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RAISING KIDS, EATING RIGHT, SPENDING SMART, LIVING WELL



A PUBLICATION OF NORTHERN KENTUCKY FAMILY & CONSUMER SCIENCES AGENTS

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Health & Wealth Challenge 2011

6 Habits - 6 Weeks! That is the challenge the Northern Kentucky Cooperative Extension Family and Consumer Sciences Agents are giving to everyone in the eight-county northern Kentucky area. Health & Wealth Challenge 2011 runs from August 29 to October 9, 2011. Those who complete and log 6 health and wealth habits during the challenge, and submit their completed tracker form will be eligible for a number of nice prizes including an overnight stay at General Butler State Resort Park with breakfast for two, iTunes gift cards, gas cards and Living Well books.



**Small Steps to
Health and
Wealth™**

Health & Wealth Challenge 2011 is designed to motivate people to be intentionally active, eat breakfast, save pocket change, be mindful about your eating habits by not eating or drinking anything except water while in a moving vehicle, follow the My Plate guidelines at least once a day, and track your money spent by writing it down.

Contact your friends at your local Extension Office (phone number listed in left column) for a brochure about each of the 6 health & wealth habits along with the log so you can start tracking your Health & Wealth habits beginning August 29. Information and an entry form are also on-line at www.ca.uky.edu/boone/FamilyConsumerSciences.

TABLE OF CONTENTS

Timely Tips..... 1

Eating Right 2

Spending Smart..... 2

Raising Kids 3

Living Well..... 3

Cook's Corner..... 3

County Information 4

Plate = New Symbol for Healthy Eating

Goodbye, pyramid. Hello, plate.

My Plate is an uncomplicated new icon to help remind people to think about their food choices in order to lead healthier lifestyles by emphasizing the fruit, vegetable, grains, protein and dairy food groups.

MyPlate has some of the same messages as My Pyramid: -Eat a variety of foods. -Eat less of some foods and more of others.

The pyramid had six vertical stripes to represent the five food groups plus fats and oils. The plate features four sections (vegetables, fruits, grains, and protein) plus a side order of dairy in blue.

The big message is that fruits and vegetables take up half the plate, with the vegetable portion being a little bigger than the fruit section. And just like the pyramid where stripes were different widths, the plate has been divided so that the grain section is bigger than the protein section. Why? Because nutrition experts recommend you eat more vegetables than fruit and more grains than protein foods.

The divided plate also aims to discourage super-big portions, which can cause weight gain. Your plate should be 8" in diameter—what some people call a luncheon plate. Those big 10" and 12" plates need to be stored in the cupboard above the refrigerator and only pulled out for Christmas and birthday celebrations.

When mom or dad comes home from a long day of work, we're already asked to be a chef, a referee, a cleaning crew. So it's tough to be a nutritionist, too. But we do have time to take a look at our kids' plates. As long as they're half full of fruits and vegetables, and paired with lean proteins, whole grains and low-fat dairy, we're golden. That's how easy it is. For more information, visit www.ChooseMyPlate.gov.



Make Progress Everyday

Remember the old phrase "a journey of a thousand miles begins with a single step"? That single step is doing something positive every day. "Make progress everyday" is a strategy for improving health and increasing wealth because it promotes a healthy attitude about behavior change. Many people fail to make the connection between big goals and the small steps required to achieve them. They expect progress to "happen" instead of building progress steps into their daily activities. Making progress requires hard work and may make you uncomfortable at times. James Bryant Conant wrote "Behold the turtle. He makes progress only when he sticks his neck out." You have to stick your neck out in order to move closer to your goals.

The secret to making progress is getting started...today.

Today, and everyday, is the time to take action to improve your health and increase your wealth. You can "keep your eyes on the prize" and make progress every day by setting realistic and attainable goals. Many people overestimate how much they can do in short time periods and underestimate just how much they can do over time. Two examples demonstrate the latter: Health- Lose 4 pounds in 5 weeks. Repeat 10 times over a year and you can lose 40 pounds. Wealth- Save \$5 a day or \$35 a week. Repeat for an entire year and you can save \$1,820, plus interest.

Pocket change can add up. Make it a habit to use only bills for purchasing and set aside the change you get back. Save the change in a designated place and then deposit it in a savings or investment account on a regular basis or add it to credit card payments.

For more ideas see 66 Ways to Save Money found at www.66ways.org.

Source: <http://www.ca.uky.edu/HES/fcs/FACTSHTS/frm-ssb-68.pdf>



How Much 'Physical Activity' do Children Need?

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

This may sound like a lot, but don't worry! Your child may already be meeting the Physical Activity Guidelines for Americans. Encourage your child to participate in activities that are age-appropriate and enjoyable and that offer variety. The 60 minutes to several hours of physical activity that your child needs do not have to be all at once but should be in small bouts throughout the day. Just make sure your child or adolescent is doing three types of physical activity:

1. Aerobic Activity ~ Aerobic activity should make up most of your child's 60 or more minutes of physical activity each day. This can include either moderate-intensity aerobic activity, such as brisk walking, or vigorous-intensity activity, such as running. Be sure to include vigorous-intensity aerobic activity on at least three days per

week.

2. Muscle Strengthening ~ Include muscle-strengthening activities, such as gymnastics or push-ups, at least three days per week as part of your child's 60 or more minutes.

3. Bone Strengthening ~ Include bone-strengthening activities, such as jumping rope or running, at least three days per week as part of your child's 60 or more minutes.

What Do You Mean by "Age-Appropriate Activities"?

Some physical activity is better suited for children than adolescents. For example, children do not usually need formal muscle-strengthening programs, such as lifting weights. Younger children usually strengthen their muscles when they do gymnastics, play on a jungle gym, or climb trees. As children grow older and become adolescents, they may start structured weight programs. For example, they may do these types of programs along with their football or basketball team practice.

General recommendations say adults should get at least 30 minutes and children should get at least 60 minutes of exercise each day. For more information on physical activity guidelines for children visit <http://www.extension.org/pages/19811/how-much-physical-activity-do-children-need>; for adults <http://www.extension.org/pages/19815/how-much-physical-activity-is-enough-for-adults>



Track Your Current Behavior

Trying to make changes without an identified starting point is like making a plane reservation and not indicating the airport that you're leaving from.

Most people don't have a clue how many dollars they spend monthly on incidental expenses such as food and entertainment. One of the best ways to increase awareness is to keep an Income and Expense Log to write down what you earned and spent daily for a typical month or two. Keeping written records, although tedious, has been shown to be an effective way to track current practices and make behavioral changes in eating, exercise, and spending.

For more information see the fact sheet "Track Your Current Behavior" at <http://www.ca.uky.edu/HES/fcs/FACTSHTS/frm-ssb-61.pdf> for more information.

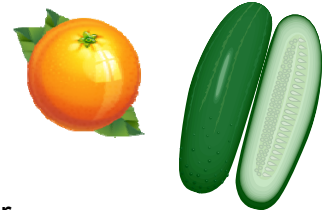


Cook's Corner

A Simple Mexican Salad

Yield: 4 servings

- 2 cucumbers
- 2 oranges
- 1 lemon or lime (the juice)
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt



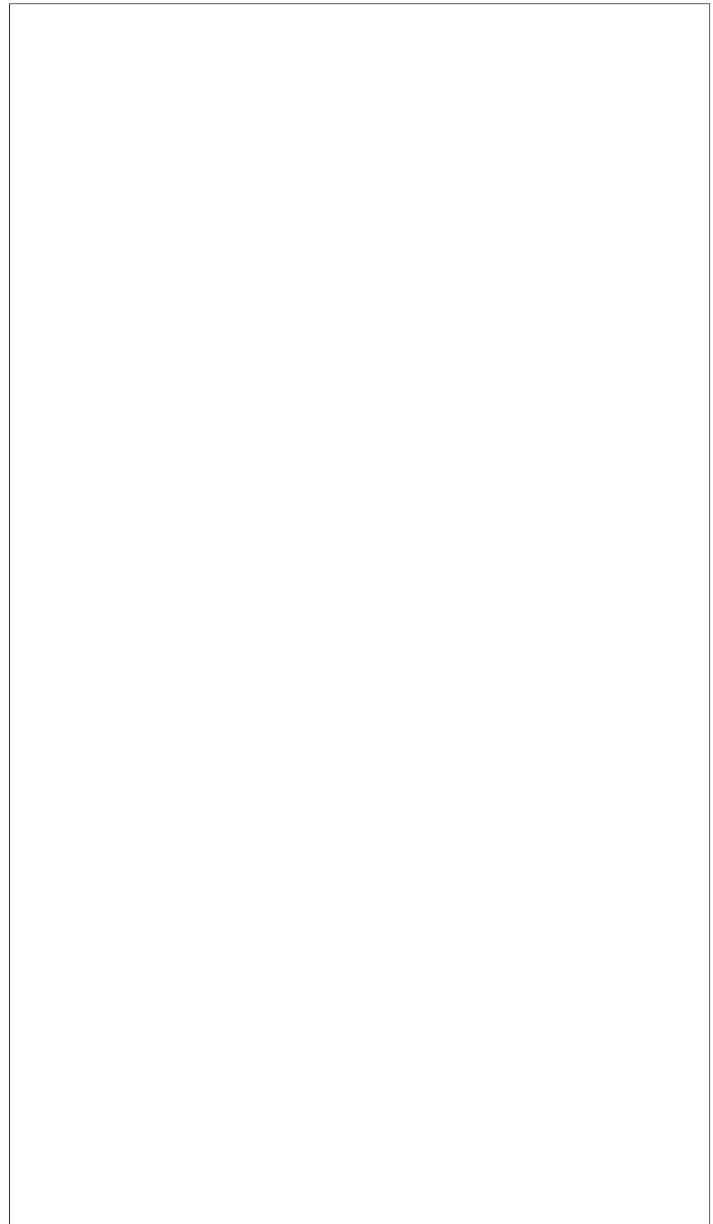
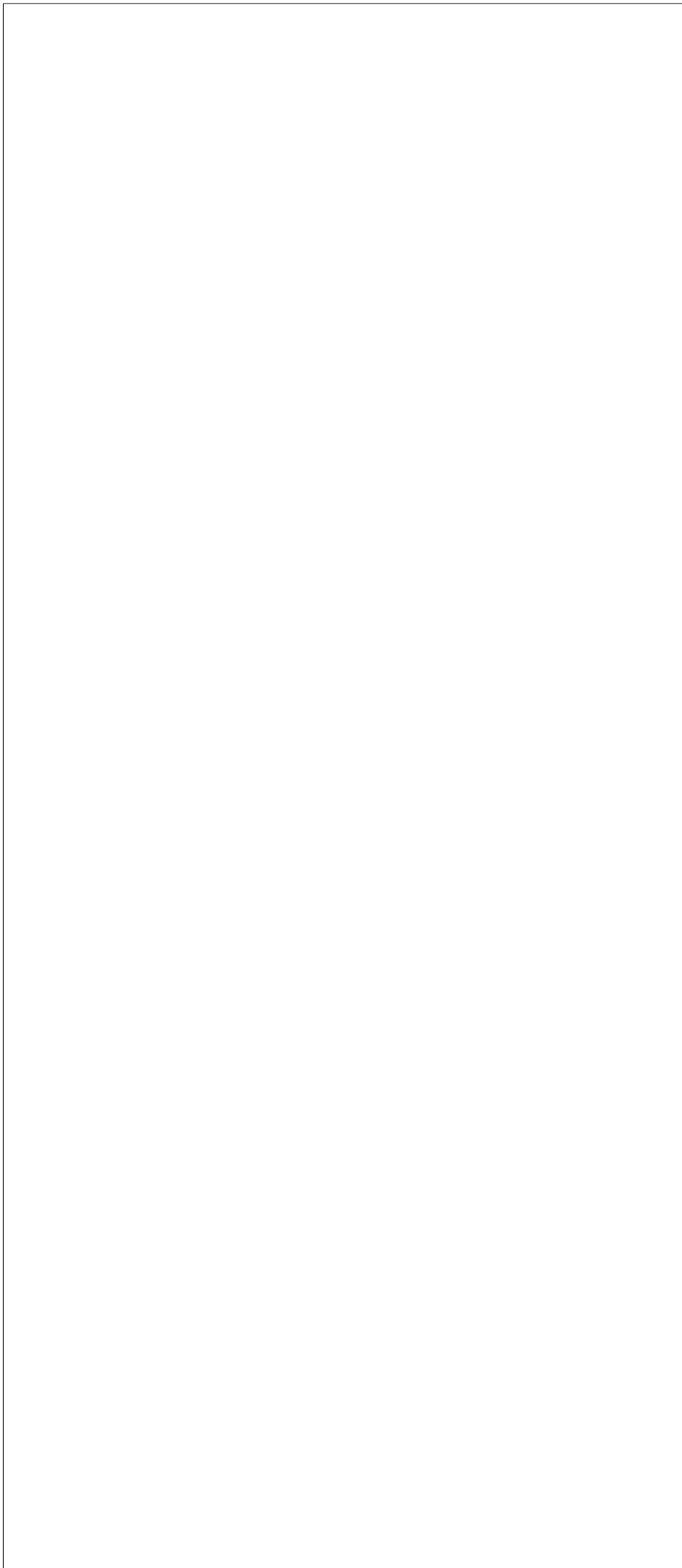
Wash the cucumbers, oranges and lemon or lime. Slice the cucumbers. Peel and cut the oranges into small pieces. Place cucumber and oranges in a medium size bowl. Add chili powder, lemon or lime juice and salt.

Per serving: 50 calories; 0gm fat; 12gm carbohydrates; 3gm fiber; 300mg sodium

Source: Oregon State University (OSU) Extension Service

http://recipefinder.nal.usda.gov/index.php?mode=print&mode2=print&rec_id=166

NEWS . . . From Gallatin County Cooperative Extension Service



FOR MORE INFORMATION CONTACT

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