

# HEALTHY, HAPPY FAMILIES

## *2009 Master Wellness Volunteers Needed*

Finding reliable resources of health and wellness information can be a challenge. Texas AgriLife Extension Service has provided Texans with guidance in various health areas since 1906, we now train volunteers to provide more communities with the education and tools needed for health living.

The Master Wellness Volunteer Initiative is an AgriLife Extension program that will provide volunteers with 40 hours of training in health and nutrition education and in return, the volunteers agree to give back 40 hours of service. The volunteer opportunities are diverse – giving presentations for local community groups, assisting with periodic cooking schools hosted by Texas AgriLife, passing out information at health fairs, and much more. Previous health or wellness training is not required, but an

interest in living healthy and helping others do the same is.

Volunteer training for the program will be held Feb. 2, Feb. 9, Feb. 16, Feb. 23, and March 2nd at the Hunt County Extension Office. The training will focus on physical activity, nutrition, food safety and food demonstrations, child health, various AgriLife Extension health programs, and more. Please call the Rockwall County AgriLife Extension Office at 972-204-7660 for more information.

## *Your Child's Self-Esteem*

Your child's sense of self worth is a critical element in your child's health. Children with good self-esteem are more likely to adopt healthy lifestyle habits because feeling good inside leads them to do positive things for themselves. On the other hand, children with low self-esteem may feel stressed and dissatisfied with their body. As a parent, you can boost your child's self-esteem by:

- Praising positive behavior rather than criticizing the negative behavior.
- Speaking to your child in a non-aggressive tone.

- Not criticizing your child's appearance. Criticism may cause your child to severely restrict his or her eating.
- Refraining from teasing your child about his or her appetite or weight.
- Being prepared if your teenager becomes increasingly dissatisfied with his or her body.



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TREADING  
HANDS-OFF  
BURNS ABOUT  
20 PERCENT  
MORE CALORIES,  
ENABLING BETTER  
WEIGHT CONTROL.

## Walk This Way for True Treadmill Benefits

Walking on a treadmill is an easy way to get a great aerobic workout. You will improve your circulation and balance while burning off calories and excess fat. But the real secret to safe treading is to be “hands-free”.

By using a treadmill, you will get a regular aerobic workout that is personalized to your needs. You can regulate your speed, how much time you spend walking and even whether or not you want to tread “uphill” by setting the moving track at an incline.

The advantages are many. Treadmills are used indoors, so the safety and weather hazards of walking outdoors are avoided. The electronic screens tell you how many calories you are burning, how fast you are going and even how much distance you are covering. Many offer pre-set programs to vary speeds and incline levels.

An important fact you need to remember is: Try not to

hold onto the handrails while you are treading; and pump your arms to keep them moving.

When you’re using a treadmill, it’s easy to feel as though you need to hold on to keep from falling. Yet holding on may cause some painful problems.

Gripping handrails over stretches your back muscles and compresses your chest muscles. The result is a slumped posture. If you already have this condition, holding on while treading will make it worse. Holding on can also wrench the muscles and joints in your upper body when you grip the front bar and lean far forward, or hold on with only one hand. Shoulder and hip joints tend to over-rotate, which can lead to repetitive stress injuries.

Holding on can lower the amount of calories you burn on a treadmill because your weight is likely to be lighter

on the track. Hands-free treading also avoids raising your blood pressure – which may occur if you’re gripping tightly, especially at a fast speed (3.5 miles per hour or more).

Normally, you don’t hold on to anything when you walk around. Your limbs and joints work in unison to support your full weight. Even if you only hold on lightly, you take valuable work away from many muscles. Basically, holding on mimics using a walker.

Start out slowly and just let go. Concentrate on correct posture. As your body adjusts to treading hands-free, increase the speed or incline over time.

If you’re afraid you’ll lose your balance or get dizzy, slow your speed – to 2 mph, if necessary. Balancing is part of exercise and your body becomes more efficient only when challenged.

## Make Your Time Count

- ◆ If you feel overwhelmed by having too much to do, learn to say no! It’s okay.
- ◆ Learn to ask for help. You may be surprised by how willing your family and friends are to help.
- ◆ Number tasks in order of importance. Organized to-do lists are helpful on busy days.
- ◆ Know what’s important to you. Maybe it’s time to downsize your activities.
- ◆ You don’t have to do everything everyday. Choose two things each day to accomplish.
- ◆ TV, computers, magazines.... Decrease your information overload and take a break.
- ◆ Find time for YOU. Try to spend 15 minutes every day on your favorite thing.
- ◆ Think about what you can do “better

tomorrow” to maximize your time, energy, and good feelings.



## *Electric Grills ~ Endless Thrills*

It may be cold outside, but grilling is hot, thanks to the popularity of electric indoor grills. While these grills will never replace the classic charcoal or gas grills, their benefits are many.

First is the convenience. Let it rain, snow, sleet or hail. You can still feast on freshly grilled, succulent chicken breasts and fresh vegetables cooked in the comfort of your kitchen. And once you've enjoyed your meal, cleanup is a snap,

since most electric grills will feature a ribbed, non-stick surface.

The secret to enjoying these grills is to know about their capabilities and limitations. Lean meats, such as chicken breasts or fish fillets are ideal choices. The grill will sear in the flavor, and the meat will cook fairly quickly.

Since there won't be smoke to impart flavor, it's a good idea to marinate chicken in a flavorful combination like

soy sauce, mustard and olive oil. The results will give you a distinctive grilled flavor with a fast, easy, lower fat way of cooking.

Is an electric grill right for you? If you have the will, there is an electric grill that will fit your budget, space and cooking needs.



## *Tips for Facing the Cold and Flu Season*

**Wash Your Hands:** Most cold and flu germs are spread by direct contact. If you were to sneeze into your hand and then touch a doorknob, the germs may stay on that doorknob for hours – even days. Wash your hands frequently at work if you share many public spaces with co-workers. If you keep your hands clean you can reduce your risk of being sick. You are also reducing the risk of spreading any germs you may carry to your co-workers. So wash your hands often – you will be taking a big step toward preventing illness.

**Sneezes and Coughs:** Many people have the initial reaction to cover their nose or mouth with their hands when they sneeze or cough. A better practice would be to cover the nose and

mouth with a tissue or handkerchief. Germs can cling to your bare hands – muffling coughs and sneezes with your hands result in passing along your germs to others. If you do cover a sneeze or cough with your hands, remember to wash your hands right away.

**Drink Plenty of Fluids:** Your body cannot function properly without fluids – especially water. Water flushes your system by washing out the poisons as it re-hydrates you. In addition to water, natural fruit juices give you the hydration that your body needs in addition to vitamins and minerals that may be lacking.

**Sleep:** Remember that sleep plays a very important role in your body's ability to heal itself. A good night's rest is

often all you need when you start feeling ill. You may be one of those who usually doesn't get sick; but when you do, it may be because you haven't been getting enough rest. So, start drinking more fluids and try to get as much rest as possible. Sleep is very important for so many of the functions of the body but especially in the role of illness prevention.

**Vaccinate:** Studies have shown that the flu shot reduces the number of people who contract pneumonia, any upper respiratory infections, and missed days at work. The vaccine can also reduce the severity of flu symptoms and decrease the risk of complications. Check with your local physician to see if the flu vaccine is available to you.

10 TO 20% OF  
AMERICANS WILL  
CONTACT THE FLU  
EACH YEAR.

25% OF THE  
POPULATION WILL  
BE AFFECTED BY  
THE COMMON  
COLD.

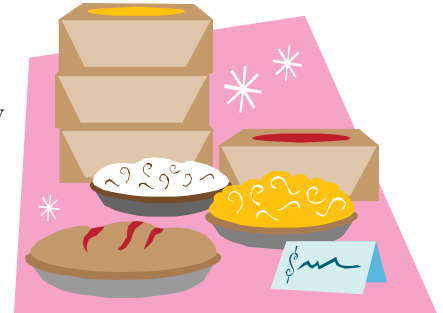
## Comfort Foods for Health

Comfort foods are feel-good, hearty foods that remind us of motherly love, home, and tradition. We often crave them when we're feeling blue, when the weather is cold, and when we want to celebrate.

Many favorite comfort foods are warm, creamy, soft and rich. Most of the recipes traditionally contain butter, cream or cheese. Few of them feature a high proportion of vegetables or fruit.

Even your favorite comfort foods can fit into a healthy lifestyle—just make a few simple recipe adjustments and serve with an extra helping of vegetables.

I hope that you enjoy some of the recipes that I have included in this newsletter. Enjoy in moderation, watch your serving size, and think of your family.



## Tips for Tidying Up All Year Long



Viewing your home with a fresh eye gives you the chance to develop a new cleaning plan that can make life easier all year long.

**Daily Cleaning** Start by getting the whole family involved in everyday pick up.

Keep snack eating in specific areas and put the dishes in the dishwasher right after eating. Young children can at least leave the dishes in the sink.

Children are famous for leaving coats and jackets all over the house. Add to closet storage in the entry way with coat racks or door hooks. Also, a bench or table near the door makes a good storage area for bookbags.

Try to assign jobs that are age appropriate. Your preschoolers can put away the unbreakable dishes and play things. Older children can clear the table, help load the dishwasher and make their beds. Easy-care comforters make this task easier. Teenagers can clean their rooms, help with laundry and do part of the dusting, cleaning and kitchen chores.

A nightly “sweep” of the house will do wonders for keeping the clutter under control.

**Weekly Cleanup** Carpets should be vacuumed weekly — more often if there are pets. Pick up dust with a dusting product, don't recirculate it back

Sort through mail near a trash can and discard the junk immediately.

Using a shower cleaner after every shower will help you prevent soap scum and mildew growth. A toilet bowl cleaner and a spray cleaner for the tub, tiles and sinks should be part of the weekly cleanup.

**Monthly Cleanup** Use a cleaner or bleach solution to disinfect indoor trash cans.

The refrigerator should be cleaned monthly. Discard fruits, vegetables and leftovers that are no longer fit to eat. Clean each shelf, working one shelf at a time, so food isn't left at room temperature for a long period of time.

## Parent's Corner

Here are some guidance tools to help your child learn responsibility.

- Explain limits. When your child doesn't understand what you expect, explain your reasons. Make polite requests for changing misbehavior and be specific and concise.
- Provide a reminder. When your child forgets a rule, tell him the rule again. Explain what happens if the rule is not followed.
- When you are unsure about what happened, ask your child to describe the problem. Then determine how much your child is responsible. Talking about the problem may help children think of solutions.
- Remember to say, "No." When your child isn't sure how serious you are about a rule, get his attention and give a calm, but firm, sign of your disapproval. Every family has their own signal—sometimes called "the look", a raised hand and other variations.
- Ask yourself if you are expecting too much. You may decide to back off before you make the problem worse.

For these tools to work, it is best if you can stay relaxed. Take a deep breath, smile and breathe out.



## Winter Sporting Event Snacking Facts

The Super Bowl is ranked as the number two food consumption event of the year, second only to Thanksgiving.

- Americans consume 30.4 million pounds of foods during the Super Bowl.
- Americans consume more than 11 million pounds of potato chips on Super Bowl Sunday.
- Americans double their average daily consumption of snacks on Super Bowl Sunday, consuming more than 33 million pounds of goodies.

Olympians and other professional athletes are constant snackers, but much on healthy treats such as whole grains, fresh fruits and vegetables, and lean meats. This strategy helps to regulate blood sugar, fuel muscles, and ensures high performance during workouts.



## Dine Out Smart ~ Great Ways You Can Have it Your Way

Ask for salad dressing and other sauces on the side. That way you control the amount you add to your food.

Use mustard and black pepper on sandwiches instead of mayonnaise or oils. You are adding flavor without adding calories and fat.

Ask to have your entrée broiled or baked, instead of

fried. Grilling, steaming or poaching are other cooking methods that use less fat.

Why not order two appetizers instead of an entrée?

When french fries are offered as a side, ask to substitute them with a baked potato, a side of steamed vegetables or fresh fruit.

Ask for salsa instead of butter or sour cream for your baked potato. Salsa is very low in calories and it also counts towards your vegetable servings.

Ask for your sandwich to be made on whole grain bread for the extra fiber and more nutrients.

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**Mark your  
Calendars for  
these great  
upcoming  
classes.**

## *Upcoming Events*

**JAN. 27 @ 12:00 —Lunch & Learn**— Come enjoy a new recipe for \$3.00 and learn new cooking tips during your lunch hour at the Extension Office.

**Feb. 2 —Master Wellness Training** at the Greenville Extension Office. Come be a volunteer for Rockwall County after going through the training.

**Feb. 9— Master Wellness Training** at the Greenville Extension Office.

**Feb. 16—Master Wellness Training** at the Greenville Extension Office.

**Feb. 19 @ 12:00-Lunch & Learn** during at the Extension Office. Cost is \$3.00.

**Feb. 23—Master Wellness Training** at the Greenville Extension Office.

**Mar. 2— Master Wellness Training** at the Greenville Extension Office.

**Mar 9– Mar. 30 --Cooking Well with Diabetes Classes** will be held at the Extension Office. Please call 972.204.7660 for more information.

**April 6– May 4 — Do Well, Be Well with Diabetes Classes** will be held at the Extension Office. Please call 972.204.7660 for more information.

Please pre-register for all classes so that we can plan accordingly.

If you would like to schedule classes in the areas of nutrition, health & wellness, parenting, money management for your class, please call me at 972.204.7660.