

National Physical Fitness & Sports Month



The month of May is national physical fitness and sports month. With it heating up here in Frio County (ironic, I know) we can find ways to still keep active indoors. If you think that you need to have an intense regime to follow in order to reap the benefits, you'll be pleasantly surprised to find that that is not the case! In this month's newsletter you'll find different exercises you can do in the comfort of your own home (or office) that can lead to benefits such as reducing stress, reducing risk for many chronic diseases, and reducing the feelings of anxiety and depression.

Exercise and fitness isn't about the pounds you shed or the number of burpees you should be able to do, but rather being more active and present. The key to an active, healthier lifestyle is consistency. No matter what you do nor how insignificant it may seem, ensure you keep doing it. Healthy choices tend to have a domino effect, and before you know it, you'll start to choose other healthy alternatives such as eating more produce or getting more sleep.

Go get 'em, Tiger!

- Sara

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Howdy! I'm Sara Nicholson, the Family Community Health agent here in Frio County. I live out in Bigfoot on an 8-acre homestead with my husband, son, 3 dogs, 5 ducks, and too-many-to-count chickens. My role at the Extension Office is to educate on various health topics including mental health, diabetes, blood pressure, healthy habits, cooking, gardening, and much more! Interested in taking a class or finding out what Extension has to offer? Don't hesitate to reach out!

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.



Can't afford time or money to go to the gym? How about building an exercise plan for yourself? Scan the QR code on the left to learn more on HealthGuide.org!



6 Strength-Training Exercises To Do at Your Desk

1. Isometric muscle strengthening
2. Oblique twist
3. Desk planks and pushups
4. Seated leg extension
5. Chair calf raises
6. Chair Squats

Want to read more?
Scan the QR code at the right!



When & What Should I Eat Before a Workout?

Scan the QR code on the left to find out more!



In-Season Texas Produce

As one of the largest producers of fresh fruits and vegetables in the U.S., Texas' seasonality and availability can't be beat. Texas farmers have a focus on growing high-quality produce. In fact, more than 60 commercial fruit and vegetable crops and over 600 specialty crops are grown in the Lone Star State. Various produce, like green cabbage, carrots, herbs, mushrooms, tomatoes and turnips, are available year-round.



Blackberries	Onions	Field Peas
Cabbage	Herbs	Peaches
Carrots	Honeydew	Peppers
Cucumbers	Lettuce	Potatoes
Grapefruit	Mushrooms	Squash
Green	Onions	Greenhouse Tomatoes
		Turnips
		Watermelon
		Zucchini