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Health Hints

Welcome to Health Hints...

an e-news source for Family & Consumer Sciences Agents. Each week we will bring you trusted health information to cut, paste, and post onto your Twitter and Facebook (FB) pages... without having to searching for content. Our goal is to help you keep your social networking sites viable, and keep clientele coming back to your site as their source for credible health-related information.

Agents, this information is designed to be used "as is" on your social media sites for communication with your clientele - no changes needed. Simply choose the post you want and place it on your Facebook or Twitter site.

Need help using these posts? Instructions for use are listed at the bottom of this issue.

Need more help with Health Hints? Feel free to contact me.

Janet Pollard, MPH, Editor

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Mix up your protein picks

@MyPlate <http://bit.ly/1EVQd09> Beans, peas, nuts, & seeds

Easy Oven Fish with Spinach Basil Dipping Sauce & Spiced Apples

@USDA Please any finicky youngster's palate <http://1.usa.gov/1ilttCO> #recipe

What are the best balance exercises for seniors?

@NIAGo4Life Check out these balance exercises you can do anytime, anywhere. Good balance can help you prevent falls <http://1.usa.gov/1Npzbjt>



Create a Grocery Game Plan

Source: United States Department of Agriculture

Before heading to the grocery store, developing a “game plan” can help you get organized and save money. It also allows you to rethink your food choices and pick healthier options.

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<http://1.usa.gov/1K7Xkdn>



Depression and illness: Chicken or egg?

Source: Harvard University

When depression strikes, doctors usually probe what's going on in the mind and brain first. But it's also important to check what's going on in the body, since certain medical problems are linked to mood disturbances. In fact, medical illnesses — and medication side effects — may be behind nearly 10% to 15% of all cases of depression.

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<http://bit.ly/1HvSgYA>



Featured Website: Body Weight Planner

Source: National Institutes of Health

This online tool can accurately forecast how your body weight changes when you alter your diet and exercise habits. It's based on a mathematical model developed by NIH researchers and is now part of USDA's SuperTracker, an online goal-setting resource to help people achieve and maintain a healthy weight.

The Body Weight Planner allows users to make personalized calorie and physical activity plans to reach a goal weight within a specific time period and to maintain it afterwards.

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<http://1.usa.gov/1QnIONN>

How to Use the Above Content...

To use the content:

- Choose the post you want
- Highlight the post (be sure to include the title and url/link)
- Right click your mouse and select *copy*
- Go to *your* page (Facebook or Twitter)
- Place your cursor in the "What have you been up to box" in FB or click the *Tweet* button and place your cursor in that box on Twitter.
- Right click your mouse and select *paste*
- If you like the way the content looks, click *Post* or *Tweet* as appropriate.

To use the graphics*:

If you would like to use the graphics (photos) we have attached to the posts here in Health Hints:

- Hover over the graphic with your cursor
- Right click your mouse and select *Save as Picture*
- Choose a location in which to save graphics on your computer (setting up a folder in which to place all Health Hints graphics may be helpful)
- Go to your FB page (you can also place these graphics in your Tweets, but they will take up some of the 140 characters allowed, so be sure you don't lose the content if you choose to do this)
- Click on the camera icon at the bottom of your post or the words *Photo/Video* at the top of your post, either will work
- Upload the graphic by choosing it from the location in which it was saved
- Click *Post* or *Tweet*.

* Note: Please only use the graphic with the content to which it is attached. This will prevent any copyright infringement issues. Thank you.

New to Twitter and Facebook?

No worries. It is natural to be nervous about using Facebook & Twitter the first time, and when you haven't had the opportunity to use the sites regularly.

Here are a few tutorial videos that may be helpful:

[Getting Smarter with Twitter \(a five minute tutorial\)](#)

[Twitter Tutorials: Navigating Through the Twittersphere](#)

[How to Use Facebook](#)

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