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MARCH 2020

The Run Down on Physical Activity

Many people struggle finding time or motivation to exercise. Some people don't know where to start or feel like they lack resources to exercise.

Sometimes exercising feels like a drag, so why do it? In addition to building muscle and strength, other reasons to exercise include improved:

- Mood
- Stress
- Focus
- Sleep

Long-term effects of being physically active include lower risk for some diseases, improved blood pressure, and healthy weight maintenance

Let's review some of the basics of physically activity.

How Much Exercise Do Adults Need?

Experts recommend that adults engage in **150 minutes a week of moderate-intensity aerobic exercise**. In addition, it is recommended to do **muscle-strengthening activities at least 2 days a week**.

- *Moderate-intensity aerobic exercise:* movement that makes the heart beat faster (examples: brisk walking, yard work).

- *Muscle-strengthening:* movement that makes muscles work harder than normal (examples: push-ups, weight lifting).

Children ages 6-17, should aim for at least 60 minutes of moderate to vigorous physical activity daily.

Finding Motivation

Most people would probably agree that they prefer to spend their time doing something they enjoy. If

someone doesn't like running, lifting weights, or lunges, they probably won't do those things very often.

Find physical activity that is enjoyable! Whatever involves moving counts – gardening, dance party in the living room, walking with family or friends, etc.

Keep It Simple!

Fancy equipment or a gym membership *is not needed* to be active. Be creative and think of simple ways to be active without spending a dime.

When setting a goal, start simple and build! Possibly start by making a goal to take a walk once a week. After a few weeks of meeting that goal, bump it up to two walks a week.

Setting goals that are too high can cause discouragement. Start with what you know you can do!



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The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Information from: <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>. Photo Source: snaped.fns.usda.gov



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Local Events

Do Well, Be Well with Diabetes Series

- March 9, 12, 16, 19, 23 (It isn't too late to join us!)
- 6:00 p.m.
- Texas A&M AgriLife Extension Office, 1200 W. Houston, Sulphur Springs
- Please call 903-885-3443 for details

Diabetes Support Group

- 4th Tuesday of each month (March 24, April 28, etc.)
- 12:00 noon
- No registration needed, just come!

55+ Health Fair

- Tuesday, April 7
- 9:00 a.m. to 12:00 noon
- ROC – First Baptist Church Recreation Outreach Center, 115 Putman Street
- Be sure to visit the Extension exhibit!

Johanna Hicks
Family & Community Health
Hopkins County
P.O. Box 518
1200 W. Houston
Sulphur Springs, TX 75483
903-885-3443
jshicks@ag.tamu.edu

Be Well, Live Well Series for 50+

- April 27, 30, May 4, 7
- 10:00 a.m.
- Texas A&M AgriLife Extension Office, 1200 W. Houston, Sulphur Springs

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Recipe of the Month

Source: Better Living For Texans

Start your St. Patrick's Day off extra green with this tasty smoothie!

Green Monster Smoothie

Servings: 4 smoothies

Ingredients

- ½ cup frozen spinach
- ¾ cup low-fat vanilla yogurt
- 1 medium banana
- ½ cup pineapple chunks canned in 100% juice



Photo Source: pixabay.com

Directions

1. Wash your hands and clean your cooking area.
2. Add all ingredients to blender and process until smooth.
3. Serve immediately.
4. Cover and refrigerate leftovers.

Nutrients Per Serving: (1 cup) 70 calories, 0 g total fat, 0 g saturated fat, 3 g protein, 16 g carbohydrates, 2 g dietary fiber, 12 g total sugars, and 90 mg sodium

Total Cost per serving: \$\$\$\$

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