



Extension
Utah State University



The Sampler

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Healthy at Work – Tips to Regular Exercise

The benefits of regular exercise are endless. Exercise improves mental health, helps to manage weight, reduces the risk of disease, strengthens bones and muscles, increases stamina, and improves your ability to do everyday activities. The Center of Disease Control and Prevention recommends an adult do a minimum of 150 minutes of moderate-intense physical activity a week which is 30 minutes a day, five days a week. Some ways to make exercise a fun and meaningful part of your daily life is to:

pickleball, swimming, hiking, skiing, and golf. There are many more. Choose something you enjoy.

- Many types of exercise are part of your daily routine. Your daily activities may include housework, gardening, doing laundry, and walking. Count those activities as exercise and find joy in your actions.



- When you can, take the stairs rather than the elevator or escalator. Park further away from a building than you need to.

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- Make exercise a priority in your life. Including exercise in your daily routine is the best investment you can make. You will feel better mentally, physically, socially, and emotionally.
- Schedule a regular time to exercise. Activities that are scheduled tend to get done.
- Choose a type of exercise you enjoy. Types of activities you can do are endless, but some include tai chi,

- Track your activity. By tracking your physical activity, you can see if you are reaching your exercise goal. You will know if there is a decrease in your activity and can modify your routine before the change becomes a habit.
- Exercise with a buddy. Spending time with somebody you like can make exercising fun. This can help increase your emotional, social, and mental health.

- Take a brisk walk during your lunch hour. Walking can loosen your joints, increase your heart rate, strengthen your muscles, and improve your balance.
- Move around at least once an hour. Regular movement can loosen stiff joints, improve mental health, and reduce stress.
- Wake up 15 minutes early to stretch and exercise. Stretching in the morning helps to warm up your muscles and loosen stiff joints. It increases blood flow, strengthens muscles, and prepares your body for the day.
- Consider getting a standing desk. Standing during your day can improve your posture, increase

circulation, reduce back pain, and can improve your mood.

- Take regular breaks from your computer. Taking regular breaks can reduce eye strain and refresh your mind and body.

If you are planning to increase your physical activity, it is important to start gradually and then eventually increase the amount of time and intensity. Whatever you do, choose to do something over nothing. 🐾

~Stephanie Carlson, Extension Assistant Professor

Valentine Treats for Kids

Heart Shaped Rice Krispie Treats

- 4 tablespoons butter, unsalted
- Food dye, various colors
- 1 (16 oz.) bag mini marshmallows
- 1 box Rice Krispies, (18 oz; one cup per batch)
- 1 heart-shaped cookie cutter

Icing

- 1 ½ cup powdered sugar
- 2 tablespoons milk

Melt ½ tablespoon butter with 2 drops of food dye. Fold in 1 cup of mini marshmallows until they are completely melted. Add one cup of rice krispies and stir until mixed well and all the cereal is completely coated. Butter your hands and the cookie cutter. Gently press a scoop of Rice Krispies mixture into the cookie cutter. Push it out onto parchment paper. You should now have 1 Rice Krispie. Repeat for remaining treats and let treats cool completely.

Icing

Mix 1 ½ cups of powdered sugar with 2 tablespoons milk. Drizzle over treats.

Options: Instead of drizzling icing over the treats you could write “Be mine”, “Kiss Me”, etc. You could also put sprinkles on top.



Chocolate Peanut Butter Truffles

- 1 cup natural creamy peanut butter (unsalted preferred)
- ½ cup nonfat plain Greek yogurt
- 1 teaspoon unsweetened cocoa powder
- 2 tablespoons maple syrup
- Pinch kosher salt
- 1 cup dark chocolate chips
- ½ teaspoon coconut oil

In a medium mixing bowl, combine peanut butter, yogurt, cocoa powder, maple syrup, and salt. Use your hands to form into a dough. Refrigerate for at least 30 minutes. Line a baking sheet with parchment paper and set aside. Shortly before the dough is fully chilled, combine chocolate chips and coconut oil in a medium microwave-safe bowl. Microwave for about 1 minute, mixing halfway through. Microwave for another 45 seconds, mixing every 15 seconds until chocolate is fully melted (total melting time, about 1 minute 45 seconds). While chocolate is melting, use a 1 tablespoon measuring spoon to scoop the peanut butter dough and roll into balls. Dunk peanut butter balls into the melted chocolate one at a time and shake off excess chocolate. Place on lined baking sheet. When all the peanut butter balls are coated, place baking sheet in refrigerator for at least 20 minutes until chocolate is hardened. Store in fridge or freezer.

Family and Consumer Science Events

Free Finance Classes

Come to this finance series and learn how to take control of your finances. You will learn about budgeting, financial organization, credit, eliminating debt, and estate planning. Call 801-629-8864 to register for these free classes. You can take one or all four.

Tuesday, January 9 at 12:30

- **Money Personalities** - Money personality types, directly and indirectly impact money decision-making. Learn about your money personality and what impact it has on you.

Tuesday, January 16 at 12:30

- **Money Management** - Money management helps you know where your money is coming from and where it is going. Learn how to take control of your finances.

Tuesday, January 23 at 12:30

- **Wise Use of Credit** - Good credit management is key to building a solid financial foundation. Learn responsible ways to manage your credit.

Tuesday, January 30 at 12:30

- **Estate Planning** - An estate plan gives clear instructions on how to handle your estate in the event of your death or if you become incapacitated. Learn how to develop a plan that will give peace of mind to you and your beneficiaries.

Tai Chi for Health

Starting January 10 through August 2024

11:30 a.m. - 12:30 p.m.

Pleasant Valley Library - So. Ogden

Free

Tai Chi uses slow, controlled movements to regulate breathing and build stamina. By focusing the mind on moving through a series of poses, a state of mental calm and clarity can help improve coordination, relaxation, and general health. Call Pleasant Valley Library at 801-337-2691 to sign up.

Emergency Preparedness for Youth 13-18 years old

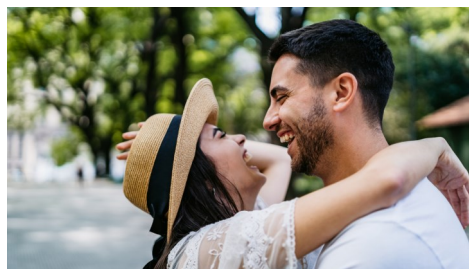
MyPI is an emergency preparedness course that teaches youth 13 - 18 years old about disaster preparedness, fire suppression, treatment of injuries, search and rescue, school safety, CPR and more. The course is FREE and will include six 3-hour classes starting in February. At the conclusion of the course participants will be CERT certified, have the opportunity to be CPR certified, and will have assembled an emergency kit and developed a communication plan. For dates and times see flyer on page 7 or for more information contact USU Extension at 801-399-8200.

Marriage Celebration 2024

Friday, February 9, 2024

6:00 pm

Learn how to create a marriage filled with greater connection, fulfillment, and fun by attending the Utah Marriage Celebration, a virtual date night for couples who want to strengthen their relationship (or an opportunity for single individuals to prepare for a future romantic relationship). Come join us on Friday, February 9 for an evening of online education from speakers across the nation and entertaining keynote comedian Larry Weaver. Additional details and registration available at <http://relationships.usu.edu/mc24>. Tickets are only \$10 per couple through January 31. Tickets purchased after January 31 will be \$15 per couple.



5 Tips to Build Trust with Your Kids

Most parents hope that their children will feel comfortable speaking with them regarding situations they need advice about. Some topics may be difficult for kids to talk about, whether it be questions about maturing, relationships, boundaries, or anything that may make them feel uncomfortable or uneasy. Building trust between you and your child is the key to ensuring that they will be willing to discuss tough topics with you. Consider these tips on how to begin to build or strengthen trust with your child.

1. Listen closely when they decide to share with you, even if they are just sharing about their day at preschool. Show that you value what they are saying by putting down your phone and other distractions and giving them your full attention. Dinner time could be a great time for this!

2. When your child confides in you, keep your promises to keep the information between the two of you. Sharing information disclosed in confidence with an outsider may seem harmless to you, but may cause embarrassment for your child. They may avoid sharing private thoughts and feelings with you if they worry you will tell others.



3. Tell the truth to your child, even if you may feel tempted to downplay a situation. It might be tempting to tell your child a shot at the doctor's office won't hurt, but why should he/she trust you after that? If you want to build a relationship of trust with your child, be trustworthy, right from the start.

4. Open body language is very useful in building trust with anyone, including children. Sitting or kneeling at your child's height and giving him/her eye contact can help you seem more welcoming to talk to.

5. Start young. Building trust with your child while he/she is young will help you to create a bond with your child. That can help you when the conversations and situations get more challenging in the years to come. 🌸

~Journey Greenwell & Naomi Brower

Sources:

Markman, L. (2019). Can your child trust you? Aha! Parenting.com. Retrieved from <https://www.ahaparenting.com/parenting-tools/communication/trust>

German, Y. (2017, July 28) 7 body language tips to communicate better with your child. Natural Parent Magazine. Retrieved from <https://thenaturalparentmagazine.com/7-body-language-tips-communicate-better-child>

The Month After Christmas



'T was the month after Christmas and all through the house.
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste,
All the holidays parties had gone to my waist.

So away with the last of the sour cream dip,
Get rid of the fruit cake, every cracker and chip.
I won't have hot biscuits, or cornbread, or pie,
I'll munch on a carrot and quietly cry.

I'm hungry, I'm lonesome, and life is a bore,
But isn't that what January is for?
Unable to giggle, no longer a riot,
Happy New Year to all and to all a good DIET!

Purchase Tickets Now!

Marriage  Celebration 2024

enjoy the journey



Friday, February 9, 2024 | 6:00 pm

Virtual date night of education and entertainment

Tickets at relationships.usu.edu/MC24



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Utah Marriage
Commission
at Utah State University

Create Better Health News Corner

Setting Goals

Over the years I have learned there are 2 types of people, those who love making New Year's resolutions and those who don't. Some people feel disappointment when the new year rolls around and they once again didn't get that perfectly toned body that they were aiming for or the dream job they were hoping for, while others could care less about the new year and just want to continue on as they were. Whether you love it or not, can I make a proposition? Let's not aim for perfection this year, but rather let's aim to be a little better than we were last year.



One thing I love about Create Better Health is the name. It is not called Create "Perfect" Health, but rather Create Better Health. A simple way I created better health for myself last year was to look at the food I was already planning on eating, whether it was a sandwich, a burrito, a soup, whatever it may be and then I would ask myself, "how can I make this a little better?" (And by better I meant healthier). It seemed less overwhelming to take it one meal at a time rather than aiming to eat healthy every day for a year. I began adding avocado on my sandwiches, tacos, toast, and soups. I added more veggies to my stir-fry and less meat. I added flaxseed to my already green smoothies. One meal at a time. I didn't become a health expert overnight, I just tried to be a little better and as I did, I noticed that I ate a little better and felt a lot better.

At Create Better Health we teach how to make SMART goals. A SMART goal is one that is Specific, Measurable, Achievable, Relevant, and Time-bound.

Here are some ideas on how to improve on the first

- Specific - When setting goals to improve your health, it is important to set specific goals. For example, saying "I will be healthier this year" is a very broad goal, but you can make it more specific with something like: "I will eat more fruits and vegetables during my daily meals." This is what I did when I asked myself, "How can I make what I am eating right now healthier?" I found that I would add fruit or more veggies to whatever I was having or sometimes I added nuts for crunch instead of chips.
- Measurable-Try to find one thing you can do that might be a small step toward a bigger goal. When you write a goal, include a way to measure progress and know when you've reached it. You can make our example measurable by adding in some numbers: "I will eat 1 cup of fruit for a snack and add 2 cups of vegetables to whatever it is that I am already eating for 5 out of 7 days for 2 weeks." It is also achievable, relevant and time bound.

Other more specific and measurable nutrition goals will be, "I will drink eight glasses of water each day over the next week." "I will go for a 15 minute walk every morning and evening for the next month." By Creating SMART goals, you can create a roadmap to Creating Better Health for life both through eating healthy meals and exercising your body. So whether you love New Year's Resolutions, or they are just not your thing, you can create SMART goals and create a better life 🌱

~Katte Watson, CBH Ambassador

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1.800.221.5689 or visit online at <http://fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.



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For questions call the Weber County 4-H office at 801-399-8202



For Teens Ages 13-19

Join MyPI Now to:

- Build Life Saving Skill Sets and Be Certified in CPR and AED Usage.
- Learn about Emergency Management and First Responder Careers.
- Identify Hazards and Become Extreme Weather Aware.
- Give Back to Your Communities through the PREP + 6 Service Project.
- Develop Emergency Kits and Family Communication Plans.
- Learn about Technology in Emergency Preparedness, including NOAA Weather Radios, Social and Smartphone Apps, HAM Radio, etc.



Register on ZSuite

Become a member of Weber County 4-H and sign up for the "MyPI Club".

Cost to join 4-H is \$10.
(scholarships available if needed)



<https://4h.zsuite.org/>

INTRODUCTION TO MYPI

FEBRUARY 22 AT 7:30PM
WEBER COUNTY EXTENSION OFFICE
1181 N FAIRGROUND DRIVE, OGDEN UT 84404

Learn what the requirements are and how to complete the program

ONLINE COURSE

12 HOURS

University of Utah CERT Training
onlinercert.org

ANNEXES, ADD-ONS, PREP+6

MARCH 14, 21, AND 28
TIME: 6:00PM

LOCATION: WEBER COUNTY EXTENSION OFFICE
1181 N FAIRGROUNDS DRIVE, OGDEN UT 84404

Basic CERT Hazard Annexes
(earthquakes, fire, winter storms, etc.)

Add-Ons
(disaster simulation, active shooter, social media, etc.)

PREP+6
Emergency Supply Kits and Family
Communication Plans

WEBER COUNTY EMERGENCY MANAGEMENT

APRIL 11, 18, 25 AND MAY 2
TIME: 6:00-9:00PM

LOCATION: WEBER SHERIFFS TRAINING CENTER
1387 DEPOT DRIVE, OGDEN UT 84404

Basic Disaster Med Ops, Fire Safety and Utility
Controls, Light Search and Rescue