



BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

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HOWDY!

My name is Ashley Hernandez and I am a recent Community Health graduate from Texas A&M University! I was born and raised in San Antonio but this upcoming August I will be moving to the Houston area. I am engaged to my high-school sweetheart of 7 years, we have 2 spoiled dogs, and a cat. I am extremely passionate about health and wellness so I am ready to start working with the Brazos Valley community. If I can be of any assistance to you please don't hesitate to reach out at any time!

STARTING THE SUMMER OFF GETTING YOUR HEART AND BODY ACTIVE!

Heart disease is the leading cause of death among Americans, and physical inactivity is one of several major risk factors. So put your heart into getting active. Here are 4 tips to get you going:

1. You don't have to spend all day at the gym: Aiming for a total of 2 hours and 30 minutes of moderate-intensity aerobic activity each week. This level of activity can reduce your risk for heart disease and your chances of developing other risk factors, such as high blood pressure, diabetes, and being overweight.
2. A complete program has three types of activity: The first is aerobic activity like brisk walking, jogging, dancing or biking that gets your heart rate up. The second is resistance training which firms, strengthens, and tones muscles. The last type is flexibility exercises that stretch and lengthen muscles so you're more flexible, like yoga.
3. Choose activities that suit your style: Some like to exercise on their own, while others benefit from the support of a group class or team sport. Whether indoors or outdoors, find what works for you and exercise at the time of day you feel most energetic. Knowing what kind of exercise and the right time for you to do it will help you stick with it.
4. Once you get active, make sure you stay active: Doing the same thing over and over again will start to bore some. When this happens, try something new by joining a gym, running group, or sports team. Set short and long-term goals to become more physically active, and plan ahead by scheduling your physical routines into your day. This way, you will make it a priority.

Even if you have been sedentary for years, everyone has to start somewhere. Starting off with something as simple as walking can still do the heart good.

Set reachable goals and work toward your overall goal by increasing your workouts over time. Don't have an all-or-nothing mindset when it comes to exercise and health!





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TEXAS A&M AGRILIFE EXTENSION

FRUIT SKEWERS WITH YOGURT DIP



Makes: 10 servings

Serving size: 1/4 cup

Ingredients:

1 cup strawberries, rinsed, stems removed, and cut in half

1 cup fresh pineapple, diced (or canned pineapple chunks in juice, drained)

½ cup blackberries

1 tangerine or clementine, peeled and cut into 8 segments

8 6-inch wooden skewers

For dip:

1 cup strawberries, rinsed, stems removed and cut in half

¼ cup fat-free plain yogurt

1/8 teaspoon vanilla extract

1 tablespoon honey

Directions:

1. Wash hands and work area before cooking.
2. Thread two strawberry halves, two pineapple chunks, two blackberries, and one tangerine segment on each skewer.
3. To prepare the dip, puree strawberries in a blender or food processor.
4. Add yogurt, vanilla, and honey, and mix well.
5. Serve two skewers with yogurt dip on the side.

JUNE MORNING WORKOUT

THE EVERYDAY WAKE-UP WORKOUT

10 jumping jacks

10 ab crunches

10 push-ups

10 squats

10 calf raises

10 reverse lunges

TO AVOID INJURY, REMEMBER TO STRETCH PROPERLY BEFORE EXERCISING. LEAVE 60-TO-90 SECOND RESTS BETWEEN EACH SET OF EXERCISE.

EVERYDAY
AMERICAN EXPRESS
3.75% 0% 0% 0% 0.001
14
AMEX

inspiration

<http://www.trimmedandtoned.com/12-weight-loss-morning-workouts-burn-maximum-calories/>

Nutrition Information per serving: 4

Calories 71

Total Fat 0 g

Sodium 10 mg

Carbohydrate 18 g

Protein 1 g

For more recipes and information on healthy nutrition habits, visit: blt.tamu.edu

Starting the Summer off Getting Your Heart and Body Active! SOURCE

http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Physical-Activity-and-Health_UCM_430377.jsp