

Home & Family Update

Providing relevant, unbiased, science-based information for you and your family



South Dakota
Cooperative Extension Service

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**FAMILY AND CONSUMER
SCIENCE EDUCATORS**

Nancy Pauly
605-685-6972

Sally Park Hageman
605-745-5133

Ingrid Lindberg
605-394-2188

Deb Rombough
605-642-6200

Ruth Schmeichel
605-273-4368

Ann Schwader
605-775-2581

Amanda Diede
605-589-3531

Ellen Eddy
605-995-8620

Julie McCord
605-487-7666

RINGING IN A HEALTHY NEW YEAR!



With the New Year upon us, it is time to reflect on the year past, our overall health and fitness level and determine what worked and what didn't. The important thing to remember is that it is never too late to focus on a



healthier and happier you.

Goal setting is essential to help plan for success in the future. When setting goals remember to start small and that there is always room for change and flexibility. If you find, as you go along, that something isn't

working or fitting into the daily schedule, then it's perhaps time to revise the original



plan. Don't look at this as a failure. In fact, just because you might not meet a goal completely, look back and take

WEB WONDERS—Credible Website Information



A bright start to any health and fitness plan should begin at—

www.healthysd.gov

Live Better...Grow Stronger

This website has it all! From basic nutrition and exercise tips for all age groups to information about giving up smoking,

healthysd.gov can help you achieve your goals to a healthier, happier you! Check it out today.

Aging Attitudes



It is important to remember that any time you start a new physical activity routine that you consult your health care professional.

Active at Any Age

Regular physical activity greatly reduces a person's risk of dying from heart disease, and decreases the risk for colon cancer, diabetes, and high blood pressure. Physical activity also helps to control weight; contributes to healthy bones, muscles, and joints; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and can decrease the need for hospitalizations, physician visits, and medications. Finally, physical activity does not need to be strenuous to be beneficial. People of all ages benefit from moderate physical activity. Older adults need physical activity like everyone. In fact, the loss of strength and stamina often attributed to aging is in part caused by reduced physical activity. Cardio (aerobic) en-



durance, strength, balance, and flexibility exercises should all be part of a healthy schedule. It is important to include all of them. Here is a sample schedule:

*Cardio: Participate in moderate-intensity aerobic activities 3-5 days a week for at least 30 minutes each session. *Flexibility: Stretch every day. *Strength training: Do strength-building activities 2-3 days per week. Many of these activities will also improve on your balance.

Participating in these types of activities can help you more easily perform many of your day-to-day tasks. For example, having additional flexibility with reaching in your cupboard and tying your shoes. Being stronger and having greater balance to lift and carry items like sacks of groceries and getting in and out of chairs and the

bathtub. Improving cardio endurance will allow you to climb stairs, dance, and play with grandchildren without getting out of breath.

Here is an exercise list. Choose those that you enjoy! Note: Get your doctor's approval if you are new to exercise.
Cardio: Walking, dancing, skating, hiking, rolling a wheelchair.
Strength: Chair exercise, lifting weights or cans, carrying laundry or groceries, working in the yard, washing the car, scrubbing the floor.
Flexibility: Stretching, yoga, tai chi.

Now is the time to start a healthier 2008 with improving your strength, balance and endurance.

Adapted from: Centers for Disease Control

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NUTRITION BITES

Feel Better Today – Stay Healthy for Tomorrow



The food and physical activity choices you make affect how you feel today, tomorrow, and in the future. The science-based advice of the *Dietary Guidelines for Americans, 2005* tells us to: Make smart choices from every food group; find a balance between food and physical activity; and to get the most nutrition out of your calories.

MyPyramid is made up of five food groups plus oils. For good health, eat a variety of foods from each food group every day.

Mix up your choices within each food group.

- **FRUITS:** Focus on fruits by eating a variety of fruits – whether fresh, frozen, canned or dried.
- **VEGETABLES:** Vary your veggies: Eat more dark green and orange vegetables as well as beans, peas and lentils.
- **DAIRY:** Get 3 cups of low-fat or fat-free milk or an equivalent amount of low-fat yogurt and/or low-fat cheese every day.
- **GRAINS:** Eat at least 3 ounces of whole-grain cereals, breads, crackers, rice or pasta every day.
- **MEATS & BEANS:** Go lean with protein. Choose lean meats and poultry. Bake it, broil it or grill it. Vary your protein choices with more fish, beans, peas, nuts and seeds.

PHYSICAL ACTIVITY: Be physically active for at least 30 minutes most days of the week.

MyPyramid also recommends a diet low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

The path to good health isn't the same for everyone and yours may change over time.

To get your personalized MyPyramid plan to healthful eating and physical activity, visit www.MyPyramid.gov and click on MyPyramid Plan.

(Submitted by: Ruth Schmeichel)

\$ MONEY MATTERS \$

Exercising During Winter

It's winter and it's cold outside. Getting up early in the morning to exercise is very difficult when it's still dark outside. And staying in bed where it's warm seems like a much better idea. So how can you continue your exercise program in the winter and not lose all the progress you've made?

Make up your mind to be active each day. Studies show that several sessions of physical activity during the day give benefits similar to one longer session. If time is limited, sneak in 10 minutes in the

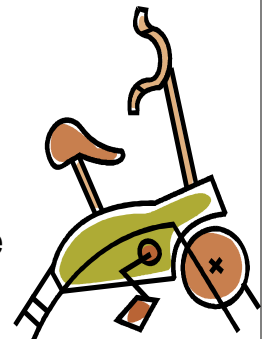


morning; take a 10-minute walk at lunch and another 10 minutes in the evening.

When exercising at home, consider purchasing some inexpensive exercise equipment such as weights, an exercise ball or jump rope or exercise programs on video or DVD. It is probably not a good idea to purchase expensive equipment, unless you know you are sure to use them. If you're someone that prefers to work out using gym equipment then you may decide that you want to set up a home gym for the convenience and to avoid expensive gym memberships. You'll want to consider the following factors: Price, estimated length of product life, trade-in programs for new product design, sturdy design, safety, comfort, quiet operation, adjustability, reputation of manufacturer, cost to service equipment, service plan and parts availability and warranty.

The important thing to do is to find something you enjoy doing that

you will stay with. Try to get fit with at least 30 minutes (adults) or 60 minutes (children) of physical activity every-day. Mix it up to keep it fun. Some ideas include playing, dancing, riding bike or taking walks together. In the winter you can build a snowman or go sledding.



If you have access to the Internet, check out and log on to www.mypyramid.gov and read more about how to incorporate exercise into your lifestyle.

(Submitted by: Ann Schwader)

(Source: "Exercising During Winter-The key to Staying Fit" by Shenile R. Ford, Extension Educator, Family & Consumer Sciences, December 2007.)