



Better Living for Texans Newsletter

January 2019

Creating a Family Fit Lifestyle

January is Family Fit Lifestyle Month which makes it a great time for the whole family to create healthy lifestyle habits. Physical activity is important for children and adults of all ages.

Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. The U.S. Department of Agriculture's (USDA) Choose MyPlate offers these tips to add physical activity to you and your family's busy schedule.

Set Specific Activity Times

Determine time slots throughout the week when the whole family is available. Try doing something active after dinner or begin the weekend with a Saturday morning walk.

*“Walking is the
best possible
exercise...”*

Thomas Jefferson

Include Work Around the House

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.

Turn Off the TV

Set a rule that no one can spend longer than two hours per day playing video games, watching TV, and using the computer.

Start Small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

Use What is Available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

Plan Ahead and Track Your Progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

Plan for All Weather Conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games.



Source: Choose MyPlate, *10 Tips: Be an Active Family*;
<https://www.choosemyplate.gov/ten-tips-be-an-active-family>

Photos Source: <https://unsplash.com/>

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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



Better Living for Texans Newsletter

January 2019

Local Events

A FRESH START to a **Healthier You!**



Texas A&M AgriLife Extension Service
Liberty County
501 Palmer Ave.
Liberty, TX 77575
(936)334-3230



Cost: FREE

Participants will receive free door prizes and recipes!

Location:

AgriLife Ext. Office
501 Palmer Ave
Liberty, TX 77575

Date:

January 31, 2019
3:45 pm



Healthier You!

Class Schedule and Topics

- Creating Safe Healthier Meals
- Balance Your Day – Menu Planning
- Balance Your Day – Eating Out
- Saving More at the Grocery Store
- Celebrate Small Bites

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife, The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this meeting are encouraged to contact the County Extension Office at (936)334-3230 prior to the meeting to determine how reasonable accommodations can be made.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



Better Living for Texans Newsletter

January 2019

Recipe of the Month

Recipe Source: Texas A&M AgriLife Extension Service's Dinner Tonight

<https://dinnertonight.tamu.edu/recipe/beef-and-rice/>

One Pan Tex Mex Beef and Rice (6 servings)

This easy, one pot beef and rice dish is great for groups and as a filling for tacos or by itself! It serves six and requires only five ingredients!

Ingredients

- 1 pound lean ground beef
- 1 15-ounce can of black beans
- 1 cup cooked rice
- 1 cup chunky salsa
- 1/2 cup fat-free cheddar cheese, shredded

Directions

1. In a large skillet, brown ground beef; drain off fat.
2. Add beans, cooked rice, and salsa; heat through. Add cheese and stir until just melted.



For a complete meal add a side salad and cup of fruit.

Nutrients Per Serving: 230 calories, 5 g total fat, 2 g saturated fat, 24 g protein, 22 g carbohydrates, 6 g dietary fiber, 2 g total sugars, and 550 mg sodium

Total Cost: \$\$\$\$

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.
This institution is an equal opportunity provider.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

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