



Welcome to the January 2020 issue of *Linn County Healthy Steps*, brought to you by the Health Awareness Team! This newsletter includes information to guide you on the path of your wellness journey and enhance our vision of creating a supportive, positive work environment by promoting a healthy lifestyle for County employees.

## Lose It Linn

A total of **216** employees weighed out for the Lose It Linn Challenge and received 50 Wellness Points. Over **50%** of participants maintained within two pounds of their starting weight or lost weight during the challenge!

- **1st Place:** Heather Moore
- **2nd Place:** Mark Henderson
- **3rd Place:** Caleb Howard
- **4th Place:** Theresa Godwin
- **5th Place:** Tina Cottrell
- **6th Place:** Colette Stocks
- **7th Place:** Tammy Gilmour

**Thanks to everyone who participated!!**

Individuals who weighed out for Lose It Linn were automatically enrolled in the Maintain Don't Gain Challenge. Please see the email attachment for the list of weigh out locations.

## Spend Smart. Eat Smart.

The Iowa State University Extension and Outreach has a [Spend Smart. Eat Smart](#) plan. According to the website eating healthy and sticking to your budget is possible! It starts with a plan. Set your family up for success by planning meals and snacks in a way that works for your family, your budget and your schedule. The website tools allow you to look at what you're spending now and how you can make small changes that add up to big savings.

## Join the HAT Team

Calling all progressive, innovative, health conscious individuals! Do you want to be a part of a collaborative team to help make the healthy choice the easy choice here at work? Join the Health Awareness Team! Interested? Contact Linn County Wellness Coordinator Shannon Carey at [shannoncarey@hsi-rx.com](mailto:shannoncarey@hsi-rx.com).

## Zesty Baked Chicken Parmesan & Veggies



- 1/2 cup Italian breadcrumbs
- 1/2 teaspoon salt
- 1 teaspoon red pepper flakes
- 1/2 cup shredded parmesan cheese
- 1 teaspoon pepper
- 4 boneless skinless chicken breasts
- 1 large egg
- 4 cups assorted veggies—broccoli, cauliflower, tomatoes, red onions
- 2 tablespoons extra virgin olive oil
- 1 cup shredded mozzarella cheese
- 1 cup low sodium marinara

Preheat oven to 400°F. In a small bowl, combine the first five ingredients. In another small bowl, whisk the egg. Dip the chicken breasts in the egg, then into the seasoning mixture. Do this with the remaining chicken breasts and place on a large baking sheet coated with cooking spray. Bake for ten minutes and remove from the oven.

Toss your assorted veggies in olive oil and arrange on the baking sheet with the chicken. Put it back into the oven for ten more minutes. Remove from the oven and switch to broil. Spread the marinara sauce and mozzarella cheese over your chicken. Broil until the cheese is golden brown and the vegetables are tender.

Recipe and photo courtesy of [Wellmark Blue Magazine](#)

## Linn County Fitness Facilities

Linn County has fitness centers located in the Public Service Center located at 935 2nd Street SW, the Community Services Building located at 1240 26th Street Ct SW and the Public Health Building located at 1020 6th Street SE.



The **PSC** fitness center is located in the lower level adjacent to the locker rooms which contain private showers and lockers to store your belongings during your workout. Treadmills, ellipticals, weights and weight machine are used throughout the day by employees at this facility. This was the first of the fitness center locations here at Linn County.



The newest addition to our fitness centers is located on the 3<sup>rd</sup> floor of the **Public Health** Building overlooking NewBo. Features include treadmills, ellipticals, free weights, weight machine, a shower and lockers.



The **CSB** fitness center was added when space became available and at the request of employees. Located on the second floor by the vending area, this space has treadmills, ellipticals, a bench press rack system, free weights and a weight machine. There are two TVs located here to help pass the time during your workout.

## Tell Us Something Good

The Health Awareness Team would like to hear about activities happening in your department that promote a healthy lifestyle! We would love to know what you are doing and share those ideas in an upcoming issue of this newsletter. Please email [LCHAT@linncounty.org](mailto:LCHAT@linncounty.org) with the details. We look forward to hearing from you!

## Meet the Linn County Health Awareness Team

**Paul Beazer**, Engineering  
**Tom Hardecopf**, LIFTS  
**Sarah Hoeger**, Treasurer's Office  
**Rita Burrell**, LCCS/MHDD  
**Amy Speed**, Recorder's Office  
**Phil Lowder**, Information Technology  
**Janine Hajek**, LCCS

**Steve Estenson**, Risk Management  
**Kay Stanford**, Sheriff's Office  
**Kim Klinefelter**, LCCS  
**Amy Vermie**, Human Resources  
**David Thielen**, LCCS  
**Janelle Scott**, Juvenile Detention  
**Kim McElree**, County Attorney

**Dan Williams**, Juvenile Detention  
**Riley Mullins**, Public Health  
**Greg Anderson**, Engineering  
**Katie Reasner**, Public Health  
**Kayla Davis**, VA  
**Deanna Donovan**, Conservation