

# Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



## May-June 2019

### Reap Health Benefits with HIIT

Now that the weather is warmer, let's increase our physical activity. Some people think High-Intensity Interval Training will make exercise harder but most find it easier than traditional cardio workouts. And, HIIT more effectively improves metabolic rate for burning calories, improves VO2 max – heart health, and strengthens the immune system.

The magic is in the short bursts of more intense effort. With HIIT, you exercise at a comfortable pace for 2-5 minutes; then go as hard as you can for 30 seconds to a minute. Repeat this sequence 4 or 5 times. The actual exertion level and duration of the “burst” will vary from person to person. It's the “bursts” of intensity that creates the magic of better cardiovascular health, improved cholesterol profiles and less insulin resistance.



Walking is a safe form of exercise for many people, and a great place to start using HIIT. Walk at an easy pace for a few minutes. Then pick up speed and swing your arms. After 30 seconds or a minute of fast walking, drop back to the slower pace. Repeat cycle 4 or 5 times.

Tips for more success:

Choose an activity you enjoy: walking, bicycling, swimming, dancing, etc. – anything you can change the speed or intensity.

Don't exercise on an empty stomach. If you don't have enough blood sugar when you exercise, your body pulls it from your muscles first. To improve body composition, you want to preserve muscle and burn fat. Do this by exercising 1 to 3 hours after a meal with sufficient protein, plenty of veggies, and healthy fats.

Start slow – do a HIIT workout for 10 minutes, three days a week. Increase your workout time to 20 minutes (then 30 minutes) as you get stronger.

Remember to do a warm-up and cool-down for a few minutes with each workout.

Source: *BottomLine Health*, January 2019, Vol. 33 No. 1: “The Easy Way to Do HIIT,” Robert Zembroski, Darien Center for Functional Medicine

**Joy Akey**

Yuma County  
joy.akey@colostate.edu  
(970) 332-4151

**Morgan County**

coopext\_morgan@Mail.Colostate.edu  
(970) 542-3540

**Tara Fundus**

Logan County  
tara.fundus@colostate.edu  
(970) 522-3200, Ext. 2

**Gisele Jefferson**

Washington County  
gisele.jefferson@colostate.edu  
(970) 345-2287

**Tracy Trumper**

Phillips County  
tracy.trumper@colostate.edu  
(970) 854-3616

**Extension Online**

<http://www.goldenplains.colostate.edu>  
[www.extension.colostate.edu/logan](http://www.extension.colostate.edu/logan)  
[www.extension.colostate.edu/morgan](http://www.extension.colostate.edu/morgan)

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**GOLDEN PLAINS AREA**  
COLORADO STATE UNIVERSITY  
EXTENSION

Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.

## Teens and Summer Jobs

Jobs during the summer for teens can be a great way to earn a little extra cash and teach your child about money management. It can also give them a boost when applying for employment beyond high school. Many employers note there is a need for employees with soft skills such as communication skills, teamwork and work ethic. Summer jobs can give youth opportunities to practice these skills where the consequences may not be as great as in a full time professional job later on in life.

Parents can help by brainstorming with their child about mutual goals, the kind of job they want and how to prepare themselves for the position they are seeking. Maybe they are looking for an experience that will help them decide on a career or college major, or maybe they want a job to help pay for tuition or their first car.

Having a conversation with children at the beginning of the job, before the first paycheck, is important to discuss expectations of what will happen with the money made. Does the parent expect a certain percentage to be saved and used on necessary items, such as school supplies? How much should be allotted for “fun” money? Having a spending plan in place at the very start will help clarify and keep track of expectations from the get-go as well as learn budgeting skills.

This is also a great time to open up checking and savings accounts if your child doesn't already have them. Some research shows just opening a savings account and starting to save has a positive effect on teens' educational attainment. Youth who have money set aside in a savings account designated for postsecondary education, regardless of the amount, are more likely to go on. It also increases the likelihood they will graduate with a college degree or certification they are working towards.

If your child is struggling with ideas for job opportunities, here are some possibilities:

- Babysitter
- Pet sitter
- Dog walker
- Photographer
- Crafter – use their special talent working with wood, sewing, t-shirt designer, etc.
- House cleaner
- Ranch/Farm Hand
- Tutor
- Summer sports coach
- Swim lesson coach
- Lifeguard
- Lawn maintenance and landscaping
- Camp counselor
- Food service – restaurant, grocery store
- Yard sale organizer – help with the hassle of a yard sale by offering services to advertise, set up, price items, manage the table during the sale, etc.



## **Prepare Ahead of Time- Shelter-In-Place**

Times of disaster or emergency may require you to seek shelter in your home, place of employment or other location for protection. The situation may include staying with friends and relatives, staying in a hotel or staying in an emergency shelter. The safest locations to seek shelter will depend on the hazard. Assess the situation using local media information from television, radio or the internet. Local authorities will give information about the immediate danger and give suggestions of how to take shelter or if and when to evacuate. Depending on the circumstances, you may have to seek shelter for a short period of time, such as during a tornado, or longer, for a flood or disease outbreak. Preparing ahead of time may include preparing for food and water needs. There are general guidelines to be aware of ahead of time.

### **HOME**

- ✓ Close, lock all windows, doors.
- ✓ Go to interior room. For threatening weather conditions pick a structure with a room that has strong walls, roof, and door, with few windows. Make sure you are in a structure that cannot be overturned or uplifted. The basement is best for weather emergencies, such as tornadoes.
- ✓ Bring emergency kits/ supplies, including all medicines. You may be there for a period of time.
- ✓ Bring pets with you and supplies for them.
- ✓ Bring a radio to keep informed.
- ✓ Contaminant emergency- It is best to be inside a room above ground with the least amount of windows; Shut off fans, air conditioning, heating, and close the fireplace damper. Cover cracks in windows with duct tape and pre-cut plastic.

### **WORK**

- ✓ Close the business. Secure emergency supplies for shelter location.
- ✓ Secure all doors and windows.
- ✓ Bring everyone into the internal shelter room. Include any clients or customers.
- ✓ Ask everyone to call their emergency contact and let them know where you are and status.
- ✓ Write down the names and emergency contacts of everyone in the room.

### **VEHICLE**

- ✓ If you are close to home, your office, or a public building, go there immediately.
- ✓ Have a supply emergency kit kept for your car, including extra blankets.
- ✓ If there is no building to go to, pull over to the side of the road and stop in the safest spot possible.
- ✓ Contaminant emergency- Keep the windows and doors closed and seal the air vents and stay inside until told it is safe.
- ✓ Tornado- If you see a funnel cloud approaching, DO NOT STAY in your car.
- ✓ Get down into a ditch or as low to the ground as possible. Use your arms to cover your head and neck.
- ✓ For other severe weather, such as thunderstorms or a blizzard, stay with your car. Call to let someone know where you are.

### **SUPPLY LIST**

- Non-perishable food (such as dried fruit, peanut butter, crackers)
- First Aid Kit- include any medications
- Extra batteries
- Matches in a waterproof container with a candle and tall jar to burn it in.
- Toothbrush, toothpaste, soap, hand sanitizer
- Paper plates, plastic cups and utensils, paper towels
- Water – at least a gallon per person, per day
- Battery- powered or hand-cranked radio
- Sleeping bag or warm blanket for each person
- Flashlights
- Whistle to signal for help
- Can opener (manual)
- Local maps
- Pet supplies
- Baby supplies (formula, diapers)



Go to [www.fema.gov](http://www.fema.gov), <http://www.disasterassistance.gov>, or <https://ready.gov> for more information on emergency preparedness and shelter-in-place.



## **Enrich Your Plate with Spring Veggies**

Seasonal produce is a fun and healthy way to add color, variety and balance to your meals. Produce is full of vitamins, minerals, phytonutrients, and antioxidants that support health and wellbeing. Fresh spring produce provides fiber, which helps regulate appetite and helps you feel full longer. Here are some tips on how to use six local springtime vegetables.

### **Arugula (Harvest Season: May-October)**

Thoroughly wash arugula in cold running water, and dry the leaves with a salad spinner or clean paper towel. Mix it with asparagus and farro for a refreshing salad, or add arugula leaves to a sandwich. Add a handful of arugula leaves to your favorite pizza, or to filling for a casserole or lasagna. Store fresh arugula in the refrigerator wrapped in a damp paper towel.

### **Asparagus (Harvest Season: May-June)**

Start by washing asparagus stems under cold running water, dry with a clean kitchen towel. Remove the dense ends of the stems as they are hard to chew. Sauté the stems in a stovetop pan with a drizzle of oil, minced garlic, fresh lemon slices, salt and pepper until bright green (about 5 minutes on medium heat). Or brush the prepared stems with olive oil and minced herbs, and bake in the oven or grill on a barbecue until lightly roasted.

### **Radishes (Harvest Season: May-November)**

The red radish is the most common variety; other colors include white, pink, purple, and green-and-pink (watermelon radish). Wash and slice radishes and toss them with a mixed arugula and spinach salad. Add sliced or minced radishes to potato salad, chicken salad or tuna salad. Thinly sliced radishes can be added to tacos or layer onto a sandwich. Mix minced radishes with cream cheese and chives for a colorful spread. Cooking radishes reduces their peppery bite. They can be roasted or braised with herbs and spices. The green leafy tops of radishes can be used to give a new flavor to pesto.

### **Rhubarb (Harvest Season: May-September)**

Commonly paired with sweet treats and fruits, rhubarb is actually considered a vegetable. It has red tender stalks that look like celery. Dark red rhubarb stalks tend to be sweeter. Do not eat rhubarb leaves, as these are poisonous. Remove the leaves before it is stored in the refrigerator. Stalks can be refrigerated for two weeks. First remove the leaves and cut off the tough ends of the stalks. Cook or bake rhubarb stalks to soften them. Combine rhubarb stalks with ginger or strawberries in sweet and savory dishes. Use chopped rhubarb stalks in cake, bread, pie and homemade jam or compote. For a savory taste, cut the stalks into ½ inch pieces and stew with meat. Make a rhubarb sauce to serve with lamb, chicken, beef or pork.

### **Peas (Harvest Season: May-July)**

Peas can be served and enjoyed either cold or hot. Start by washing them in a colander and remove the peas from the outer shell/pod. Add peas to cold salads like potato salad or pasta salad. Cook fresh peas and mash them like potatoes for a colorful side dish. Toss fresh peas in pasta, soup, stir fry, rice or casseroles for variety and color.

### **Spinach (Harvest Season: May-October)**

Spinach is a versatile spring vegetable. Start by washing a large handful of fresh spinach leaves under cold running water, then blot dry with a clean kitchen towel. Chop it up or add it whole to your favorite dishes. Fresh spinach is bulky and will cook down to a quarter of its uncooked volume. Try an omelet with spinach and shredded cheese. Add a handful of spinach to soups, pizza, pasta sauces, rice dishes or salads. Lightly wrap spinach leaves with a damp paper towel and refrigerate them in a plastic bag to store them.

*Adapted from: Theresa Berger, founder of MamaMeTime.net* <https://www.chhs.colostate.edu/krnc/monthly-blog/may/> <http://farmtotable.colostate.edu/> <http://liveeatplay.colostate.edu/>

## Summer Family Fun on a Budget

With the end of school in sight, here's a few ideas and online resources to help you plan for some summer fun with your kids without breaking your family budget.

**Create rainbow popsicles.** This activity offers a double dose of entertainment: Kids will have fun making these [colorful sweet treats](#) and several hours later they'll enjoy savoring them even more.

<https://www.sandytoesandpopsicles.com/eat/rainbow-fun-part-2-rainbow-pudding-pops/>

### Pudding Pops

2 – large boxes (5.1 oz) instant pudding mix (light colored)

milk

food coloring

Dixie Cups (5 oz.) (Small paper beverage cups)

popsicle sticks



Prepare pudding according to the directions. (Add 1-2 tablespoons more milk to make the pudding pourable.) Let pudding stand until it has thickened a bit.

Divide into 5 parts and color each part with food coloring.

Layer each color of pudding into small Dixie cups.

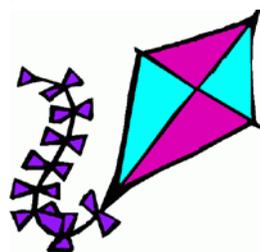
Cover with tin foil. Insert popsicle sticks.

Chill in refrigerator 2 hours, then place in freezer to completely freeze.

To eat, peel off Dixie cup paper and enjoy your pudding pop!

Makes 10 – 12 popsicles

**Stargaze in your backyard.** Lie on the grass or make your kiddie pool work overtime by filling it with pillows and blankets, and host your first family stargazing night.



**Fly a kite.** When the winds are heavy, take your kids outside and teach them the secret to flying a piece of fabric in the air for hours at a time. Even better: Make your kite together beforehand. <http://littlebuttondiaries.com/2015/05/29/nap-time-crafts-fabric-kite-for-kids/>

**Try squirt gun painting.** Get the family outside with this one-of-a-kind craft. If things get messy, don't worry: Use your garden hose to quickly clean up supplies and the backyard. <https://www.firefliesandmudpies.com/squirt-gun-painting/>

**Plan a photo scavenger hunt.** Make a list of items your family or friends can find outside, like "something red" or "three types of flowers." Whoever snaps photos of the most items on the list wins! Visit [GoExploreNature](#) for more ideas.

**Make a Bored Jar.** Put an end to that perennial summer complaint by filling a jar with suggestions. Fill a jar with low- and no-cost activities ranging from "make an obstacle course" to "find out how many bones are in the human body." Search for "I'm Bored Jars" and you'll have plenty of ideas!



Lots more ideas at: <https://www.womansday.com/life/work-money/tips/g1212/summer-activities/?slide=24> or <https://www.care.com/c/stories/3331/101-fun-things-to-do-with-kids-this-summer/> or <https://www.parents.com/fun/activities/outdoor/cheap-summer-fun/>

## Program Highlights

### Healthier Weigh 2019 – Trek to the Summit!

The 2019 "A Healthier Weigh" challenge began in early January in six northeast Colorado counties and Bent County in SE Colorado – with **146 completing** the 12-week challenge out of 176 participants who weighed-in for an 83% completion rate. Collectively, this group of people **lost 1,233 pounds and 302 waist inches.**



County	Completed	Weight Lost	Percent Loss	Waist Lost	Percent Loss	Miles per person
Phillips	31	90.4	3.0%	29.5	5.0%	324.9
Bent	33	597.8	6.9%	102	5.4%	334.3
Yuma /Kit Carson	44	353.0	4.0%	95	6.3%	384.1
Wash/Morgan/Logan	38	191.8	2.6%	75.5	4.9%	417.1
TOTAL	<b>146</b>	<b>1233.0</b>		<b>302.0</b>		

## Upcoming Events!

**Yuma Cake Show:** June 11th, with registration and entry of decorated cakes from 9:15-9:45. Cakes judged in the morning, technique workshop 1:15-3:15 p.m. Entry Fee for cakes is \$5, with an additional \$6 fee for the workshop. Open to Adults and Youth.

**Youth Robotics Camp:** June 10-14<sup>th</sup>, for ages 9-15 years, in Akron. The morning camp - 8:15 a.m. to 11:30 a.m. each day for Beginner & Intermediate. The afternoon session - 1:00 to 4:30 p.m. for Advanced Camp must have some previous experiences with computers, robotics, design and building. Cost \$35. Email [gisele.jefferson@colostate.edu](mailto:gisele.jefferson@colostate.edu)

**4H and More Camp:** July 16-July 17<sup>th</sup> for ages 8 to 10 years. July 18-July 20 ages 11-14 years. From 9am to 3pm each day. Featuring rocketry, GPS, technology trailer activities, Phillips County Museum, Over-night stay at Camp Machasay (11-14 years) and Service Learning Project. For more information call Tracy Trumper at Phillips County Extension at 970-854-3616 or email at [tracy.trumper@colostate.edu](mailto:tracy.trumper@colostate.edu)

**ServSafe Food Managers' Training:** June 5, 8:00 am – 5:30 pm, Logan County Extension Office, Sterling Register with the Yuma County Extension Office, 970-332-4151.

### Mark your calendars for County Fairs:

July 22-27 Kit Carson County Fair, Burlington

July 24-28 Phillips County Fair, Holyoke

July 27–Aug. 8 Morgan County Fair, Brush

July 30- Aug. 3 Eastern Colorado Roundup (Washington County), Akron

July 31-Aug. 4 Sedgwick County Fair, Julesburg

August 3-7 Yuma County Fair, Yuma

August 1-11 Logan County Fair, Sterling

