



**MARCH**  
**APRIL**  
**2021**



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**It's March Already!**

How did you do with your "New Year New Me" goals? Are you still going strong? Did you "fall off the wagon"? No matter your answer, it's okay. That's why they're goals; if you don't meet your goal just reset them and try again. If you met your goals, congratulations and keep going! Add to your goal or set a new one. For March and April, I have new challenges for you. What's great about these challenges is you can get the whole family and your friends involved.

1. Go for a 30-minute walk with friends and/or family (social distance, of course) 3 to 5 times a week.
  - A. You could make it a contest (your family vs. your friend's family).
  - B. You can break up the 30 minutes if time is a barrier.
2. Eat a fruit or vegetable with every meal.
3. Try drinking half of your body weight in water. If you're like me and don't drink enough water for the day, start with drinking 8 glasses a day and work your way up.
4. Track your food intake. Keeping a diary can help you become more aware of what, how and when you eat and or drink and what changes, if any, you need to make.

As always, before starting any activity or diet plan, talk with your doctor to make sure you choose what is right for you! Post your pics and videos of you getting healthy to Facebook using the hashtag #JasperCountyHHS

**March is National Nutrition Education Month.**

Join me, via Zoom, every Friday in March at 2:00 pm CST for lessons on MyPlate and physical activity. This class is FREE! To sign up, please call the office at 217-866-5741 by Wednesday March 3. I hope to see you there!

**LET'S GET MOVIN'**

Did you know that you need to get at least 30 minutes of moderate activity most days of the week to help you reach a healthy lifestyle? Time can often be a barrier to being physically active, but you can break up your activity to better fit into your schedule. Taking a 10-minute walk during your lunch and breaks will help your reach 30 minutes before your work day is finished! Try taking the stairs instead of the elevator. When driving, park in a space furthest from the door to maximize your daily steps. Walk in place at home. If you are physically unable to walk long distances, don't worry! Did you know that the most important thing is that you just move? There are many ways to do that. Cleaning your home is movement. So is working in your yard. While these activities may not increase your heart rate to count as moderate activity, it is better than just sitting. I will explain more about the different activity levels below, also, YouTube is a great source to find different physical activity routines to help get you moving.

**KID ZONE**

Do you need ideas to keep your children healthy or to help them establish healthy habits?

Count down from 5 every day **5-4-3-2-1!!**

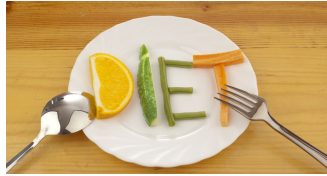
- Eat more than **5** servings of fruits and vegetables
- Drink **4** glasses of water every day
- Have **3** servings 0 low fat or fat free dairy
- Spend less than **2** hours of screen time (tv, computer, phones, tablets)
- Take **1** full hour to get active (running, jumping, dancing, climbing)

Have a Friday night dance party.

Let them help prepare a meal. It may inspire them to try a new food or a vegetable that they may not otherwise try.

**Spring is almost here!** Hopefully we won't see too much more snow and we will be able to get walkin'! That's right, we are going to welcome Spring by being active. Get WalkIN' is an email-based program that will be offered at the beginning of Spring, March 22-June 7 and April 19 -July 5. To register, call the office at 219-866-5741 by Wednesday March 17. For the April session, the deadline to sign up is Wednesday April 14.

## Diet or Lifestyle Change?



Often times, it is easy to find ourselves overwhelmed with all of the diet options available. We often wonder will it work, is it safe, and is it worth the money? Save the date for Saturday April 10. We will explore the different diet trends such as Keto, intermittent fasting, Weight Watchers, and following USDA guidelines. Call the office by Friday April 2<sup>nd</sup> to express interest

**Recipes to try** These recipes were found at **myplate.gov**. Visit this site for more recipes and tips for healthier eating.

### Ambrosia

This dessert features fresh fruit, yogurt, and coconut, with a dash of marshmallows for fun. No cooking is required.

#### Ingredients

- 1 can pineapple chunks (in juice, 20 oz., drained)
- 1 1/3 cups mandarin orange (drained)
- 1 banana (peeled and sliced)
- 1 1/2 cups grape (seedless)
- 3/4 cup marshmallows (miniature)
- 1/3 cup coconut (flaked)

1 cup vanilla yogurt, low-fat (8 ounces)

#### 1 Directions

1. Drain pineapple and oranges. Use juice as beverage.
2. Combine fruit with marshmallows and coconut.
3. Fold in yogurt.
4. Chill.

Serve.

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## 3-Can Chili



Makes: 6 Servings

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With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!

#### Ingredients

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- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)
  - 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
  - 1 can crushed tomatoes, undrained (15 ounces)
  - chili powder (to taste)

#### Directions

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1. Place the contents of all 3 cans into a pan.
  2. Add chili powder to taste.
  3. Stir to mix.
  4. Continue to stir over medium heat until heated thoroughly.
  5. Refrigerate leftovers.

