

Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



January - February 2020

2020 A Healthier Weigh – Using Technology to Improve Health

Make 2020 Your Healthiest Year!



The 2020 "A Healthier Weigh" challenge is set to begin in seven northeast Colorado counties in early January. There will be a staggered start as each county has setup their own registration and weigh-in date. However, the educational content of the

program will be consistent for all counties. The AHW challenge encourages increasing activity, making wise food choices, and living a healthier lifestyle in 2020.

Participants in northeast Colorado will see a new benefit to the program using some of the newest technology – the InBody™ Body Composition Analysis. CSU Extension will be providing two complete body scans to provide body composition analysis at the beginning and end of the health challenge. The scans measure the intracellular water located in your body's cells indicating your level of hydration. It also measures the extracellular water, which is an indicator of swelling, inflammation or fluid retention. It determines your lean body mass which is a combination of bone, muscle, water and organs. And, the scan determines your body fat mass, which is the percent of body fat. The scan device provides a detailed printout which will be helpful in setting personal health and fitness goals related to your health.

The annual 12-week Health and Fitness Challenge will help you focus on improving or maintaining your health. Teams consist of 4 adults, couples or individuals. County challenge guidelines, entry packets and weigh-in dates will be available in early December. The program modules on various nutrition and fitness topics are available online 24/7 access, or may be sent by email or hardcopy.

The challenge program guidelines and entry forms are available through the CSU Extension offices in Logan, Morgan, Kit Carson, Phillips, Sedgwick, Washington, and Yuma counties, or via their websites

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Extension Online

<http://www.goldenplains.extension.colostate.edu>

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Where tradenames are used, no discrimination is intended and no endorsement by Colorado State University Extension is implied.



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.

New Year Resolutions

"There are far, far better things ahead than any we leave behind." – C.S. Lewis

New Year celebrations have been taking place for many, many years. The earliest known recoding of a new year celebration is **2000B.C.** Every year since **1908, 1 million** people gather in New York's Time square to watch the ball drop. Today the most common type of new year celebration is the use of **fireworks.** Many people also bid farewell to the old year by singing "**Auld Land Syne,**" or "Times long past," written by **Robert Burns** in 1788.

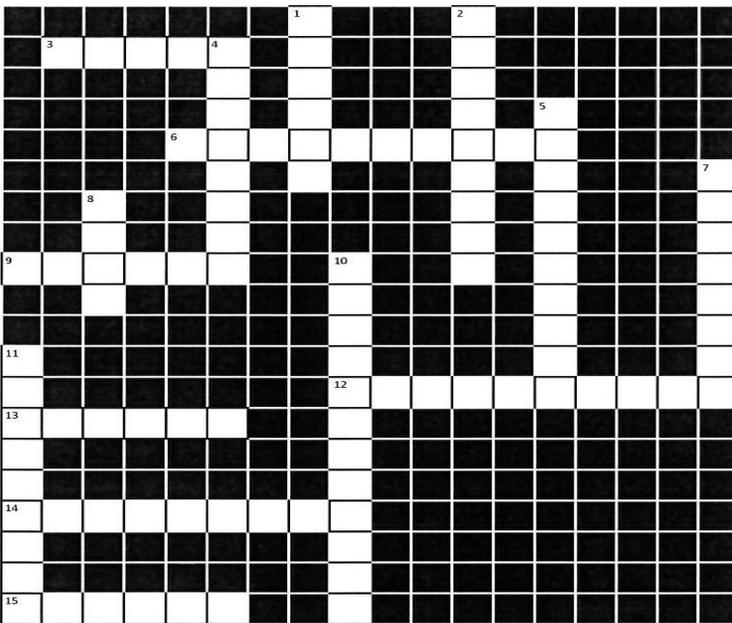
My 2020 New Year's Resolution

Use the S.M.A.R.T. method for making your goals

This year I will try:

I will do more of:

I will do less of:



- | | |
|---|---|
| <p style="text-align: center;">Across</p> <p>3. "There are far, far better things ahead than any we leave behind." C.S. ____</p> <p>6. A in S.M.A.R.T.</p> <p>9. Earliest record of New Year's Celebration</p> <p>12. 54% of Americans make this their resolution</p> <p>13. ____ Burns, author of 10 Down</p> <p>14. The most common type of New Year's Celebration</p> <p>15. % of resolution that fail by February</p> | <p style="text-align: center;">Down</p> <p>1. # of people that gather in Time Square on New Year's Eve (abbrv.)</p> <p>2. T in S.M.A.R.T.</p> <p>4. S in S.M.A.R.T.</p> <p>5. M in S.M.A.R.T.</p> <p>7. R in S.M.A.R.T.</p> <p>8. First year the ball dropped in Times Square</p> <p>10. Song traditionally sung at the New Year</p> <p>11. % of Americans that make a resolution</p> |
|---|---|

Now that 2020 is almost here, it's time to start thinking about resolutions. What do you want to work on for this coming year? People all over the world make resolutions, however only **45%** of Americans make a resolution.

If resolutions have been part of the new year traditions for so long, why do less than half of Americans make one? Maybe because **80%** of resolutions are abandoned, forgotten, or failed by February. 54% of Americans want to **lose weight** as their resolution, but for many of them this is unrealistic. Make YOUR resolution S.M.A.R.T.

- S. Make your goal Specific.**
- M. Measurable.** If you can measure your progress, you are more likely to stay on track.
- A. Achievable.** Start with small goals and work up to overall goal.
- R. Make it Relevant.** Make sure it's something you want!
- T. Time-Bound.** Give yourself a realistic time goal to complete this goal.

Happy New Year!

Crossword answers:
 Across: 3. Lewis; 6. Achievable; 9. 2000BC; 12. Lose Weight; 13. Robert; 14. Fireworks; 15. Eighty
 Down: 1. 1 Mill; 2. Time Bound; 4. Specific; 5. Measurable; 7. Relevant; 8. 1908; 10. Auld Lang Syne; 11. Forty-Five

Stay Active During Holidays & Beyond

It can be hard to eat healthy and find time to be active during the holiday season. Even during this busy time, it is important to stay mindful, fit and healthy. Take this time to challenge yourself and your family to make health a priority. Here are some ideas to help you and your family stay active and healthy this holiday season.

Make a plan

It's best to have a solid plan in place and set some reachable goals before the madness begins. Write it down on paper and make a schedule. Once you have a plan in place, set up reminders. Use your phone or post notes to remind you it's time to get moving.

Get outside

[Winter weather](#) lends itself to great outdoor activities with wonderful calorie-burning potential. Get the whole family involved and try a new activity. Skating? Sledding? Snowshoeing? Fat bike? Cross-country skiing? Go for a 15-minute family walk or take your dog for a walk to keep everyone in shape. Just make sure you stay safe and dress appropriately.



Stay inside

- [Dance](#) for 5-10 minutes to your favorite music.
- Do squats, 3 sets of ten, with a 30 second break between sets.
- Lay down on your back and bicycle your legs in the air for 5-10 minutes.
- Do simple stretches or yoga moves for 5 minutes.
- Walk up and down the stairs
- Try to hold your body in the plank position for up to 1 minute; repeat 5 times with a 30 second break between



Be prepared

Keep your [workout clothes](#) in the car, so you can take advantage of any opportunity that comes your way. Getting a 10- to 20-minute workout is better than getting no workout at all.

[Staying active](#) this holiday season will help to deal with stress and can help to maintain your weight. Remember, before engaging in any physical



activity, it is important to make sure your doctor has cleared you for exercise. Make sure to warm-up prior to any physical activity to reduce the risk of injury.

Source: [Live Smart Colorado](#)

Dealing with Cold Feet

With winter weather setting in many people experience cold feet. Often this condition is simply due to cold weather combined with exposed feet and toes. However, some people can experience cold feet even when the weather is warm.

If you tend to get cold feet, discuss your symptoms with your doctor to rule out any underlying medical conditions. Circulatory disorders such as [Raynaud's disease](#), anemia, and [diabetes](#) may be to blame and should be addressed.

If no medical condition is found, try the following – each can help to prevent or lessen your symptoms:

- ✓ Sprinkle a small amount of ground cayenne pepper in your socks and shoes. To learn more about the benefits of cayenne, watch the video "[Spices with Dr. Weil – Cayenne.](#)"
- ✓ Make time to get regular physical exercise to help improve your circulation. Be sure to dedicate some exercise time to strength training to allow muscles to squeeze the blood vessels and promote better flow. Leg presses and calf raises are ideal movements.
- ✓ Quit smoking: Nicotine constricts blood vessels, disturbing normal circulation.
- ✓ Wear socks and shoes that are comfortable and not too tight in order to avoid restricted circulation.
- ✓ Don't forget the most obvious solution: a relaxing foot soak in warm (not hot) water followed by a pair of warm socks!

Source: <https://www.drweil.com/blog/health-tips/5-ways-to-minimize-cold-feet/>

2020 *A Healthier Weigh: 12-Week Health Challenge*



**MAKE 2020
YOUR HEALTHIEST YEAR!!**

JANUARY 13TH - APRIL 3RD
BENT COUNTY
MORGAN COUNTY
LOGAN COUNTY
PHILLIPS COUNTY
SEDGWICK COUNTY
WASHINGTON COUNTY

JANUARY 20TH - APRIL 10TH
KIT CARSON COUNTY
YUMA COUNTY



Cash Prizes for:
Weight Loss
Activity/Exercise
Waist Reduction



6 Nutrition and Fitness Lessons offered online. Optional events and programs.
Compete as an individual, couple, or a team (up to 4 members)!

ENTRY FEE: \$40 PER PERSON

Contact your local Extension Office for guidelines and entry forms.

Bent County: 719-456-0764; Morgan County: 970-542-3540; Logan County: 970-522-3200; Phillips & Sedgwick Counties: 970-854-3616; Washington County: 970-345-2287; Yuma & Kit Carson Counties: 970-332-4151



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Colorado State University, U.S. Department of Agriculture and Bent, Kit Carson, Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma Counties cooperating. Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify Extension staff by January 6, 2020.