



FRIO COUNTY FAMILY
COMMUNITY HEALTH

Newsletter

Git yer dancin' shoes on

It's time for a

Dance n Talk

Classes start on
Wednesday, January 3rd
6:30 PM

Frio County Conference Room

We'll be discussing how to add fruits & vegetables to our diets, do some taste testing, and learn exciting line dances from our very own Cherie Allmand!

Family Community Health Newsletter

DECEMBER

ISSUE 9 | 12/01/2023



**MAY YOUR WALLS KNOW JOY,
MAY EVERY ROOM HOLD
LAUGHTER, AND EVERY WINDOW
OPEN TO GREAT POSSIBILITY**

Inhale. Exhale. It's a crazy time of year, and if we're not careful, we can miss the moments that make life meaningful.

While presents and parades are some of the things we look forward to most during the holiday season, I want to challenge everyone, myself included, to be present in the moment. As cheesy as it is, sometimes the present is just presence. Our parents don't want more stuff, they want to spend time with us. Our children may think they want more stuff, but what they really need is us to be present; to share experiences with them.

So here's to practicing mindfulness and being present. May your walls know joy, may every room hold laughter, and every window open to great possibility.

- Sara Nicholson,
Family Community Health Agent

12 DAYS OF HEALTHMAS

Think of it as a health advent calendar! You can go through each step twice, mix and match, or whatever you'd like!

SAD AWARENESS MONTH

Seasonal Affect Disorder affects about About 10 million Americans experience SAD, which is a form of depression that usually affects people from mid to late fall through the early days of spring. Even here in South Texas where we don't get less than 10 hours of sunlight a day, people can still be affected by the shorter daylight hours.

DECEMBER GARDEN CHECKLIST

Other parts of the country may be covered in snow, but down here in zone 9A, we can keep on enjoying our gardens and playing in the dirt. Read on to see what you can plant, how to compost, and what produce is in season!

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.


12 DAYS OF HEALTH-MAS



12
MINUTES
OF
PHYSICAL
ACTIVITY



11 MINUTES
OF FRESH
AIR



10 MINUTES
OF
CONNECTING



9 MINUTES OF
"DEVICE-FREE"
TIME
BEFORE/AFTER
BED



8 GLASSES OF
WATER OR
MORE A DAY!



7 THINGS YOU
ARE
GRATEFUL
FOR EACH DAY

12 DAYS OF HEALTH-MAS



SHHH

6 MINUTES
OF
QUIETING
THE MIND



5 RANDOM
ACTS OF
KINDNESS



4 FRUITS
AND
VEGGIES A
DAY!



3 BIG DEEP
BREATHS



2
ALCOHOLIC
DRINK
LIMIT



1 DAILY ACT
OF SELF-
CARE

SEASONAL AFFECTIVE

DISORDER

Seasonal Affective Disorder (SAD)

Seasonal affective disorder, or SAD, is a condition in which some people experience a significant mood change when the seasons change. SAD is not considered a separate disorder but is a type of depression.

Causes

Seasonal Affective Disorder (SAD) is triggered by changes in seasons. This form of depression usually occurs during the fall and winter months when there is less sunlight, and the days get shorter. SAD usually lifts during the spring and summer months.

Symptoms

Not everyone with SAD has the same symptoms, but they can include:

- Sad, anxious, or "empty" feelings
- Feelings of hopelessness, guilt, worthlessness, or helplessness
- Loss of interest or pleasure in activities you used to enjoy
- Fatigue and decreased energy
- Difficulty concentrating, remembering details, and making decisions
- Thoughts of death or suicide
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Weight gain
- Social withdrawal (feeling like "hibernating")
- Difficulty sleeping
- Lack of appetite
- Irritability and agitation

Testing for SAD

Talk to your health care provider or mental health specialist if you are concerned and think you may be suffering from SAD.

Get Help

SAD may be effectively treated with a specific type of light therapy for many. Antidepressant medicines and talk therapy may also be needed to reduce SAD symptoms, either alone or combined with light therapy. Additionally, vitamin D supplements may improve symptoms.

DECEMBER

Gardening Checklist

The mild temperatures of our zone allow gardeners the opportunity to grow vegetable and ornamental gardens all year long. Winter gardening is a fantastic way to bring color and vibrance to the landscape during the long winter months. While everything might not thrive during this time of year, if you know just what to plant, you can have a bountiful garden that is the envy of your neighbors.

December Garden Planning

Gardening chores may have slowed a bit, but December is a great time to reflect on your garden endeavors. Look back at the successes and pitfalls of past seasons and forge forward with new ideas and enhancements for the coming year.

Review Garden Success & Stumbles

It is an excellent time for starting a gardening journal if you don't have one already. Chart seed and plant varieties, their planting specifications, days to germinate and mature, and keep notes about what worked well and what didn't. This chart will help you plan from year to year with knowing when to sow seeds, plant with optimal spacing, when you can expect blooms, and when to harvest your plantings.

If any of your crops were plagued by garden pests or disease, it is a great time to research companion plants and spacing provisions to protect and boost your plants' production in the future.

Garden Planning



Seed catalogs should start popping up in mailboxes at this point in the year. This is the perfect opportunity to sit back, get cozy, peruse the catalogs, and dream of what you'd like to plant in your spring, summer, and fall gardens. Ordering seeds early can ensure that you get the seeds you seek before other gardeners snatch them up.

If you have friends or community members who are also passionate about gardening, you might look for a seed swap nearby or perhaps start your own. Often, whether through seed saving or an overflow of seeds in packets, you may have extra seeds. Add some diversity to your garden this year by swapping and sharing seeds with other gardeners. Embrace the opportunity to connect with other gardeners and try something new in the garden.



When you aren't harvesting your winter garden vegetables, pull out your garden journal, and dream a little. Sketch out some ideas or clip garden plan ideas out of magazines to give you visuals to aspire to. Perhaps there are even some indoor construction projects that you can do, like create a climbing structure or a raised bed to be added to your garden this spring.

Winter Garden Maintenance

Zone 9 gardeners don't have to let their gardens hibernate for the winter like other zones do. Therefore, there is much less to do in the form of fall and winter cleanup and plant protection.



Cut back spent plants to about 6 inches and add non-diseased organic matter to your compost pile.

Add compost to your gardens to enrich and amend the soil after each harvest and plant some cover crops in gardens that are not being used for December planting or fall harvesting. Both will help to improve the soil and help combat erosion.

Add a thick layer of mulch to your garden beds for added insulation of roots and in order to keep the soil warm.

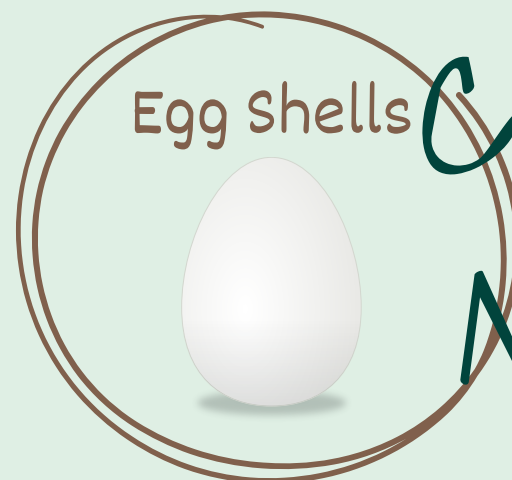
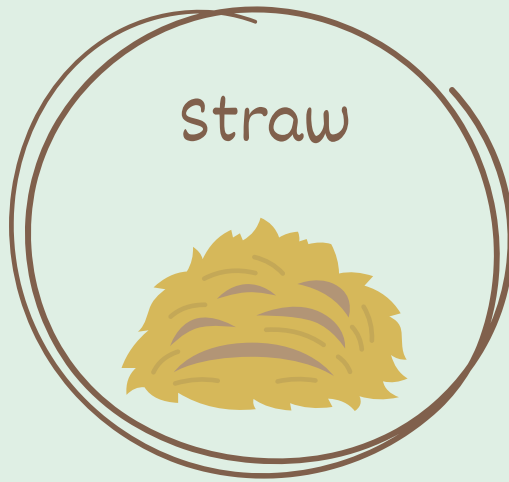
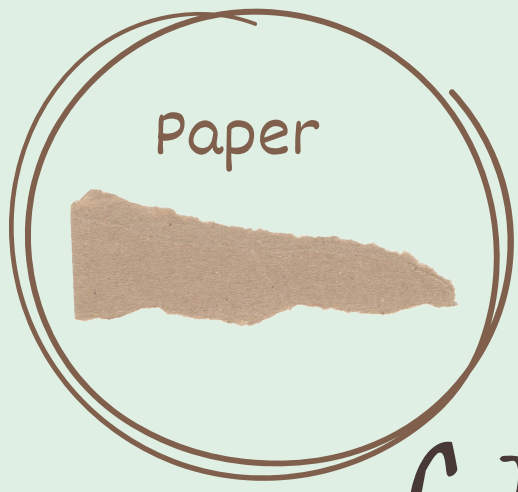
Composting

Healthy gardens start with a robust and nutrient-rich soil structure. If you do not already have a compost pile, create one today and add to it all winter long. Developing an ongoing composting system is one of the best things you can do for next year's garden. Compost is also important when your gardens are being utilized all year long. This can put a strain on the nutrient levels in your soil. Side-dressing crops with compost can enrich the soil and help your plants thrive.

Organic food and natural green and brown items decompose together to create well-draining soil, high in nutrient content and filled with beneficial microorganisms. While other regions are covered in snow zone 9, 10, and 11 gardeners are lucky as they can continue to collect natural composting materials such as leaves, brush, and grass clippings. A rule of thumb for compost is to have 30-parts of brown ingredients, which are carbon producers, to 1-part green ingredients: the nitrogen producers.

What can be composted?

Brown Composting Materials



Green Composting Materials



Mulching Your Garden

Mulch plays a vital role in the garden beds during the growing season, but it is also essential to add mulch in the fall and winter months. Mulch insulates the soil and protects perennial plant root systems. Warmer soil also helps microorganisms to thrive and remain active even during the coldest of seasons.

In areas that do not have a lot of wind, mulch may be all you need for the protection of your winter crops. Adding a thick layer of mulch can help regulate root and soil temperatures, adding insulation when a winter chill comes through the area.



Winter Gardening Vegetables and Fruits

Plant these delicious vegetables during the month of December, when the days are still mostly sunny. Be sure to select an area of the yard for your winter garden that receives a minimum of 8 hours of sunlight per day for best results. This is the best time of year to plant cool weather loving plants like broccoli, cauliflower, and greens which tend to bolt and attract garden pests in hot climates.

It is also possible to have some frosts. It is a good idea to have a cotton blanket or row cover to protect plants from the destruction that a freeze can bring. Row covers can also help to protect plants from destructive pests that are plentiful all year long in warm climates.

In many cases, fall and winter crops tend to do their best when they are transplanted as seedlings rather than directly sown. If you have sown seeds indoors prior to December, you'll have a head-start on this planting season.

Try planting some of these proven winners in your December garden:

- Beets
- Broccoli
- Cabbage
- Collards
- Kohlrabi
- Parsley
- Radishes
- Beans
- Cantaloupes
- Cucumbers
- Eggplant
- Okra
- Mustard
- Onion
- Lettuce
- Kale
- Cauliflower
- Carrots

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- Kale
- Cauliflower
- Carrots

Winter Flowering Plants

If you want to get the most out of your ornamental gardens this year, consider adding some of these blooming treasures, which are known to bloom throughout the winter months.

These winter and fall flowers will add vibrancy and color to the winter landscape and will stomp out any winter doldrums:

- Daphne
- Jasmine
- Delphiniums
- Baby's Breath
- Carnations
- Violets
- Pansies
- Azalea
- Petunias
- Witch Hazel
- Snapdragon



*Every gardener
knows that under
the cloak of winter
lies a miracle.*

WHAT'S IN SEASON?

ARUGULA

BEETS

BOK CHOY

BROCCOLI

BRUSSELS SPROUTS

GREENS

CABBAGE (NAPA, GREEN)

CARROTS

CAULIFLOWER

CILANTRO

COLLARD GREENS

CUCUMBERS

ENDIVE

FENNEL

GREEN BEANS

GREEN GARLIC

GREEN ONIONS

KALE

LEEEKS

LETTUCE

MUSTARD GREENS

ONIONS

PARSLEY

PEA SHOOTS

PECANS

RADISHES

SPINACH

SQUASH (SPAGHETTI,
BUTTERNUT, ACORN)

SWEET POTATOES

SWISS CHARD

TOMATOES (HOT HOUSE)

TURNIPS (WHITE, PURPLE TOP)



December is National Handwashing Month

Let's practice safety and cleanliness!

Handwashing 101



1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



4. Rinse your hands well under clean, running water.



5. Dry your hands using a clean towel or air dry them. If using a towel, avoid rubbing too vigorously.

Did you know...?

- The two most important times to wash your hands are before and after preparing food, and after going to the bathroom.
- Less than 75% of women and less than 50% of men wash their hands after using the bathroom
- When you flush a toilet with the seat up, a mist containing bacteria is spread over about 6 square meters. Even worse... Sinks in public bathrooms are 90% covered in this bacteria.
- The ideal amount of time to wash your hands is 30 seconds, but 15 is recommended at the very least.
- Most bacteria on our hands is under our fingernails, so when you're washing, be sure to scrub underneath them.
- Damp hands are 1,000 times more likely to spread bacteria than dry hands, yet only 20% of people dry their hands after they wash them.
- Reusable cloth towels have millions of bacteria in their fibers. Using disposable paper towels is the cleanest way to dry your hands.



rapidstfoundation.org

Eat 5 servings of fruits and vegetables every day.

Get 30 min. of moderate physical activity 5 days a week.

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

Get Healthy Challenge: Christmas Countdown 2023

Santa SUNDAY	Merry MONDAY	Tinsel TUESDAY	Wonderful WEDNESDAY	Trim It THURSDAY	Festive FRIDAY	Sleigh Bells SATURDAY
 <p>December's Challenge is the 12 days of "Fit-mas." The 12 days of "Fit-mas" will start with the exercise for the 1st day of "Fit-mas." Then, on the 2nd day, you will do the exercise for that day plus the exercise for the 1st day, and so on, just like the song!</p>						
 <p>3</p> <p>On the 3rd day of "Fit-mas" my trainer gave to me:</p> <p>1 min. elbow plank</p>	 <p>4</p> <p>Have a sweet tooth? Eat 1 cup fruit, drink 8 oz. water, and wait 15 minutes; that should do the trick!</p> <p>30 min. walk</p>	 <p>5</p> <p>For added fiber and Omega 3-6-9 fatty acids, change to brown and/or wild rice.</p> <p>Rest day</p>	 <p>6</p> <p>On the 4th day of "Fit-mas" my trainer gave to me:</p> <p>30 squat thrusters</p>	 <p>7</p> <p>For a healthy heart and stronger bones, ensure 2 servings of dairy foods daily.</p> <p>30 min. walk</p>	 <p>8</p> <p>For a healthier sweetener try honey in place of refined sugar.</p> <p>30 min. walk</p>	 <p>9</p> <p>On the 5th day of "Fit-mas" my trainer gave to me:</p> <p>50 glute squeezes</p>
 <p>10</p> <p>Replace sugary cereals with whole oats for improved cholesterol and blood sugar levels.</p> <p>Rest day</p>	 <p>11</p> <p>On the 6th day of "Fit-mas" my trainer gave to me:</p> <p>50 sit-ups</p>	 <p>12</p> <p>Eat ¼ cup of nuts between meals to help control hunger and prevent overeating.</p> <p>30 min. walk</p>	 <p>13</p> <p>On the 7th day of "Fit-mas" my trainer gave to me:</p> <p>30 pushups</p>	 <p>14</p> <p>Use low-fat products to make holiday recipes more heart-healthy.</p> <p>30 min. walk</p>	 <p>15</p> <p>Replace ground beef with lean ground turkey or chicken to reduce unhealthy fats.</p> <p>Rest day</p>	 <p>16</p> <p>On the 8th day of "Fit-mas" my trainer gave to me:</p> <p>30 back step lunges</p>
 <p>17</p> <p>In holiday recipes, try replacing 1/2 of enriched flour with whole grain or nut flour.</p> <p>30 min. walk</p>	 <p>18</p> <p>On the 9th day of "Fit-mas" my trainer gave to me:</p> <p>20 wood choppers (each side)</p>	 <p>19</p> <p>On the 10th day of "Fit-mas" my trainer gave to me:</p> <p>40 squats</p>	 <p>20</p> <p>Avoid overeating; fix a small plate, eat slowly and savor the flavor!</p> <p>Rest day</p>	 <p>21</p> <p>On the 11th day of "Fit-mas" my trainer gave to me:</p> <p>30 shoulder side raises</p>	 <p>22</p> <p>Ensure a minimum of 7 cups liquid daily for adequate hydration. (¼ should be plain water)</p> <p>30 min. walk</p>	 <p>23</p> <p>On the 12th day of "Fit-mas" my trainer gave to me:</p> <p>40 windshield wipers</p>
 <p>24</p> <p>Eat 2-4 oz. of tuna or salmon, 2 times a week for improved heart health.</p> <p>30 min. walk</p>	 <p>25</p> <p>Make movement part of your gathering today.</p> <p>30 min. walk</p>	 <p>26</p> <p>Replace high calorie/high fat chips and dips with raw vegetables and hummus.</p> <p>Rest day</p>	 <p>27</p> <p>Help lower your blood pressure. Choose caffeine free or decaffeinated coffee, tea and sodas.</p> <p>30 min. walk</p>	 <p>28</p> <p>Make a commitment to a minimum of 7 hours of sleep nightly for improved health.</p> <p>Rest day</p>	 <p>29</p> <p>Eat color-rich fruits/vegetables for increased vitamin/mineral intake.</p> <p>30 min. walk</p>	 <p>30</p> <p>Set the tone for the new year. Repeat the 12 days of "Fit-mas."</p>
 <p>31</p> <p>Set one or two realistic nutrition and exercise goals for 2024.</p>						

Join us on Social Media:



Facebook: facebook.com/therapidesfoundation
Twitter: twitter.com/rapides_trf
Pinterest: pinterest.com/getthealthycenla

HealthyLifestyle



Cenla Medication Access Program



CHRISTMAS COOKIE

Exchange

*Don't miss out on cookie exchanges this year!
It's a fun way to spend time with friends and
family.*

PECAN APPLE

Spice Cookies

Ingredients

*1.5 cup all-purpose flour
1 cup oats
2 tsp cinnamon
1/2 tsp baking soda
1/4 tsp salt
1/2 cup unsalted butter
1/4 cup granulated sugar
1/4 cup brown sugar packed
1 large egg
1 1/2 tsp vanilla extract
1 1/2 cup apple chopped
1/2 cup chopped pecans*

1. Preheat oven to 350, clean area, and wash apples
2. In a small bowl, combine, flour, oats, cinnamon, baking soda, and salt. Set aside.
3. In a mixing bowl, mix with an electric mixer butter, sugar, brown sugar, egg, and vanilla until smooth.
4. Slowly mix in flour mixture until smooth
5. Fold in apple and pecans
6. Form the dough into 1" balls, place on cookie sheet, and press down.
7. Bake at 350 for 6-8 minutes
8. Remove from oven and serve warm.

Makes about 24 cookies

A top-down view of numerous almonds scattered across a light gray surface. The almonds are in various orientations, some showing their characteristic ridged texture. The text is overlaid on this background.

ALMOND BUTTER Cookies

Ingredients

*2 cups almond flour
1 cup almond butter
1/4 cup egg whites
1 tablespoon maple syrup
1 tablespoon unsweetened
almond milk
1/2 teaspoon vanilla extract*

1. Preheat oven to 350 degrees.
2. Mix together almond butter, almond milk, maple syrup, vanilla extract, and egg whites in a large bowl.
3. Then add almond flour into the mix. Keep mixing until the batter is thick and sticky.
4. Prep cooking sheet pan with either parchment paper or spray with non-stick baking spray.
5. Roll 12 dough into balls approximately 2 Tablespoons in size. Place each ball on your prepared baking tray/ cookie sheet.
6. Then flattened balls with a fork to form a cookie shape.
7. Place in oven and bake for 10 minutes then enjoy!

Makes about 12 cookies

STRAWBERRY OATMEAL Cookie Balls

Ingredients

*1 cup Medjool dates pitted
4 medium ripe strawberries
1 teaspoon vanilla extract
1/2 cup old fashioned rolled oats dry
3/4 cup whole almonds
1/4 cup unsweetened coconut flakes*

1. Use a food processor to blend the dates, strawberries, vanilla extract, oats, and almonds together.
2. Process until the almonds are in pieces but not completely ground.
3. Spoon out mixture** and roll into a small ball, place on a plate and refrigerate for 1 hour.
4. Clean food processor and add coconut flakes. Process until broken down into small pieces.
5. Pour out coconut onto a clean plate and roll chilled balls over coconut, topping well.
6. Store in a sealed container in the refrigerator for up to 5 days. You can also store in individual wrap or plastic bag.

**use 1 Tbsp. measuring spoon to scoop out mixture from

Makes about 16 cookies

ZUCCHINI-OAT CHOCOLATE CHIP Cookies

Ingredients

1 1/2 cup all-purpose flour or white whole wheat
1 tsp ground cinnamon
1/2 tsp baking soda
1/4 tsp salt
1/2 cup unsalted butter softened
1/4 cup granulated white sugar
1/4 cup light brown sugar packed
1 egg
1 1/2 tsp vanilla extract
1 1/2 cup shredded zucchini
1 cup rolled oats
1/2 cup chopped pecans or walnuts optional
1/2 cup semi-sweet chocolate chips

1. Preheat oven to 350 degrees. In a mixing bowl whisk together flour, cinnamon, baking soda and salt for 20 seconds, set aside.
2. In the bowl of an electric stand mixer fitted with the paddle attachment whip together butter, granulated sugar and brown sugar until creamy.
3. Mix in egg and vanilla extract. Add zucchini and with mixer set on low speed, slowly add in flour mixture. Stir in oats, walnuts and chocolate chips (I reserved 1/3 cup of the chocolate chips to press into the tops of dough balls before baking, just for looks which is totally optional).
4. Shape dough into balls, 2 Tbsp each, then transfer to a Silpat or parchment paper lined baking sheets, spacing cookies 2-inches apart.
5. Bake in preheated oven 11 - 14 minutes until edges are lightly golden. Cool on baking sheet 2 minutes then transfer to a wire rack to cool completely. Store in an airtight container.

Makes about 24 cookies

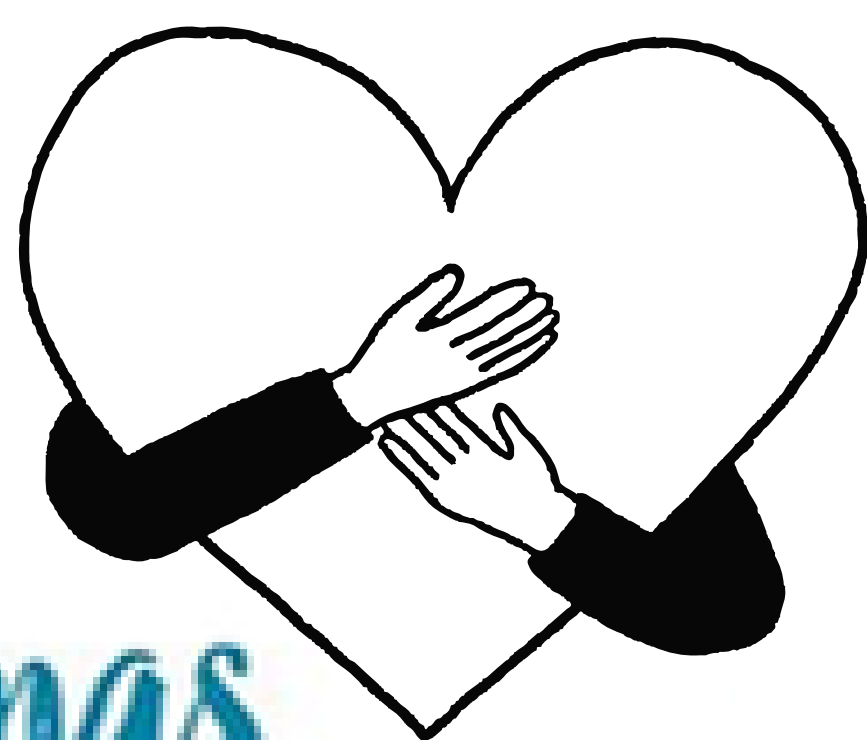
SOFT PUMPKIN Spice Drops

Ingredients

1 1/2 cup all-purpose flour or white whole wheat
1 tsp ground cinnamon
1/2 tsp baking soda
1/4 tsp salt
1/2 cup unsalted butter softened
1/4 cup granulated white sugar
1/4 cup light brown sugar packed
1 egg
1 1/2 tsp vanilla extract
1 1/2 cup shredded zucchini
1 cup rolled oats
1/2 cup chopped pecans or walnuts optional
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25 Days of Christmas ACTS OF KINDNESS

① thank SOMEONE	② SUPPORT small biz	③ create care PACKAGES	④  WRITE LETTERS to deployed soldiers	⑤ hold the DOOR OPEN
⑥ pay for someone's MEAL	⑦ COMPLIMENT a stranger	⑧ LEAVE A note in a library book	⑨ pick up LITTER	⑩ DONATE OLD books 
⑪ help a CHARITY	⑫ VOLUNTEER	⑬ send a handwritten letter	⑭ BAKE COOKIES for police officers	⑮ donate on GO FUND ME
⑯  buy a stranger COFFEE	⑰ TELL FAMILY you love them	⑱ shovel snow for a NEIGHBOR	⑲ collect soda tabs FOR Ronald McDonald	⑳ cook dinner FOR SOMEONE
㉑ HELP A friend	㉒ donate to a FOOD BANK	㉓ BABYSIT for free	㉔ ask others to pay it FORWARD	㉕ CELEBRATE Christmas!

LEARNINCOLOR.COM



6 TIPS TO EASY GIFT GIVING



Buy gifts for fewer people

Merry Christmas

Spend time with the people you love through sharing experiences instead of giving gifts

Ask people what they would like

Give something usable, like a subscription

Give consumable gifts

Make a charitable contribution in their name



9 Ways to Stay Active Over the Holidays



1. It's a "shoe-in"

As much as you can, wear running or comfortable walking shoes so you can get moving whenever there's an opportunity. Pop a casserole in the oven and head out the door for a walk or jog while it's baking. Park farther away and walk to your destination. Walk the mall before you shop the mall.

2. Take the stairs

"In one minute, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding an elevator," according to the Centers for Disease Control and Prevention. Remember this quote by Joan Welsch and take the stairs, "A man's health can be judged by which he takes two at a time – pills or stairs."



3. Work out with your mobile device

Download an app(s) or video(s) for your mobile device (iPad, iPhone, etc.) or watch an online video that will help you get moving. Some of these may be especially helpful when you're traveling and staying in a hotel or with friends. Avoid workouts with lots of noisy activity that can bring management to your hotel door. Use your favorite search engine or check with the app store for your mobile device to find apps and videos that inspire you.



4. Find trails and tracks before you travel

Visit the USA Track & Field website at <http://www.usatf.org/routes> for routes for walking or running in your destination city. Check with your host or hotel as to their safety before you take off. The hotel or your host may have additional suggestions.

5. Try some tempting tunes

If you like to work out to music, “gift” yourself with some new tunes to get motivated. For example, searching for “holiday fitness music” or “Christmas fitness music” in the iTunes store yielded several downloadable albums for the winter holiday season. Or, you could put together your own playlist. A similar search in the “MP3 Music” category on Amazon.com also found several tunes. Check your favorite music source site for possible motivation.



6. Clean your house

Set aside several hours one day and REALLY clean your house. Bending, squatting, running up and down stairs, standing while folding and putting away laundry, etc. all burn calories. Get workouts the old-fashioned way ... by “working” out!



8. Build activity into family visits and outings

Encourage house guests to bring workout clothes suitable for walking or perhaps activities at a local health club. An added benefit: By getting outside, we couldn't eat all the holiday leftovers lurking in the house.



7. Look for a holiday fun run

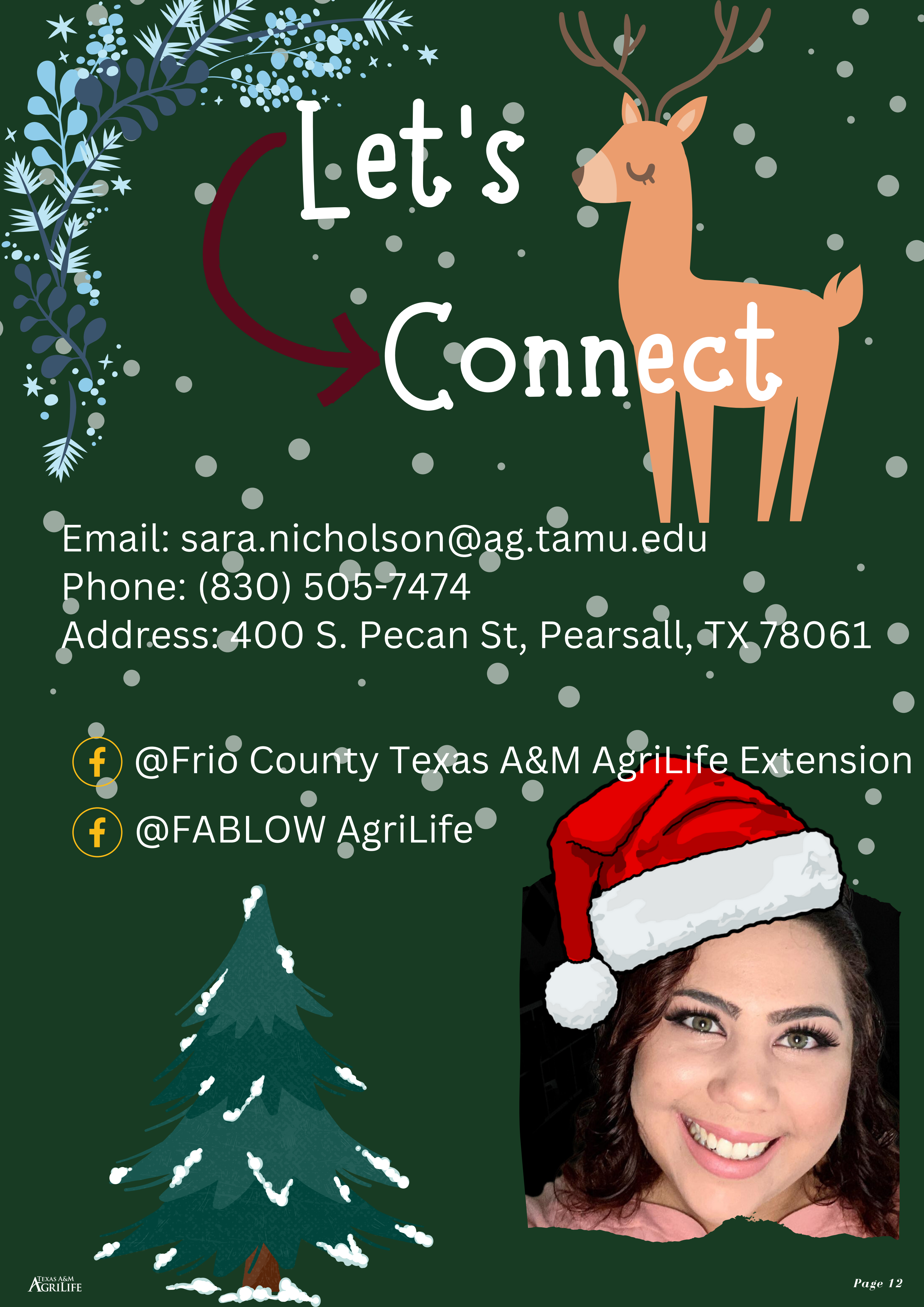
Fun runs are often held over the holidays. There is usually a small fee and they're open to everyone from runners to people who meander along the trail with friends. They are usually 5K runs (3.1 miles). Get in the back of the pack when starting if you plan to set a more leisurely pace. Invite your friends and plan on an outing with coffee or a meal together afterwards. You'll feel better physically and mentally for it.



9. Fly with wheels (or a backpack)

If you're flying during the holidays, use the time between flights to get in some activity. If time allows, walk to a far-away gate vs. taking a “people mover.” Walk vs. wait at your gate until you can board your flight. If you are lugging carryon luggage, make it easier and more comfortable to move by using a wheeled suitcase or a backpack.





Let's Connect

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 @Frio County Texas A&M AgriLife Extension

 @FABLOW AgriLife

There are 10 differences in these pictures. Can you find them all?



3 street lamps + 3 street lamps + 3 street lamps = 45

2 snowmen + 2 snowmen + 3 street lamps = 23

2 Christmas trees + 2 Christmas trees + 1 snowman = 10

1 street lamp + 1 Christmas tree × 1 snowman - 1 street lamp = ?