**Better Living for Texans**

**Newsletter for Angelina County Families C:\Users\dsmith\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\LFF57I08\MC900022565[1].wmf**

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**Get Active East Texas!**

In honor of National Physical Fitness and Sports Month in May, Texas A&M AgriLife Extension challenges you to get 30 minutes of physical activity every day for better health.

[](http://centralbassendeanphysiotherapy.com.au/wp-content/uploads/2013/10/walking_family_dog.jpg.jpg)Did you know that **regular physical activity increases your chances of living a longer, healthier life?** It also reduces your risk for high blood pressure, heart disease, type 2 diabetes, and some types of cancer. Getting active also **makes you feel good, while serving as a great stress reliever**. With this beautiful spring weather we have been having, there are many great opportunities to get outside and active in and around Angelina County. Yet most of our citizens do not get the recommended amount of physical activity.

**The Physical Activity Guidelines for Americans recommend that adults:**

* Aim for 2 hours and 30 minutes of moderate aerobic activity each week. Moderate activity includes things like walking fast, dancing, swimming, biking, playing sports, and raking leaves.
* Do muscle-strengthening activities – like lifting weights and using exercises bands – at least 2 days a week.

**Physical activity is for everyone. No matter what shape you are in, you can find activities that work for you. Together, we can rise to the challenge and get more active during the month of May! Here a few ideas:**

* Enjoy one of the many hiking or biking trails in city parks or the surrounding National Forests.
* Many school tracks are open to the public in the evenings, providing a safe and free place to exercise.
* You may have forgotten how fun riding a bike can be! Don’t just watch the kids – ride with them!
* Do stretches while watching TV.
* Take a 10 minute walk at work instead of a coffee break. You will likely feel refreshed and energized!
* Play disc golf. Much more affordable than traditional golf, but loads of fun!
* Plant a garden…It’s not too late! Produce healthy homegrown fruits and veggies and reduce your grocery bill, while getting great exercise. Your local Texas A&M AgriLife Extension Office has many resources to help you get started!

For more information on getting active and healthy, visit <http://fcs.tamu.edu/health/index.php>. Contact your FCS County Extension Agent, Cindy VanDevender at [c-vandevender@tamu.edu](mailto:c-vandevender@tamu.edu) or 409-384-3721.