

Healthy Happenings

February 2021



**FAMILY AND
COMMUNITY HEALTH**

f @AgrilifeExtensionHidalgoFCH



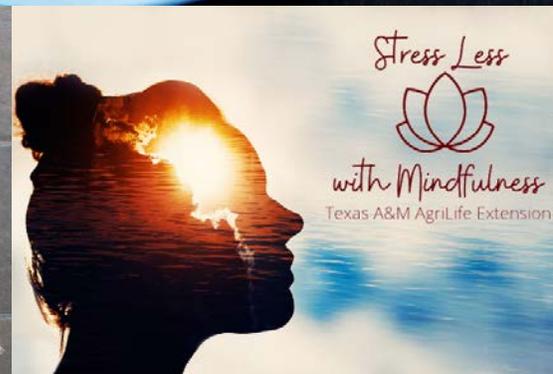
FAMILY & COMMUNITY HEALTH

Welcome to the February issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.



DINNER TONIGHT VIRTUAL HEALTHY COOKING SCHOOL-JOIN TODAY!

Join the Dinner Tonight-D12 FaceBook group today to enjoy a week full of Mediterranean themed amazing recipes! We will be showing you how to make 5 yummy and healthy dishes that will take us straight to the Mediterranean! Join by clicking [here!](#)



STRESS LESS WITH MINDFULNESS

Our self care and mental health should be a top priority in our lives. Learn how mindfulness can benefit your health by joining our Stress Less with Mindfulness program every Tuesday in March at 5:30 pm! Registration opens soon!

CRANBERRY CRUNCH SALAD

by Dinner Tonight Healthy Cooking School

In February, we celebrate love and what better way to do that than to make a heart healthy recipe! Our Cranberry Crunch Salad is approved by the American Heart Association as a recipe filled with ingredients that can keep our hearts healthy! Try it today!

Click below for the Recipe:
[Cranberry Crunch Salad](#)



A HEALTHY HEART IN THE TIME OF COVID-19

For those with heart conditions or other medical conditions that may weaken your heart, keeping your heart healthy and protected during a pandemic is important. Cholesterol and blood pressure issues, as well as arrhythmia or cardiomyopathy, are heart conditions that can make contracting COVID-19 more serious. Your heart is the most "essential" worker you have. It beats more than 110,000 beats a day and pumps about 2,000 gallons of blood throughout your body. This fist size muscle is so important, it only makes sense to keep it healthy and happy. To help support and improve your heart, try some simple changes that everyone can make.

Variety and Veggies: Eating balanced and nutritious meals daily can help you reduce sodium and sugar intake, helping to maintain or lose excess weight, manage your blood pressure, control cholesterol. The nutrient dense foods that we consume help in providing those vitamins that support our bodies. Eating a colorful variety of fresh fruits and vegetables helps to support our health and our immune systems. Try new recipes throughout the week to add variety and enhance enjoyment.

Keep Moving : Staying physically active can also improve and support your heart. It strengthens your heart so that it can efficiently pump blood throughout the body. A stronger heart also helps to keep your blood pressure under control. Try to take a brisk walk outdoors daily or keep active around the house; not only are you keeping social distance, but improving circulation to help reduce stress.

Mask, Hands, & Distance: Always remember to follow the CDC guidelines for COVID-19. Wash your hands frequently, continue to wear a mask, stay six feet apart from others, and avoid large crowds.



MINDFULNESS: MINDFUL BREATHING EXERCISE

Find your breath; notice it going out as you exhale and coming in as you inhale. Observe the natural rhythm of your breath and the gentle movement of your belly.

You might enjoy saying to yourself (aloud or inside your mind): "**Breathing in, I calm myself; breathing out, I smile.**"

Continue for 3 minutes, building up to 5 or 10 minutes.

Upcoming Programs & Events

Week of February 8, 2021: Dinner Tonight Virtual Healthy Cooking School via Facebook Live Group. Search FB groups for Dinner TonightD12

February 15, 2021: Extension office closed in observance of President's Day

March 2, 9, 16, 23, 30, 2021: Stress Less with Mindfulness Program (Online) Registration will be announced on our Facebook page

Mental Health First Aid Certification (Also available for groups on request)



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Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. If you have any questions or would like more information on our programs please contact me at 956-383-1026 or andrea.valdez@ag.tamu.edu.