



# Frio County Family Community Health Newsletter



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For questions, please contact Carissa Wilhelm at [cawilhelm@ag.tamu.edu](mailto:cawilhelm@ag.tamu.edu)

# Family Community Health Newsletter

## SEPTEMBER

ISSUE 6 | 09/01/2023



### MAKE IT A SEPTEMBER TO REMEMBER


Here in South Texas it's hard not to get excited for fall, but we're not like the rest of the country where their nights are getting chilly and their days are getting cooler. I guess you could say that we're in False Fall. But, hey, Starbucks Pumpkin Spice Latte is out, so that counts for something, right? This month's issue is a sampling of a lot of different topics, but the main focus is to make it a month to remember. Maybe you're going to go for the exercise and eating challenges this month. Maybe you're going to see what your local library has to offer (tell you what, it's a lot!). Maybe you're going to try the zero waste challenge. Whatever you decide to do, challenge yourself as that's where self-discovery and even happiness can be found. Make September a month to remember.

- Sara Nicholson, Family Community Health Agent

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 @Frio County Texas A&M AgriLife Extension

### HISPANIC HERITAGE MONTH

Hispanic Heritage month is a celebration of the various cultures, histories, and contributions from Mexico, Spain, Central and South America, and the Caribbean. September 15th was chosen as the kickoff date since it coincides with the Independence Day celebrations of five countries (Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua), followed by Mexico on September 16th, Chile on the 18th, and Belize on the 21st. Recipes and activities can be found starting on **page 1**.

### PCOS AWARENESS MONTH

Polycystic Ovarian Syndrome, or known as PCOS, is a hormone imbalance that can affect ovulation. It can cause problems with your periods and make it hard to get pregnant.

Doctors don't know for sure what causes PCOS, but it seems to run in families.

Read more starting on **page 3**.

### MICROPLASTICS

In one hour - Americans use 2.5 million plastic bottles.

In one week - 10 billion plastic bags are used.

In one lifetime - an average American will throw away 600 times their body weight.

Why is too much plastic a problem?

Keep reading on **page 5**.

## AND MORE!

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.



# HISPANIC HERITAGE MONTH

Hispanic Heritage Month is celebrated from September 15 through October 15 each year. Here in Pearsall, there will be a celebration on Friday, October 13 and Saturday, October 14. In San Antonio, Que Retro Arts is hosting a special market on Saturday, September 2nd at the Rolling Oaks Mall from 12-7 PM. Not wanting to go all the way to San Antonio? How about making these fun foods at home, having a YouTube dance party, and staying in?

## *Ingredients*

- 2 cups reduced sodium fat free vegetable broth
- 1 cup carrots chopped
- 1 cup bell pepper chopped
- 10 ounces frozen riced cauliflower
- 1 cup uncooked quinoa
- 1 cup low fat Monterey Jack cheese blend
- 8 ounces no salt added tomato sauce
- 15 ounces diced tomatoes with green chilis
- 15 ounces reduced sodium black beans
- 1 clove garlic minced
- 1 Tablespoon lime juice
- 1 1/2 Tablespoon chili powder
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon pepper

## *Instructions*

Begin by washing your hands and cleaning your counter tops or other surfaces. Rinse produce under cool running water before chopping.

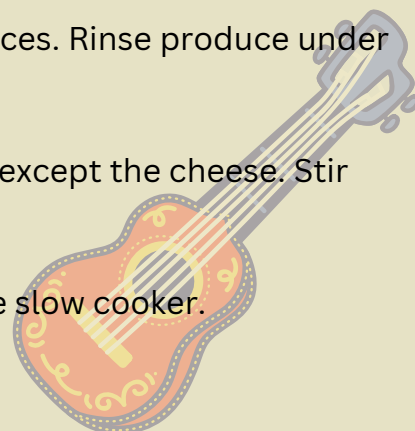
Line the slow cooker with a liner bag, if preferred.

Chop the vegetables. Measure all ingredients and place in the slow cooker, except the cheese. Stir until fully combined.

Cook on high setting for 3 hours or low setting for 5 hours.

Sprinkle the cheese on top and cook for 15 minutes more with the lid on the slow cooker.

Best served warm.







### *Ingredients*

12 Yellow Corn Tortillas  
3 Tablespoons olive oil  
14 ounces canned refried black beans  
1 pound chicken breast shredded  
1 cup low-fat cheddar cheese shredded  
1/3 cup nonfat plain Greek yogurt  
1/4 cup red onion diced  
1/4 cup cilantro chopped  
12 cherry tomatoes chopped

### *Instructions*

Preheat oven to 450 degrees F.

Brush both sides of the tortillas with oil and place on the prepared baking sheet. Bake for 8-10 minutes, or just until they start firming. Remove the baking sheet from the oven.

Flip the tortillas over and spread each one with refried beans and top with chicken and cheese. Return the tostadas to the oven and bake for an additional 5 to 6 minutes or until the beans and chicken are heated through and the cheese is melted.

Top each tostada with a teaspoon of sour cream, diced onion, diced cherry tomato, cilantro.

### *Ingredients*

Nonstick cooking spray  
1 18.5 ounce box yellow cake mix  
6 ounces nonfat vanilla yogurt  
1 cup water  
2 large eggs whites  
1 14 ounce can nonfat sweetened condensed milk  
1 cup light coconut milk (in the can or box)  
2 tablespoons of a 3 oz. package sugar-free instant pudding mix  
2 cups 1% Milk  
1 teaspoon coconut extract  
8 ounces nonfat whipped topping



### *Instructions*

Wash your hands and clean your cooking area. Preheat oven to temperature called for on the box of cake mix.

Spray a 9\*13- inch baking dish with cooking spray.

In a large bowl, combine the cake mix, yogurt, water, and egg whites. Mix with electric mixer until combined and then mix on medium for about 2 minutes. Pour into the baking dish and bake according to the cake mix directions for a 9\*13- inch pan.

Allow the cake to cool in the pan for 15-20 minutes, While the cake is cooling, pour the condensed milk and the coconut milk into a medium bowl. Whisk until combined.

Once the cake has cooled, use the handle of a wooden spoon to make holes all over the top of the cake, extending down deep into the cake. Slowly pour milk mixture evenly on top of the cake, making sure it soaks into the holes.

Add pudding mix, milk, and coconut extract to the bowl from the first milk mixture. Whisk until the pudding just starts to firm up. Pour and then spread the pudding on top of the cake, filling all the holes.

Refrigerate the cake, uncovered, for about 4 hours, until completely cold. Spread the whipped topping on top. Serve now (good), or cover the cake and let sit overnight (better). Serve with cut up fresh fruit or a warm citrus compote if desired. Refrigerate leftovers.





Each month brings several awarenesses, however, this one is especially personal to me as I had been diagnosed with PCOS (short for polycystic ovarian syndrome) in July of 2022. While I was thankful to start getting answers, I was also crushed that I had yet another disorder to add to the list that seems to be getting longer as time goes on. While this disorder isn't new by any means, it hasn't been until recently that this concerning syndrome has been paid any attention to. Polycystic ovary syndrome (PCOS) is a hormone imbalance that can affect ovulation. It can cause problems with your periods and make it hard to get pregnant.

Doctors don't know for sure what causes PCOS, but it seems to run in families. It also seems to be linked to obesity and a risk for diabetes.

You may have other symptoms. These include weight gain, acne, hair growth on the face or body, high blood pressure, and high blood sugar. Your ovaries may have cysts on them. These cysts are growths filled with fluid.

Keep in mind that even though you may not have regular periods, you can still get pregnant. Talk to your doctor about birth control if you don't want to get pregnant. Sometimes the hormone changes with PCOS can also make it hard to get pregnant. If this is a concern, talk to your doctor about treatment for this problem.

With PCOS, you may go for months or longer with no period. Your doctor may recommend medicines that can help regulate your cycle.

## Symptoms

What are the symptoms of polycystic ovary syndrome (PCOS)?

Symptoms of PCOS usually start gradually. They may include acne and oily skin, weight gain and trouble losing weight, extra hair on the face and body, thinning hair on the scalp, irregular periods, problems getting pregnant, and depression. PCOS may be more noticeable after a weight gain.

## Diagnosis

How is polycystic ovary syndrome (PCOS) diagnosed?

No single test can show that you have PCOS. To diagnose PCOS, the doctor will:

Ask questions about your past health, symptoms, and menstrual cycles.

Do a physical exam to look for signs of PCOS, such as extra body hair and high blood pressure. This may include a pelvic exam. The doctor will also check your height and weight to see if you have a healthy body mass index (BMI).

Do a number of lab tests to check your blood sugar, insulin, and other hormone levels.

Hormone tests can help rule out thyroid or other gland problems that could cause similar symptoms.

You may also have a pelvic ultrasound to look for cysts on your ovaries. Your doctor may be able to tell you that you have PCOS without an ultrasound, but this test will help rule out other problems. Your doctor may do other tests to check for problems caused by PCOS.

## Treatment

How is polycystic ovary syndrome (PCOS) treated?

Regular exercise, healthy foods, and weight control are the key treatments for PCOS. Your doctor may prescribe birth control pills to reduce symptoms and help regulate your periods, or fertility medicines for problems getting pregnant. Treatment can reduce symptoms and help prevent long-term health problems.

Common Clinical Findings in Patients with PCOS		
Signs of Androgen Excess	Evidence of Menstrual/ Reproductive Dysfunction	Evidence of Metabolic Dysfunction
1. Hirsutism 2. Acne 3. Male pattern hair loss 4. Upper body muscle mass 5. Clitoromegaly	1. Amenorrhea 2. Oligomenorrhea 3. Dysfunctional Uterine Bleeding 4. Anovulation or oligoovulation 5. Ovarian Enlargement 6. Endometrial hyperplasia Infertility	1. Obesity 2. Acanthosis nigricans 3. Elevated blood glucose (Glucose intolerance, Type 2 diabetes mellitus) 4. Elevated Insulin levels 5. Hypercholesterolemia



# MICROPLASTICS

*Why plastic overuse is a problem, defines what microplastics are, and provides tips to reduce our use of plastics*

Scientists estimate that roughly eight million metric tons of plastic entered the ocean in 2010. Many plastics are not recycled or disposed of properly.

The most discarded plastics in 2017 were food wrappers, beverage bottles, and straws. Plastics do not degrade naturally but will break down into smaller particles called microplastics.

Plastic pollution shows up almost everywhere, including:

- On the ground and in soils
- In rivers and oceans
- In the air
- In our bodies

What are microplastics?

Microplastics are tiny plastic particles that are smaller than 5 millimeters in diameter (about the size of a popcorn kernel).

They fall into two categories:

**Primary**—tiny particles designed for commercial use (such as microbeads used as exfoliants in beauty products and toothpastes, and microfibers that shed from plastic-based textiles like polyester, rayon, nylon, and acrylic with each wash) that can easily pass through water filtration systems and enter our waterways

**Secondary**—particles resulting from the breakdown of larger plastics like bottles

Unfortunately, wildlife may consume some of the plastic or become entangled in it, likely leading to their death. We have all seen the unsettling photos of sea turtles strangled by plastic six-pack rings or dead marine animals washed ashore with pounds of plastic in their stomachs. Also, you may have heard of great garbage patches in the oceans where vast amounts of marine debris, mostly plastics, collect. These patches are not islands of floating trash and are not easily detected from above. Rather, the garbage patches consist of broken-up pieces of plastic suspended throughout the water column. Imagine it like flecks of pepper floating in a bowl of soup. Clean-up efforts are extremely difficult.

Plastics degrade over time but never go away. They break up into smaller and smaller pieces, eventually becoming microplastics and microscopic nanoplastics. Microplastics are bits of plastic less than 5mm in size, smaller than a popcorn kernel. They are found in every ecosystem on Earth and consist of microbeads, microfibers, and broken-down pieces of plastic.

**Amounts of microplastics in the environment are likely to increase with the increase of plastic production. Although depressing, there are simple things you can do to cut down on this growing problem.**

- **Reduce use of single-use plastics.**
- **Purchase items with less packaging.**
- **Use reusable water bottles/coffee mugs.**
- **Refuse plastic straws/lids when dining out. Consider purchasing a reusable straw.**
- **Pack trash-free lunches. Use reusable containers/utensils.**
- **Use reusable shopping bags rather than plastic ones.**
- **When eating out, take a reusable container for leftovers.**
- **Recycle when possible.**
- **Use microplastic catch bags when washing fleece and other synthetic fabrics.**
- **Secure waste bins on collection days.**
- **Buy used.**
- **Repair/maintain products like clothing and appliances.**
- **Borrow, rent, or share items you don't use frequently.**
- **Get involved. Participate in local clean-ups.**
- **Educate about plastic waste and impacts on the environment.**

**Microplastic pollution is not a new problem. However, in recent years, the public has become more aware, and scientists are studying the seriousness of the problem. The problem is vast, but everyone can make conscious decisions to reduce the use of single-use plastics.**



## LIBRARY CARD SIGN-UP MONTH

# Why Libraries Are Important

## HOW OUR LOCAL LIBRARY IS A HIDDEN GEM

Here in Frio County we have two libraries: one in Pearsall, off of Oak Street and Comal, and a smaller one in Dilley, off of Main Street and Miller. Both are wonderful under utilized resources for their communities. Here are four reasons why public libraries are important:

### *Libraries support educational opportunities*

Libraries are commonly considered educational institutions, providing students and researchers the tools and resources they need to learn and study. In fact, libraries have long been dubbed “the people’s university,” for their equitable nature, bringing information and education to all people, regardless of socioeconomic status.

Many of us envision our libraries full of books, encyclopedias, computers, and workspaces, but what we often neglect to include in that description is offerings like film and music, access to other learning avenues like local zoos or botanical gardens, 3D printers, WiFi hotspot lending programs, art lending programs, recording studios, or even blood pressure monitors.

### *2. Libraries preserve cultural heritage and history*

Speaking of people from all walks of life, libraries play a key role in preserving the cultural heritage and history of their communities. While not all libraries have archival services, those with professional archivists give patrons access to valuable historical stories and records that add tremendous value and context to their people.

Organized archives allow people to research genealogy and immigration history, do environmental research, find maps, digitize records, and more.



### *3. Libraries provide access to necessary resources for marginalized communities*

Resources often extend beyond educational materials and into direct action, as libraries across the country host free library lunches for kids in need, farmer's markets, seed lending programs, and even tool lending libraries, to give patrons access to items they otherwise may not be able to afford.

Youth are also able to utilize libraries in creative ways, benefiting from tutoring services, afterschool programming, homework help, outdoor learning initiatives, and summer reading programs.

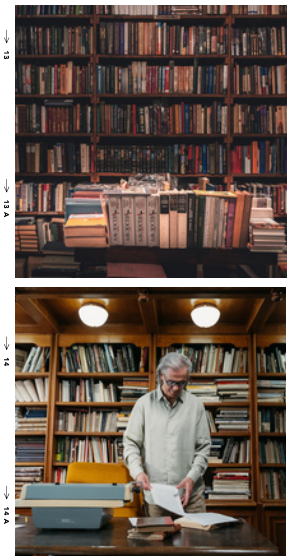
Libraries are community-centered in a way few other institutions are; helping folks rebuild after disaster, feed their families, start a business, or simply feel seen and included for who they are.

### *4. Libraries are a safe and reliable space for all*

While libraries are not substitutes for shelters, counseling centers, or long-term systemic solutions to homelessness, they are vital to public health and safety, offering people experiencing homelessness a safe and dignified space throughout the day.

Libraries are also integral for unhoused folks to find empowerment, using computers to apply for jobs and seek further assistance. While some folks may be unable to get a library card due to a lack of a permanent address, more resources are becoming widely available as public libraries work on the frontlines of the housing crisis.

So next time you have time to kill, visit your local library and see what they have to offer. I know I personally use Libby, an online app that allows me to borrow books from other libraries, whether digital copies or audiobooks. If your library doesn't have the book you're looking for, you can also request an interlibrary loan. If reading isn't your thing, then you also have a space to share with others what is.

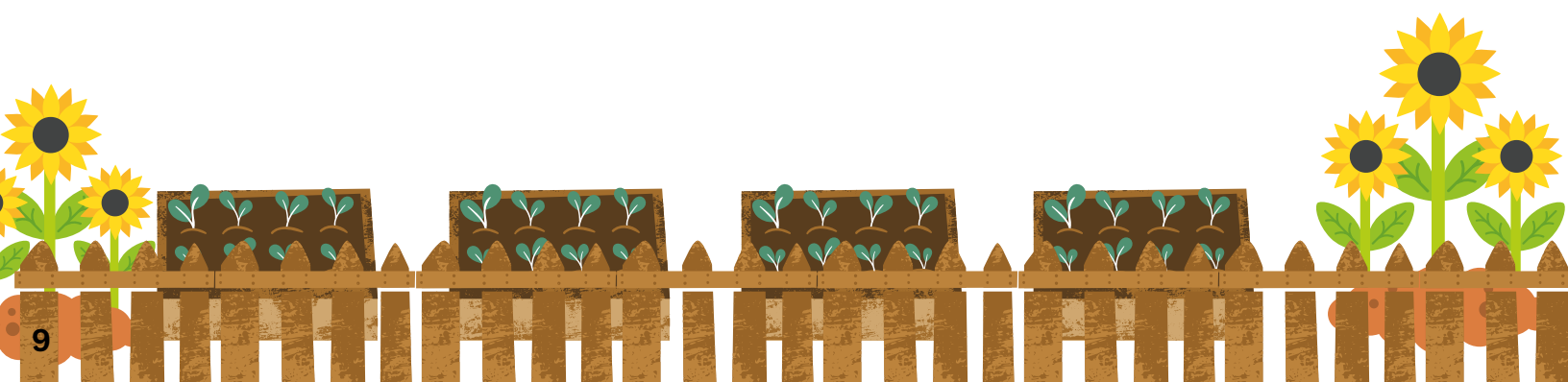


# Fall Gardening: September Checklist

There is still plenty of warmth and growing opportunities available for September gardening Zone 9. There is a subtle shift with the kids going back to school and visions of the temperatures cooling down just a bit. Those in warmer climates might not be experiencing that temperature shift just yet, but there is hope that the relief is on its way.

As we ease into September and relish the hint of relief from the heat and humidity, it's a great time to jot down the successes and shortcomings of this garden season and start developing goals for next year. We've highlighted some planning essentials that will help you grow and excel even more as a gardener.

- Take out your garden journal and walk around the yard. Make a note of high-performing and underwhelming plant varieties. Decide what plants performed best for seed harvesting. Add your favorites to your list to buy seeds or plants for next year.
- It's hurricane season for those gardeners on the East coast, so have a plan to bring potted planters indoors if possible.
- Make some notes in your garden journal about the weather and how it impacted your September gardening this year. Were there any significant storms, droughts, or heavy rains?
- Identify which spring flower bulbs you'd like to plant this fall and buy them from garden centers when the selection is at its best.
- In recent times, there have been some seed shortages of many of our favorite varieties. Plan to harvest your own seeds, and it's not too early to acquire your seeds for spring if they are available.
- Stock up on seed collection envelopes, labels, and seed storage containers.
- Sketch and/or photograph your vegetable garden layouts and keep them in your garden journal. This way, you will know how to rotate your crops for next year.
- Think about ways to add color and draw beneficial insects to your fall gardens. Consider planting nasturtiums, marigolds, asters, cosmos, mums, and anemones.
- Plan out your fall pots and planters. Summer blooms are fading, but there are many opportunities to add color and visual interest to your landscape. Try pairing some fall showstoppers like heuchera, mums, asters, ornamental cabbage, and variegated ivy.
- Make a note of any diseased or spotty plants as you remove them from your garden. Include the variety of plants and where it was planted, and discard the debris far away from your garden or compost pile.
- Decide if you will plant a cover crop this fall and acquire the seeds for planting. Not planting a fall or winter crop? Plant a cover crop in vacant garden spaces.



- Look around your yard for anything that needs repair or change. Would you like to start a compost area? Does a fence need repair? Does your vegetable garden need more secure fencing? Would you like to build raised beds or build some climbing structures? Is a potting bench on your wish list? Write down any materials that you might need for these projects.
- Check back to your gardening wish list in your garden journal for any items that may be on clearance racks at the end of the summer season. Now is a great time to pick them up at a discount.
- Consider what new perennials and shrubs you'd like to add to your landscape. Early fall is an excellent time for planting.
- Have perennials gotten too big for their planting spaces? September is an ideal month for dividing. Consider planning a plant swap with friends and neighbors to share your garden treasures or plan to carve out a new garden bed to plant divided perennial plants.
- Are your seed packets in a jumbled mess after this summer of vigorous planting? Consider ordering some seed organizing supplies and write this down as a late fall or winter task.

September gardening is for prep and maintenance. Gardeners may feel some relief from the high heat and humidity this month. If the oppressive weather of July and August kept you from completing your garden maintenance tasks, it's time to get a handle on the gardens.

Not sure what you should be doing in the garden this month? Here are some key tasks to get you started.

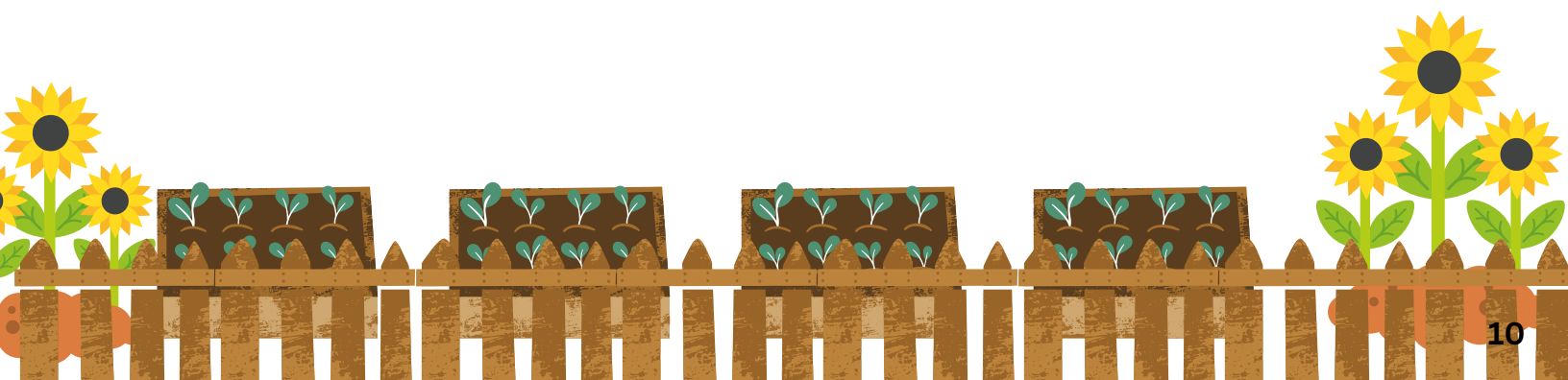
### *Weeding in September*

Keep up with organic weed control during September gardening. They are easiest to pull when they are young or after rainfall.

### *Mulching for Fall*

Mulching remains on the September garden checklist because it is so beneficial to gardens. Continue to mulch your garden beds in the fall. Here's why:

- It gives the yard and garden a fresh look.
- Mulch enriches the soil over time as it breaks down.
- Mulch stomps out those fall weeds.
- Prevents soil erosion from heavy rains, winds, and storms.
- Retains moisture during bouts of drier weather.
- Insulates bulbs, perennial root systems.





### Late Summer Watering

It can be much drier in September for those in Zones 9-10. Watering is vital to help new perennials and trees establish their root systems and for those already set plant root systems to stay adequately hydrated.

Conversely, annual plantings are slowing down a bit in their growth, and cooler temperatures may mean they don't need as much water as they did during the peak of summer.

If there are any water usage restrictions in your area, be sure to abide by those regulations strictly.

### Fall Fertilizing

Stop fertilizing trees and shrubs during September gardening. Cooler weather is approaching, and new growth established from fertilization can cause those limbs to be susceptible to damage. Fertilize vegetable gardens as needed. This includes gardens that include summer vegetable plants that are still producing, fall vegetable gardens, and gardens that have finished producing. Organic fertilizers help build the soil and take time to break down to be available to plants for the next growing season.

If you have a cool-season lawn variety, it's time to fertilize your lawn. If you are unsure what kind of grass that you have, bring a small clump to your local extension office and ask for some guidance.

### September Garden Pruning

Remove some foliage from pumpkin plants to allow fruits to ripen. In late September, remove female flowers from squash, melons, and pumpkins and remove immature fruits from squash, tomato, melons, pumpkins, and eggplants as they have less chance of maturing fully. Pinching them off will push the energy to fruits that are already established. Allow perennial plants to die back before cutting them back. Allow some seed heads to remain on plants for birds to feed on and for seed collection.

### Outdoor Fall Planting

Beets	Lettuce
Broccoli	Peas
Brussel Sprouts	Radishes
Cabbage	Spinach
Carrots	Swiss Chard
Cauliflower	<i>Note that those plants in the cabbage family should be planted as transplants this month.</i>
Kale	

Article taken from <https://kelloggsgarden.com/blog/gardening/september-garden-checklist-zones-9-10/>



# rapidefoundation.org

See exercise and nutrition challenges on the Foundation's Facebook, Twitter, YouTube, Pinterest and Instagram pages.

## Get Healthy Cenla September Challenge Calendar 2023



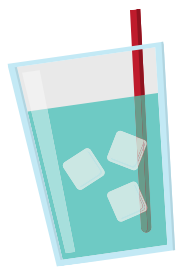
Solid SUNDAY	Marvel MONDAY	Take Lunch TUESDAY	What-A WEDNESDAY	Treats THURSDAY	Fit FRIDAY	Super SATURDAY
<p>September is National Childhood Obesity Awareness Month. According to the CDC, about 1 in 5 (19%) children in the United States has obesity. Children with obesity are at higher risk for having chronic health conditions and diseases, such as asthma, sleep apnea, other bone and joint problems, high blood pressure and high cholesterol, as well as type 2 diabetes. This month we are raising awareness of this serious health condition among our children.</p>						
<b>3</b> Aim for 5 or more servings of fruits and vegetables daily.  <b>50 JUMP ROPE JUMPS</b>	<b>4</b> Peanut/nut butter with sliced raspberries or blackberries on multigrain bread. <b>10 squats</b> <b>10 lunges</b> <b>10 pile squats</b> <b>REPEAT 2x</b>	<b>5</b> Lunch in a Crunch: Tuna & spinach roll-up in a whole wheat tortilla, baby carrots, 1 cup of grapes.  <b>15 min. walk</b>	<b>6</b> Choose foods with 140 mg or less of sodium per serving. <b>8 min. BURN:</b> 30 sec. jump rope 30 sec. mountain climber 30 sec. jump squats <b>REST 60 sec. Repeat 3x</b>	<b>7</b> <b>Yummy treat:</b> 3 cups of air popped popcorn, pair with unsweetened flavored carbonated water. <b>15 min. walk</b>	<b>8</b> <b>GET STRONG:</b> 15 sec. Bear Crawl 15 sec. Crab Walk 15 sec. Pushups 15 sec. Superman <b>REPEAT 3X</b>	<b>9</b> Taste test a new to you red fruit today. I tried _____ Alternate 5 min. normal pace walk with 1 min. fast pace for 20-30 min. 
<b>10</b> Set a goal to reduce screen time to 2 hours or less daily. <b>40 MOUNTAIN CLIMBERS</b>	<b>11</b> 1 cup Greek yogurt topped with granola & sliced banana. <b>10 squats</b> <b>10 lunges</b> <b>10 pile squats</b> <b>REPEAT 3x</b> 	<b>12</b> Lunch in a Crunch: 1 ounce cheese cubes, 8 whole wheat crackers, cherry tomatoes & apple slices. <b>20 min. walk</b>	<b>13</b> Choose foods with 5 grams or less total fat per serving. <b>10 min. BURN:</b> 30 sec. jump rope 30 sec. mountain climber 30 sec. jump squats <b>REST 60 sec. Repeat 4x</b>	<b>14</b> <b>Sweet treat:</b> Mix 70% cacao chocolate chips, blueberries & almonds. <b>20 min. walk</b> 	<b>15</b> <b>GET DYNAMIC:</b> 20 sec. Bear Crawl 20 sec. Crab Walk 20 sec. Pushups 20 sec. Superman <b>REPEAT 3X</b>	<b>16</b> Taste test a new to you orange vegetable today. I tried _____ Alternate 3 min. normal pace walk with 1 min. fast pace for 20-30 min. 
<b>17</b> Incorporate one hour of physical activity into each day. <b>30 PUSHUPS ON THE KNEES OR TOES</b> 	<b>18</b> Scramble 2 eggs with 2 handfuls of spinach & 1 handful of mushrooms & side of orange slices. <b>15 squats</b> <b>15 lunges</b> <b>15 pile squats</b> <b>REPEAT 2x</b>	<b>19</b> Lunch in a Crunch: Turkey & Swiss cheese sandwich on whole wheat bread with sliced avocado, cucumbers & tomatoes & 1 cup of strawberries. <b>25 min. walk</b>	<b>20</b> Eat breakfast daily for brain-boosting powers. <b>12 min. BURN:</b> 40 sec. jump rope 40 sec. mountain climber 40 sec. jump squats <b>REST 60 sec. Repeat 4x</b>	<b>21</b> <b>Salty Treat:</b> Dip pretzels in hummus.  <b>25 min. walk</b>	<b>22</b> <b>GET FIT:</b> 25 sec. Bear Crawl 25 sec. Crab Walk 25 sec. Pushups 25 sec. Superman <b>REPEAT 3X</b>	<b>23</b> Taste test a new to you purple fruit today. I tried _____ Alternate 2 min. normal pace walk with 1 min. fast pace for 20-30 min. 
<b>24</b> Set a goal to have zero sugar-sweetened beverages. <b>20 JUMP SQUATS</b> 	<b>25</b> Quick on-the-go breakfast: nutty granola bar with an apple. <b>5 squats</b> <b>15 lunges</b> <b>15 pile squats</b> <b>REPEAT 3x</b> 	<b>26</b> Lunch in a Crunch: Toasted whole wheat English muffin, 2 Tbsp. pizza sauce, top with veggies & low fat mozzarella cheese. Microwave 1 min. <b>30 min. walk</b>	<b>27</b> Increase energy level & promote weight loss by sleeping 8 hours nightly. <b>14 min BURN:</b> 50 sec. jump rope 50 sec. mountain climber 50 sec. jump squats <b>REST 60 sec. Repeat 4x</b>	<b>28</b> <b>Festive Treat:</b> Whole grain tortilla chips & salsa.  <b>30 min. walk</b>	<b>29</b> <b>GET MOVING:</b> 30 sec. Bear Crawl 30 sec. Crab Walk 30 sec. Pushups 30 sec. Superman <b>REPEAT 3X</b>	<b>30</b> Taste test a new to you yellow vegetable today. I tried _____ Alternate 1 min. normal pace walk with 1 min. fast pace for 20-30 min. 

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 Healthy Lifestyle PROGRAM

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## SIGNS OF DEHYDRATION

- THIRST, DRY MOUTH, FLUSHED SKIN
- FATIGUE
- HEADACHE
- DIZZINESS, WEAKNESS
- HIGHBODY TEMPERATURE
- INCREASED BREATHING RATE, RAPID PULSE
- SKIN THAT STAYS IN A PINCHED POSITION
- **DARK YELLOW URINE**

## ASSESS YOUR HYDRATION FROM THE COLOR OF YOUR URINE!



PALE  
(LIKE  
LIME  
LEMONADE)

= ADEQUATELY  
HYDRATED

DARK  
(LIKE  
APPLE  
JUICE)



= DEHYDRATION  
COULD BE  
AN ISSUE



Drink 4 - 6 oz of  
water every  
15 - 20 mins  
of physical  
activity.

## SPORT DRINKS

- Sport drinks help replace fluids & restore nutrients to the body that are lost through perspiration.
- If exercising for...

< 60  
mins  
(Less Than)



= adequate  
fluid  
replacement

> 60  
mins  
(Longer/Greater Than)



= adequate  
fluid  
replacement

## Infuse Your Water with...

Strawberries and Mint

Orange and lime

Pineapple and Strawberries

Watermelon

Cucumber and Mint



FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- Podcast: FABLOW AgriLife is on 11 different platforms (find us!)
- Blog/Main Hub: <https://fablowagrilife.weebly.com>
- YouTube & Pinterest: FABLOW AgriLife (find us!)

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