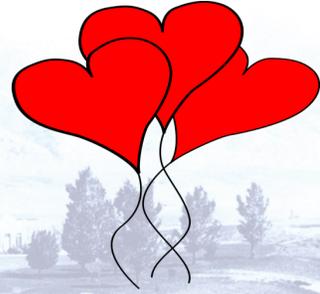


Extension Connection Heart Month



Show the ones you love how much you care by taking care of your heart.

With all the sweet treats, date planning, and I love you's that come along with February, we often forget that it's National Heart Month. The American Heart Association recommends 30 minutes of cardio related activities at least 5 days a week. Here is how you can show your ticker some love this month:

- Snowshoe or play in the snow with loved ones.
- Utilize the internet to search for exercise routines ranging from beginner to advanced.
- Visit a local gym.
- Develop a walking group that meets in your community.
- Jump rope.
- Swim at your local pool.
- March in place while working at a computer or watching commercials.
- Dance to your favorite song.
- Don't forget to stretch those muscles.

Benefits:

1. Reduce pain and brighten mood
2. Diminish the size of fat cells
3. Reduce the time it takes to heal wounds
4. Increase energy
5. Reduce the likelihood of bone damage
6. Postpone the effects of aging
7. Improve your mental health



References

<https://livewellutah.org/2018/02/22/exercise-for-a-happier-healthier-life/?print=pdf>

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/aha-recs-for-physical-activity-infographic>

"...when we find someone whose weirdness is compatible with ours, we join up with them and fall in mutual weirdness and call it love." Dr. Seuss

DON'T FORGET THAT
SWEETHEART OF YOURS

**ENJOY A
HAPPIER,
HEALTHIER LOVE
CONNECTION.**

Visit <https://strongermarriage.org/free-online-courses> for more details.

We NEED YOU For 4-H!!

The youth in our area can benefit from your knowledge. Curriculum is available for many clubs or you can design your own. No experience is necessary. Teens may lead a club with an adult volunteer who has signed-up as such. This can be beneficial for those teens completing college applications, applying for scholarships, completing volunteer hours, or for gaining leadership experience.

Join today by calling 743-5412 (Tues/Thr), 864-1483 (MWF), or by visiting www.ut.4honline.com

Clubs/Events we would like to start in Millard County:

- | | |
|------------------|---------------------|
| Spa & Relaxation | Kitchen Science |
| Robotics | Young Entrepreneurs |
| Shooting Sports | Forces of Nature |
| Lego building | Cupcake Wars |
| Paint Night | Cake Decorating |
- AND SO MUCH MORE!!**

Please contact Eva Timothy at the above numbers to volunteer for any of these clubs. Remember, many of these clubs have books with weekly lesson plans to make it easier. You can even host a club in your home!

Current Clubs in Millard Co.

Fillmore

- Fillmore Teen Council
- Fillmore Jr. Teen Council 7th & 8th grade
- Fillmore Crafty Craft Club
- Fillmore Cloverbud Club
- Millard Silver Spurs Horse Club

Delta

- Delta Jr. Teen Council 6th – 8th grade
- Delta Sewing Club
- Delta Arts & Crafts Club
- Delta Goat Club
- Delta Mustangs Horse Club

Register for current clubs at ut.4honline.com.

A Big Welcome To Our New FCS/4-H Staff Member!

Eva Timothy hails from East Tennessee where she received her Bachelor and Master's degrees in Social Work from East Tennessee State University. She moved to Utah County in her mid-twenties where she later met and married a Utah boy. Her family also consists of two young twins. She looks forward to raising her youngsters in Millard County.

Eva enjoys the great outdoors, sports, playing at creating beautiful crafts, and anything that involves the consumption of sugar. She is most eager to begin programs that are of interest and benefit to her new home community. Please let her know how she may best serve you by contacting her at 743-5412 (Tues, Thr) or 864-1483 (MWF).



**Thanks
to Our
Volunteers!**

CREATE BETTER HEALTH

SNAP-ED

Foods & Nutrition

Mary Anna Henke—Create Better Health Ambassador

Create Better Health Nutrition Education is a **Free** program to help individuals and families eat better on a tight budget. If you would like to attend classes call to sign up. If you are unable to attend classes in person but would like information, Create Better Health has online classes that you could do at home on your own time. For information call 864-1484, 864-1480 or 743-5412 or please check out our county web page at:

www.extension.usu.edu/millard. Food \$ense Millard County has a Facebook page with lots of healthy ideas and recipes for your family to try. **Check out our Facebook page at:** <https://www.facebook.com/millardcountyextension/>

FREE Classes:

- Delta Sands Apartment Complex - Thursday, February 6th at 4:00 PM: Create Better Health: Protein/Food Safety/Resistance Training/Create Easy Eggs.
- Fillmore's Mt. Catherine Manor Complex - Thursday, February 13th at 4:00 PM: Create Better Health: Protein/Food Safety/Resistance Training/Create Easy Eggs.
- Kanosh Paiute Band Building - Tuesday, February 11th at 4:00 PM: Create Better Health: Protein/Food Safety/Resistance Training/Create Easy Eggs.
- Fillmore American Legion Hall-Create Better Health Youth-Wednesday, February 12th at 3:30 PM. Create MyPlate - The Protein Group. Let's make Easy Chili.
- Millard County Extension-Delta Activity Room: Create Better Health Youth—Thursday, February 20th at 3:30 PM. Create MyPlate - The Protein Group. Let's make Easy Chili.

Create Better health formally known as Food \$ense has some amazing information on how to eat healthy and it is geared toward the youth and adults.

- Captain Create has some great YouTube videos that are great for the youth. You can find these videos at: <https://www.youtube.com/channel/UCA9UUVYEagSVjyzf8enp9gQ>
- Create Better Health also has YouTube videos that teach some food preparation tips and ideas. You can find these videos at: <https://www.youtube.com/channel/UCp5fRTxguUUpO-OJWXLx3FQ>



10 Tips: Make Better Food Choices

Make yourself a priority and take time to care for yourself. ChooseMyPlate helps you choose the types and amounts of food and beverages you need. And, make time to be physically active, so you can do the things you want to do.

1. **Find out what you need** Get personalized nutrition information based on your age, gender, height, weight, and physical activity level. SuperTracker provides your calorie level, shows foods and beverages you need, and tracks progress toward your goals. Learn more at www.SuperTracker.usda.gov.
2. **Enjoy your food but eat less** Use a smaller plate at meals to help control the amount of food and calories you eat. Take time to enjoy smaller amounts of food.
3. **Strengthen your bones** Choose foods like fat-free and low-fat milk, cheese, yogurt, and fortified soymilk to help strengthen bones. Be sure your morning coffee includes fat-free or low-fat milk.
4. **Make half your plate fruits and vegetables** Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for meals.
5. **Drink water** Sip water or other drinks with few or no calories to help maintain a healthy weight. Keep a water bottle in your bag or at your desk to satisfy your thirst throughout the day.
6. **Eat whole grains more often** Choose whole grains like brown rice and whole-grain pastas and breads more often. Foods with a high-fiber content can help give you a feeling of fullness and also provide key nutrients.
7. **Learn what is in foods** Use both ingredient and Nutrition Facts labels to discover what various foods contain.
8. **Cut back on some foods** Cut calories by cutting out foods high in solid fats and added sugar. Limit fatty meats like ribs, bacon, and hot dogs. Choose cakes, cookies, candies, and ice cream as just occasional treats.
9. **Be a better cook** Try out healthier recipes that use less solid fat, salt, and sugar. Eat at home more often so you can control what you are eating. If you eat out, check and compare nutrition information. Choose healthier options such as baked chicken instead of fried chicken.
10. **Be active whenever you can** Set a goal to fit in at least 2½ hours of moderate physical activity in your week. Being active 10 minutes at a time also adds to your weekly total. Ask your friends or family to keep you company as you bike, jog, walk, or dance. Don't forget to do some muscle strengthening activities twice a week.



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