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TEXAS A&M
AGRILIFE
EXTENSION

Family *focus*

ADDRESSING THE NEEDS OF FAMILIES AND PLANTING
THE SEEDS FOR A HEALTHY FUTURE.

New Year, New Resolutions

New Year's Greetings from Texas A & M AgriLife Extension in Deaf Smith County. Hope this newsletter finds you and your family happy and healthy.

The new year seems to bring back everyone's thoughts for new year resolutions. A New Year's resolution is a decision to do or not do something in order to accomplish a personal goal or break a habit. It comes at a time when people look back at the past year and make an effort to improve themselves as the new year begins.

Adults often make New Year's resolutions to lose weight or exercise more. And kids make resolutions to get along better with siblings or to do their homework right away (Kidpost, December 21, 2012).

Have you set any resolutions for the new year? What do you want to accomplish? How will you know when you have reached your goals? Here are 10 tips for keeping New Year's Resolutions:

1. Be Realistic—Make your goal attainable
2. Plan Ahead—Set a date to start your goal

3. Outline Your Plan—write down how you plan to achieve your goal
4. Make a "Pro" and "Con" List
5. Talk About It—tell friends and family who will be there to support you
6. Reward Yourself—celebrate your successes
7. Track Your Progress—keeping a journal will help keep you motivated
8. Don't Beat Yourself Up—do the best you can each day
9. Stick To It—it takes 21 days for something become habit and 6 months to become part of your personality
1. Keep Trying—you can always start again any time of the year

Source: Schwarz, Joel. ["How to keep up with those New Year's resolutions, researchers find commitment is the secret of success."](#) University of Washington. 23 December 1997.

Best wishes for a happy and prosperous 2013!

Jackie Farrell
Family & Consumer Science
Extension Agent



Recipe Corner: Healthy Snack Ideas For Those On The Go

Frozen Grapes * String Cheese * Banana * Frozen Banana * Low-fat Yogurt * Sugar-free pudding
Apple dipped in Peanut Butter * 100-calorie bag of popcorn * Applesauce * Raw veggies with hummus
Almonds * Apple * 1-oz Smoked Beef Jerky (look for low-sodium) * Chocolate Milk
Skinny S'more (two graham crackers with one roasted marshmallow and one small square dark chocolate)
Hard Boiled Egg * Sunflower Seeds * Cottage Cheese * Raisins * Pita Bread and Hummus * Rice Cakes
Sugar-free Jell-O * Dried Fruits * Frozen Yoplait Whips Yogurt * Air-Popped Popcorn * Pistachios
Clementine's/Cuties * Fruit Smoothie * Handful of olives * Pickles



Wishing You a Healthy H-A-P-P-Y N-E-W Y-E-A-R



H - ealth

The first wealth is health. (Source: Ralph Waldo Emerson)

Make health a priority this year. Health should be more than the absence of disease – read on for ideas.

A - ttitude

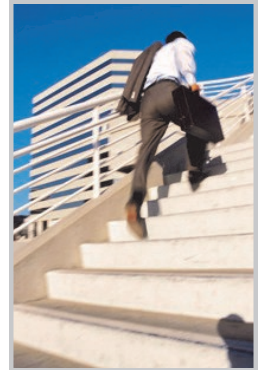
"Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P - hysical activity

"A man's health can be judged by which he takes two at a time - pills or stairs." (Source: Joan Welsh)

The U.S. Department of Health and Human Services 2008 *Physical Activity Guidelines for Americans* recommends for adults: "Most health benefits occur with at least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial."



P - eople

"Love cures people - both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y- our body

"Take care of your body. It's the only place you have to live." (Source: Jim Rohn)

Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

N - O!

"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough" (Source: Josh Billings)

Rather than adding "take a time management class" to your "to do" list, consider starting a "don't do" list. You may discover doing LESS can bring MORE enjoyment to your life. Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E - at healthy

"Rich, fatty foods are like destiny: they too, shape our ends." (Source: Author Unknown)

ChooseMyPlate.gov/ recommends: "To move to a healthier weight, you need to make smart choices from every food group. Smart choices are the foods with the lowest amounts of solid fats or added sugars: for example, fat-free (skim) milk instead of whole milk and unsweetened rather than sweetened applesauce. Also, consider how the food was prepared. For example, choose skinless baked chicken instead of fried chicken and choose fresh fruit instead of a fruit pastry."

W - isdom

"A wise man makes his own decisions, an ignorant man follows public opinion." (Source: Chinese Proverb)

Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

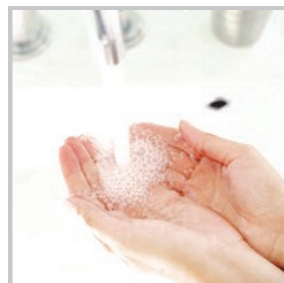
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Y - our hands

"Keeping hands clean is one of the most important ways to prevent the spread of infection and illness." (Source: Centers for Disease Control and Prevention)

Here's how to wash your hands from the Centers for Disease Control and Prevention. When washing your hands with soap and water:

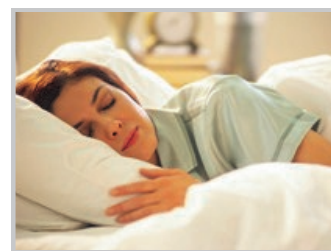
- Wet your hands with clean running water and apply soap. Use warm water if it is available.
- Rub hands together to make a lather and scrub all surfaces.
- Continue rubbing hands for 15-20 seconds. Need a timer? Imagine singing "Happy Birthday" twice through.
- Rinse hands well under running water.
- Dry your hands using a paper towel or air dryer. If possible, use your paper towel to turn off the faucet.



E - nough sleep

"A good laugh and a long sleep are the best cures in the doctor's book." (Source: Irish Proverb)

Only about half of Americans (42%) are "Great Sleepers," according to a poll by the National Sleep Foundation (NSF). "Insufficient sleep is a public health epidemic," according to the Centers for Disease Control and Prevention (CDC). Insufficient sleep is linked to motor vehicle crashes, industrial disasters, and medical and other occupational disorders. People who don't get enough sleep also are more likely to suffer from chronic diseases such as hypertension, diabetes, depression, and obesity, as well as from cancer.



A - void portion distortion

"Never eat more than you can lift." (Source: Miss Piggy, Muppet character)

Rather than worry so much about "what" you eat, consider "how much" you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

R - eading materials

"Be careful about reading health books. You may die of a misprint." (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from "professionals" with unusual-sounding degrees.

Source: by [Alice Henneman](#), MS, RD / University of Nebraska—Lincoln Extension



Upcoming Classes & Workshops



Step Up & Scale Down

Just in time for your new year's resolution of a healthy lifestyle, Deaf Smith Texas A & M AgriLife Family & Consumer Science agent will launch a new 12-week weight management program. Deaf Smith County Extension office will begin the program on Tuesday, January 22, 2013.

The program will consist of:

- Weekly lessons to help you manage weight
- A weekly weight check-in
- A weekly challenge to help you "stay the course"
- Dinner Tonight! healthy recipes
- Healthy snack tasting
- Incentives/door prizes and cash prize
- Fun & networking

Information for the class is as follows:

- First class is Tuesday, January 22, 2013 (weekly for 12 weeks)
- Registration/Weigh-in begins at 12:00 p.m.
- Classes run from 12:15 – 12:45 p.m. – feel free to bring your lunch
- Location: AgriLife Extension Office, 903 14th Street, Hereford
- Cost is \$30 for the 12-week program
- Call or email to register by Monday, January 21st
- For more information, call Jackie Farrell at 806-364-3573 or email jrfarrell@ag.tamu.edu

If you feel an evening class would work better into your schedule, please contact Jackie Farrell at the above number.

Check us out on the web at <http://deafsmith.agrilife.org>



Upcoming Classes & Workshops Continued

BLT classes are offered free of charge!



Better Living for Texans is a program for adults and kids who want to learn how to eat well and save money. You can make friends and have fun while you learn about eating healthy foods and saving money!

To be a part of the Better Living for Texans program, call the AgriLife Extension Office—Deaf Smith County at 806-364-3573 or stop by at 903 14th Street, Hereford.

By participating in BLT programs, you can learn how to:

- choose foods that are inexpensive and good to eat
- make your food dollars last longer
- make sure you and your family get enough to eat
- use food labels to choose good foods at the grocery store
- fix meals that will keep your family healthy
- make your favorite food with less fat and sugar
- help your children learn how to eat healthy snacks they will like
- share useful information with your family and friends (for example, you can learn about unit pricing to help stretch your food dollars, or how to read labels to make healthier meal choices, or even how to keep pests out of your pantry!)

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TEXAS A&M AGRI LIFE EXTENSION

Texas A&M AgriLife Extension Service
Deaf Smith County
903 14th Street
PO Box 953
Hereford, TX 79045

Phone: 806-364-3573

Web: <http://deafsmith.agrilife.org>

Educational programs of the Texas A & M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Recipe Corner Continued



Chicken Enchiladas Casserole—Lower Fat Version

Minutes to Prepare: 25

Minutes to Cook: 35

Number of Servings: 12

Ingredients

6 chicken breasts
24 corn tortillas
1 cup low-fat sour cream
1 can cream of chicken, 98% fat-free
1 can chicken broth
2 cans green chiles
1 cup shredded low-fat cheddar cheese

Directions

Cook and dice chicken. Heat sour cream, cream of chicken, chicken broth and green chiles in a large saucepan. Add chicken and heat through.

In a 9x13 pan, layer 6 tortillas, chicken mixture and sprinkle cheddar cheese. Do this four times.

Bake at 375° for 35 minutes.

Makes 12 servings.

Nutritional Info

- Servings Per Recipe: 12
- Amount Per Serving
- Calories: 359.7
- Total Fat: 10.2 g
- Cholesterol: 92.1 mg
- Sodium: 732.2 mg
- Total Carbs: 27.7 g
- Dietary Fiber: 4.7 g
- Protein: 37.0 g

Source: recipes.sparkpeople.com