kerrville-Schreiner Park
- 13<sup>th</sup>: Commissioners Court
- 14<sup>th</sup>: Flag Day
- 19<sup>th</sup>: Father's Day
- 20<sup>th</sup>: Summer Solstice (First Day of Summer)
- 25<sup>th</sup>: Family Free Day @ Museum of Western Art
- 27<sup>th</sup>: Commissioners Court

**Happy Birthday to all Kerr County Employees celebrating a June Birthday!**

## SONIC BOOM 100 DAY CHALLENGE

2016 Challenge: April 4 – September 30

There is still time to complete this challenge!! There are 122 days left in this challenge (as of today, June 1<sup>st</sup>).

**Achieve a minimum of 4,500 steps and/or 60 minutes of physical activity for 100 days during this challenge!**

Physical activity is anything that makes you move your body and burn calories. Gift cards will be mailed to HR at the end of the year. Log in to your Sonic Boom account to track your progress!



## HEALTHY COUNTY SURVEY

**Don't forget to take the Healthy County Survey at the link below.** At Kerr County, we recognize how important it is for our employees to keep healthy. We also realize the importance of offering you opportunities to make a difference in your well-being.

Therefore, we are conducting an *Employee Wellness Interest Survey* for Kerr County Employees that receive health insurance benefits through the county (Blue Cross Blue Shield). Our main goal of this survey is to determine your interest in participating in worksite wellness programs. We want to hear your thoughts and ideas on how to provide you with the programs, seminars and activities designed to meet your needs.

Please help us by taking a few minutes to click on the link below to complete the survey by June 2, 2016. The survey is completely voluntary and confidential.

<https://www.surveymonkey.com/r/RNHG77K>

## Summer Solstice

**The first day of the summer season is the day of the year when the Sun is farthest north. June 20<sup>th</sup> is Summer Solstice and will be the longest day of the year. So get outside and do something fun!**

## Sonic Boom County-wide Stats:

May 2016

Sonic Boomers: 65

Total Steps: 12,081,623

Total Time (Min): 191,392.06

Total Calories Burned: 1,412,437

Total Distance (Miles): 5,629.07

Compared to May 2015

Sonic Boomers: 76

Total Steps: 9,868,105

Total Time (Min): 199,396.86

Total Calories Burned: 527,104

Total Distance (Miles): 4,610.82

## June National Awareness Month

- AIDS Awareness Month
- ALS Lou Gehrig's Disease Awareness Month
- Aphasia Awareness Month
- Children's Awareness Month
- Fireworks Safety Month
- Gay and Lesbian Pride Month
- Myasthenia Gravis Awareness Month
- Scleroderma Awareness Month
- Student Safety Month
- Vision Research Month

## Did you know...

The Kerrville River Trail is a great place to take your activity outdoors! Walk, jog or ride a bike. A new section has just been opened from the Riverside Nature Center, west to Lowry Park. The trail now stretches 4.2 miles from Kerrville –Schreiner Park to Lowry Park. Of course, with the recent storms, much of this trail is closed due to flooding, so plan an alternate route in case.

### Summer Prep Tips!

Get those shorts out because the good weather is here! Pool parties, vacations, BBQ's...The best inspiration to get and stay motivated is when you see changes, your energy level increases, you sleep better and your clothes fit better! Here are some tips to inspire you:

1. Music is key to motivation. Blast it when you work out! Upload songs to your playlist or buy a new cd, but only allow yourself to listen to it when you work out. It'll give you something to look forward to.
2. Give yourself a non-food reward after a week's worth of healthy eating and exercise (half hour with your phone turned off and curl up with a good book, a manicure, buy yourself a plant or candle)
3. Find a workout buddy. Even if it's a different one each day you workout. Make a plan to work out on certain days with friends. This makes you accountable and helps you stay in touch with friends.
4. Make healthy living a cinch. Put your workout clothes out the night before or keep your gym bag stocked in your car. This makes it easier to exercise and just the sight of your workout clothes is a great reminder.
5. Pick a time of day that you are going to exercise and stick with it. This way, it becomes part of your schedule and makes you more committed.
6. Make healthy foods look more appetizing and thus more satisfying. Instead of eating yogurt out of the container, put it in a bowl and alternate layers of yogurt and fruit, or make fish and veggies more appealing by adding a garnish of mint or parsley.

### Grilled Jalapeno Chicken

#### Ingredients:

1/3 cup fresh lime juice  
1/4 cup honey  
2 T fresh cilantro leaves  
2 T Soy sauce  
1/4 tsp salt  
1/4 tsp pepper  
3 jalapeno peppers, halved  
3 garlic cloves, chopped  
6 (6 oz) boneless, skinless chicken breasts

#### Directions:

Place first 8 ingredients in a blender; process until smooth (or chop finely) Combine lime juice mixture and chicken in a large, heavy-duty zip-lock bag. Seal bag and marinate chicken in refrigerator 1 hour to 8 hours. Prepare grill, remove chicken from bag reserving marinade. Place chicken on grill rack coated with cooking spray; cover and grill on each side until done, basting occasionally with reserved marinade.

Yields 6 servings.

3 Weight Watcher Points Plus Value per serving

