

Workplace Wellness Summer Edition

Laramie County

Board of Public Utilities

Cheyenne/Laramie County Health
Department

Cheyenne/Laramie County Library
System

MISSION STATEMENT
WE ARE COMMITTED TO PROVIDING
EXCELLENT SERVICE TO LARAMIE COUNTY
RESIDENTS BY CREATING AND MAINTAINING
AN EMPLOYEE WELLNESS PROGRAM INTENDED
TO IMPROVE LARAMIE COUNTY EMPLOYEES
PHYSICAL AND MENTAL HEALTH AND
WELL-BEING



Summer is the time of year we spend a lot of our time outside participating in activities such as sports, camping, hiking, or just hanging out at the park. No matter what type of summer activity you participate in, the hot and humid days can really take a toll on you physically. Here are a couple hints to protecting yourself during those hot summer days.

Protect Your Skin This Summer

Skin Cancer is the most common form of cancer in the United States. One in five Americans will develop skin cancer over the course of a lifetime. Approximately 90% of non-melanoma skin cancers are associated with exposure to the UV radiation from the sun. Up to 90 percent of the visible changes commonly attributed to aging are caused by the sun.

The Skin Cancer Foundation recommends the use of a sunscreen daily. They recommend a broad spectrum sunscreen that protects from both the UVA and UVB rays with SPF (Sun Protection Factor) of 15 or higher. SPF 15 blocks approximately 93 percent of incoming UVB rays, SPF 30 blocks 97 percent and SPF 50 blocks 99 percent.

To ensure you get the full SPF of a sunscreen, you need to apply 1 oz. of sunscreen. Sunscreen should be applied 30 minutes before sun exposure to allow the sunscreen to bind to the skin. Sunscreen should be reapplied every two hours during sun exposure, reapply immediately after swimming, toweling off, or sweating a large amount.

Protective clothing can also be used to reduce exposure to UV rays. UPF (Ultraviolet Protection Factor) measures the amount of UV radiation that penetrates a fabric and reaches the skin. The Skin Cancer Foundation considers a UPF rating of 30-49 to offer very good protection and 50+ offers excellent protection.



Stay Hydrated During The Summer Months

The old adage of 8 glasses a day is no longer the general rule. The amount of water a person needs depends on the activity level of the individual, hot and humid weather, dry indoor air and high altitudes and illness. The Institute of Medicine recommends that men consume 3 liters (13 cups) of total beverages a day and that women consume 2.2 liters (9 cups) of beverages a day. If you exercise or participate in strenuous activity, you need to drink an additional 1.5 to

2.5 cups of water for short bouts and even more for exercise lasting longer than one hour.

For a healthy adult, fluid intake is probably adequate when thirst is rarely experienced and urine is colorless or slightly yellow. Signs of inadequate fluid consumption may include dry mouth, headache, lightheadedness, little or no urination, and constipation.

Helpful hints to maintain hydration:

- drink a glass of water with meals and between each meal
- hydrate before, during and after exercise



ARE YOU THE BIGGEST LOSER?

That is the question that the workplace wellness team asked everyone when they announced the first wellness challenge brought to employees of Laramie County, Cheyenne/Laramie County Health Department, Board of Public Utilities, and the Laramie County Library System. As of June 1, 2008 the competition kicked off with 17 teams and 192 players. This will run through September 1, 2008 and the team with the biggest percentage of weight loss is the winner. The only rule to this challenge is that the teams weigh in once a month together. How the weight is lost is up to each individual team. They have been encouraged to create their own challenges and individual goals. Not only have teams set those individual goals, they have challenged other teams by testing them with temptation. Team members from the Better Than Ewe team challenged the Dead Weight team by sending them a large cookie from Eileen's cookies. An anonymous team sent cinnamon rolls to a team at the Board of Public Utilities. So far it seems that these temptations have not worked considering it has been reported that one team has lost 90 pounds and another has lost 80. Teams have also worked together on exercise activities. Several teams have been going on walks together during the day like the Better Than Ewe team from Public Works. They walk four times around their building in the morning and in the afternoon. That ends up being two miles a day. Great job everyone and keep up the good work!

Although the winners of this challenge are determined by weight loss, it's also a great team work challenge and gives team members a new sense of awareness to their own health along with having fun in the workplace.

Biggest Loser Teams

"7" Deadly Sins	LOA	Soggy Bottom Bunch	The Raiders of the Lost Buffet
Better Than Ewe	Poopy Boots	Tax Leans	Gastrointestinadiabesity Muffin Top Budonkadonk
Burrito Bunch	Pound Posse	The 613's	
Record Keepers	Princess Posse	Dead Weight	
The Gut Busters	The Megabytes		



The 613's

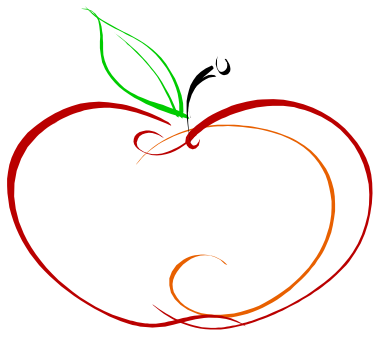
Laramie County Library System: (Left to Right)

Lori, Marybeth, Judy, Venetta, Beth, Mary, Mike, Sue, Lucie, Karen, Carey, Cathy, Elaine, Kandy, Kashana, Fran, R.J., Matt, Susan

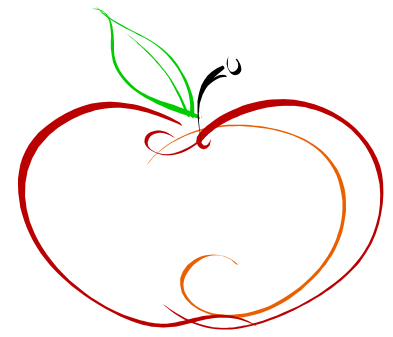
A special thanks goes to Donna at The Cheyenne Public Scales for allowing each team to use the large scale and for taking pictures of everyone.

Earn 20 Points

Earlier this year WINhealth brought us the Wellsource program which allows an employee to track their health and activities and earn points. All employees will earn 20 points per month for participating in the Biggest Loser competition.



Just a Few of Our Competitors



Laramie County Planning Department: (Left to Right)
Antono, Mark, Gary, Debbie, Abby, Keith, Cambia



The Megabytes

Laramie County IT: (Left to Right)
Ross, Rick, David, Stanley, Tommy, Ron, David, Brad



Gastrointestinadiabetesity Muffin Top Budonkadonk
Board of Public Utilities
(Left to Right)

Back Row: Ted, Jeff, Jerry, Mindy, Jeff, Brad, Tom
Front Row: France, Doug, Jon, Linda, Kandis,



Burrito Bunch

Cheyenne/Laramie County Environmental Health
(Left to Right)

Gary, Roy, Amy, Tiffany, Jennifer, Sandra, John, Gilbert