



# Healthy Mind and Body in May!

## May 2018 Brazos County Better Living for Texans Newsletter

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Health is a broad subject and we can't only talk about heart health or brain health, but we must look at the whole person when health is involved. We must choose to keep not only our bodies healthy, but our minds. This is why the month of May is so important because it is Mental Health Month. There are many things that go into being mentally healthy, but achieving a healthy lifestyle by eating nutritious food is a great start. Science has linked a poor diet to mental illness, while nearly 20% of all deaths worldwide can be linked to unhealthy eating habits.

**Better Diet, Better Mental Health:** Healthy diets include a range of fruits, vegetables, legumes, fish, whole grains, nuts, and other proteins. Those that eat a diet high in whole foods are up to 35% less likely to develop depression than those who eat highly processed, fried and sugary foods. Research has linked these kinds of foods to increasing a development of depression by as much as 60%.

**Exercising Benefits:** Exercise increases many substances that play an important role in your brain function. Endorphins and serotonin are released during exercise which helps with your mood, sleep, and appetite. Just one hour of exercise a week is related to lower levels of anxiety. Try to get some exercise when you're feeling stressed or anxious.

**Quality of Sleep Matters:** Studies show that those who struggle to get enough sleep or a good quality sleep, have higher risk for health problems including high blood pressure, heart disease, diabetes, depression, and obesity. Sleep affects the entire body and plays a huge role in our moods, metabolism, hormone release, and immune system. The amount of sleep depends on your age, but the National Sleep Foundation recommends the following:

**School Children (6-13 years):** 9-11 hours

**Teens (14-17 years):** 8-10 hours

**Adults (18-64 years):** 7-9 hours

**Older Adults (65+ years):** 7-8 hours

- Limit your caffeine to the morning time, go to bed and wake up around the same time every day to get on a schedule, and say no to nicotine. These are just a few suggestions to get a good night's sleep.



Don't be afraid to reach out to someone or a doctor if you are in need of help. There are multiple resources including the NAMI helpline at 800-950-NAMI.

# May Walk Across Texas! Results



April 6, 2018 marked the close of Brazos County Walk Across Texas! 21st Annual sponsored event. The WAT Taskforce is pleased to announce that 151 of 168 teams trekked 833 miles or more. Total miles reported were 314,996.64 and total weight reduced was 537.53 pounds.

We are especially proud of our very own BLT team- Steppers in the Name of Love from the Lincoln Recreation Senior Center! They came in as the third place team overall. The other two BLT teams also did a great job and were very motivated the entire time! Catholic Charities finished with 732 miles and Devastating Divas 1497.19 miles.

## Hot & Spicy Corn Dip

Makes: 10 servings  
Serving size: 1/4 cup

### Ingredients:

1 small chopped tomato  
1/2 tbsp. finely chopped pickled jalapeno peppers  
1 cup frozen corn, thawed, well drained  
1/2 package (4 ounces) fat free cream cheese  
1/4 cup reduced fat shredded cheese  
1/8 tsp garlic powder



### Nutrition Information per serving: 1/4 cup

Calories	35
Total Fat	1 g
Saturated Fat	0 g
Sodium	115 mg
Carbohydrate	4 g
Protein	3 g

### Directions:

1. Wash hands and cooking area
2. Wash tomato under cool running water with a vegetable brush or hand.
3. Chop tomato and jalapeno peppers
4. Combine all ingredients in blender and blend well
5. Serve with assorted vegetables, baked tortilla chips or on top of grilled chicken breast

For more recipes and  
information on healthy  
nutrition habits, visit:  
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