

Marcia Shalla of Grant wins an iPod Touche after participating in Southwest Nebraska Public Health Department's Xtreme Makeover Wellness Edition health assessment.

The health assessment is located on the health department's website and is a great way to kick off the new year.

"Get on the website, click on Xtreme Makeover, give yourself about 20 minutes and take the health assessment," said Jamie Hawkins, Health Educator – Southwest Nebraska Public Health Department. "This assessment is a great way to keep on track with your New Year's resolutions."

The health assessment will ask a series of questions about existing health. When finished with the questions, a report will be available for printing. The report is broken out into several sections to include: cancer, exercise, nutrition, stress management, heart health, back care, personal care and safety, women's health, disease prevention, weight management, physical fitness, ergonomics and musculoskeletal disorders and a personal goal diary.

All recommendations are based on data from the Center for Disease Control.

"We have been using the health assessment as a employee wellness tool. Employees are able to track their overall wellness score from year to year to evaluate their overall wellness improvements," said, Myra Stoney, Director at Southwest Nebraska Public Health Department.