

Facebook Posts January 2018

January 1

First Day Hikes offer a great way to get outside, exercise, enjoy nature and welcome the New Year with friends and family. Check out all the scheduled hikes across Kansas at <http://ksoutdoors.com/State-.../Special-Events/First-Day-Hikes!>



First Day Hikes - NASPD

What better way to kick off the New Year than by getting a jump start burning off those extra holiday calories in the great outdoors?

STATEPARKS.ORG

Make the first day of the year smoke free by taking your mind off smoking and enjoying an activity you love.



January 4

Part of maintaining a healthy weight (and healthy lifestyle) is eating well. Check out www.choosemyplate.gov for more great resources on how to eat healthily.

What's on your plate?

Choose **MyPlate.gov**

Before you eat, think about what and how much food goes on your plate or in your cup or bowl. Over the day, include foods from all food groups: vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods.

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to skim or 1% milk.
- Vary your protein food choices.

Vegetables	Fruits	Grains	Dairy	Protein Foods
<p>Eat more red, orange, and dark-green veggies like tomatoes, sweet potatoes, and broccoli in main dishes.</p> <p>Add beans or peas to salads (kidney or chickpeas), soups (split peas or lentils), and side dishes (pinto or baked beans), or serve as a main dish.</p> <p>Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned veggies.</p>	<p>Use fruits as snacks, salads, and desserts. At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes.</p> <p>Buy fruits that are dried, frozen, and canned (in water or 100% juice), as well as fresh fruits.</p> <p>Select 100% fruit juice when choosing juices.</p>	<p>Substitute whole-grain choices for refined-grain breads, bagels, rolls, breakfast cereals, crackers, rice, and pasta.</p> <p>Check the ingredients list on product labels for the words "whole" or "whole grain" before the grain ingredient name.</p> <p>Choose products that name a whole grain first on the ingredients list.</p>	<p>Choose skim (fat-free) or 1% (low-fat) milk. They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.</p> <p>Top fruit salads and baked potatoes with low-fat yogurt.</p> <p>If you are lactose intolerant, try lactose-free milk or fortified soy milk (soy beverage).</p>	<p>Eat a variety of foods from the protein food group each week, such as seafood, beans and peas, and nuts as well as lean meats, poultry, and eggs.</p> <p>Twice a week, make seafood the protein on your plate.</p> <p>Choose lean meats and ground beef that are at least 90% lean.</p> <p>Trim or drain fat from meat and remove skin from poultry to cut fat and calories.</p>
<p>For a 2,000-calorie daily food plan, you need the amounts below from each food group. To find amounts personalized for you, go to ChooseMyPlate.gov.</p>				
<p>Eat 2½ cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked vegetables or vegetable juice; 2 cups of leafy salad greens</p>	<p>Eat 2 cups every day</p> <p>What counts as a cup? 1 cup of raw or cooked fruit or 100% fruit juice; ½ cup dried fruit</p>	<p>Eat 6 ounces every day</p> <p>What counts as an ounce? 1 slice of bread; ½ cup of cooked rice, cereal, or pasta; 1 ounce of ready-to-eat cereal</p>	<p>Get 3 cups every day</p> <p>What counts as a cup? 1 cup of milk, yogurt, or fortified soy milk; ½ ounce natural or 2 ounces processed cheese</p>	<p>Eat 5½ ounces every day</p> <p>What counts as an ounce? 1 ounce of lean meat, poultry, or fish; 1 egg; 1 Tbsp peanut butter; ½ ounce nuts or seeds; ½ cup beans or peas</p>

Cut back on sodium and empty calories from solid fats and added sugars

Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with a lower number.

Drink water instead of sugary drinks. Eat sugary desserts less often.

Make foods that are high in solid fats—such as cakes, cookies, ice cream, pizza, cheeseburgers, and hot dogs—occasional choices, not every day foods.

Limit empty calories to less than 360 per day, based on a 2,000 calorie diet.

Be physically active your way

Pick activities you like and do each for at least 10 minutes at a time. Every bit adds up, and health benefits increase as you spend more time being active.

Children and adolescents: get 60 minutes or more a day.

Adults: get 2 hours and 30 minutes or more a week of activity that requires moderate effort, such as brisk walking.

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January 8

Check out these great tips from the American Heart Association on how to lose weight as well as maintain a healthy weight. For the full article check out: tinyurl.com/tips-for-losing-weight. Also check out a list of different activities and how many calories per hour they burn: tinyurl.com/list-of-exercises

Tips to Lose Weight & Maintain Healthy Weight

Weight loss is best achieved by reducing the calories you take in and increasing the calories you expend. If we eat more calories than we need, we gain weight. If we eat fewer calories than we use, we lose weight. Try the following tips to lose weight and help you maintain a healthy weight.

Increase calories burned

Exercise is essential to losing weight and living a heart-healthy lifestyle. For overall cardiovascular health, the AHA suggests 30 minutes of aerobic activity 5 days per week and muscle-strengthening activity at least 2 days per week. Don't have time? You don't have to do all 30 minutes at once! You'll get the same benefits if you divide your time into two or three 10- to 15-minute segments a day.

Keep a food diary

Use a food diary to document everything you eat and what time you eat it. This lets you to keep track of exactly what you are eating to help control eating and reduce calories. It also gives you an idea of when those hunger pangs are most likely to strike.

Eat more fruits, vegetables & healthy foods

Eating healthy means eating foods that are nutritious for your body. According to the new AHA guidelines, eating heart-healthy means:

- Eat more fruits, vegetables, whole grains, low-fat dairy, poultry, fish and nuts
- Avoid red meat, as well as sugary and processed foods
- Avoid foods high in sodium

Reduce stress

Eating when stressed can be a form of emotional eating, causing you to eat when you're not hungry. In moments of stress at home or at work, use stress relievers to help manage stress and avoid over-eating. Practicing yoga has also been shown to reduce stress and can be a healthy form of physical activity.

Sleep more

If you don't get enough sleep, you may also eat too much, according to a study on sleep and calorie consumption by the AHA. Keep your weight in check by getting the optimal amount of sleep for your body each night.

www.govandwomen.org/live-healthy/first-steps-to-prevent-heart-disease-and-be-heart-healthy/tips-to-lose-weight-maintain-healthy-weight/

January 9



Get Active Kansas
January 9 · 🌐

👍 Like Page ...



National Law Enforcement Appreciation Day!

Thank you to all our law enforcement personnel for making Kansas a safer place to get active.



January 17

Physical activity includes aerobic and strengthening exercises. Check out these 3 easy strengthening exercises to add to your physical activity. For the full article check out: <http://tinyurl.com/strength-exercise>

3 QUICK EXERCISES YOU CAN DO AT HOME

The 2015 Physical Activity Guidelines for Americans recommends that adults need at least 2 hours and 30 minutes of moderate-intensity aerobic activity AND muscle strengthening activities on 2 or more days a week. Strength training can seem intimidating to some people, but it doesn't need to be! Try some of these simple strength exercises to get stronger and healthier.

Squats—strengthen your core, upper leg, and glutes.



- Place your feet hip-width apart.
- Bring your arms forward, hinge at the waist and sit back as if reaching for a chair that someone is pulling away. Be sure that your knees do not move forward but stay behind your toes while you go as deep as possible until the top of your legs are parallel to the floor.
- Return to the standing position by pushing on your heels and lifting your chest.

Push-ups—work your arms, chest, back, core, and glutes all at once.

- Start on your hands and knees.
- Place your hands wider than your shoulders and your knees should be behind your hips. Curl in your toes and lift your knees off the floor, straightening your body. This is your starting position. Next, bend your elbows and lower your chest and hips simultaneously until your elbows are at a 90-degree angle.
- Finally, push on your hands to lift your chest and hips back into the starting position.



To modify this exercise, simply leave the knees on the floor for your starting position, but remember they should be behind the hips. Make sure to keep the chest and hips aligned as you lower in order to strengthen the entire core.

Tricep dips—strengthen the arms and core

- First, sit on the floor and place your hands on the floor behind your hips and directly below your shoulders.
- Bend your knees, place your feet under the knees and lift your hips off the floor; this is your starting position.
- Bend your elbows and lower your upper body, just before the hips touch the floor.
- Extend your arms and push on your heels to return to the starting position.



January 18

Yesterday we posted 3 easy strengthening exercises. Check out this post for a great way to incorporate those exercises into a workout routine. For the full article check out: <http://tinyurl.com/strength-exercise>.

COMPLETE WORKOUT

You can work these easy strength exercises (squats, push-ups, and tricep dips) into a simple 30 to 45 minute routine. First, warm up your muscles with approximately 10 to 15 minutes of light jogging in place followed by leg swings and arm circles.

SET 1:

- First, do 10 slow, deep squats
- Jog in place for 2 minutes
- Do 10 push-ups
- Jog in place for 2 minutes
- Do 10 tricep dips
- Rest for 1 minute

Squats

Strengthen your core, upper leg, and glutes



SET 2:

- Do 15 squats
- Jog in place for 90 seconds
- Do 15 push-ups
- Jog in place for 90 seconds
- Do 15 tricep dips
- Rest for 1 minute

Push-ups

Work your arms, chest, back, core, and glutes all at once



SET 3:

- Do 20 squats
- Jog in place for 1 minute
- Do 20 push-ups
- Jog in place for 1 minute
- Do 20 tricep dips.

Tricep dips

Strengthen the arms and core



Finish by performing long, static stretches for at least 3 to 5 minutes.

January 22

It's National Drug & Alcohol Facts Week (22nd-28th). This national health observance links teens to science-based facts to shatter the myths about drugs!



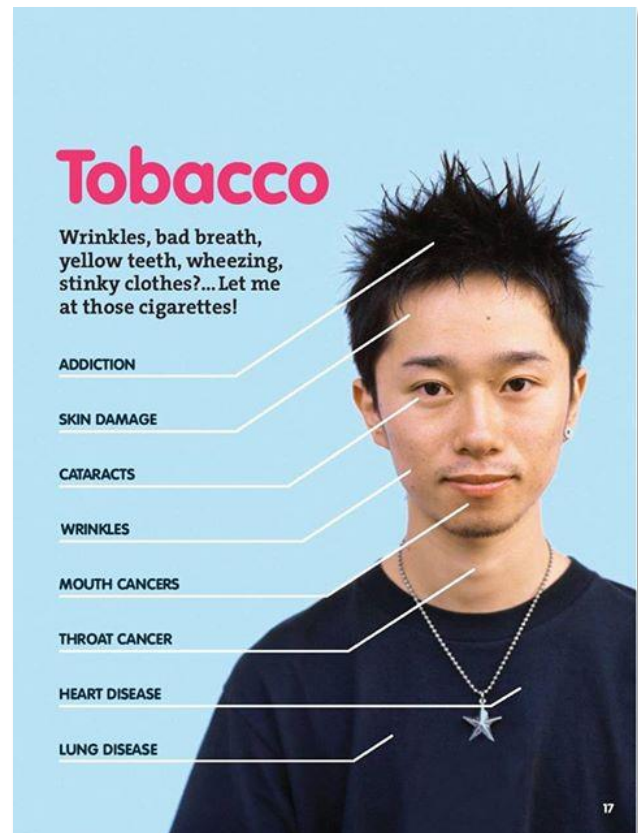
National Drug and Alcohol Facts Week®

"National Drug & Alcohol Facts Week (NDAFW) is a health observance week for teens that aims to shatter the myths about drugs, alcohol, alcoholism and drug abuse. Through community-based events and activities on the Web, on TV, and...

TEENS.DRUGABUSE.GOV

January 25

"Tobacco use remains the single largest preventable cause of death and disease in the United States." - CDC (More resources: <http://tinyurl.com/j3o34gz>)



January 29

