

APRIL 2023

HEALTHY FAMILIES

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FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS A&M AGRILIFE EXTENSION - HALE COUNTY



WELCOME FRIENDS!

There are many reasons to celebrate the month of April! The days are getting longer and the weather warmer. Spring is finally making its presence known! The fun of celebrating the Easter holiday also makes April special. In this month's newsletter, I am hoping you find ways to add some ways to add a touch of spring and joy to your life. How can you feel renewed this month? Take a walk, make time for a nap, spend some quality time with a loved one, or recharge alone. These are all ways to make sure you can pour into the lives of others, by taking care of yourself! Don't overlook the recipes in this month's edition either, they can help give you the energy you need to have a productive day. Happy April!

HOT GIRL WALKS? IS THAT A THING?

Now that Spring is here, walking outdoors is doable and is something anyone can do without a gym membership and special clothes! Plus, people of all ages and fitness levels can join in!

"Hot girl walks" are the brain child of Mia Lind. Wanting to get out of the house during Covid, Mia began documenting her walks through Tik Tok. In 2021, she posted a video of her weight transformation that she claims walking helped her achieve. It was viewed over 3 million times!

So, how do you take a hot girl walk?? Mia suggests walking outside for 4 miles, while focusing on these things: 1) what you're grateful for 2) your goals & how you're going to reach them and 3) how hot you are! :) Of course, 4 miles isn't a must, it is really about building confidence and taking time for yourself!

Is walking overrated you might ask? The answer is "no"! Walking helps your body in numerous ways! Here are a few reasons that are too important not to mention.

- Helps strengthen your immune system
- Boosts bone strength
- Gives you a mood lift
- Promotes heart health
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To find out more, check out this link: <https://www.cbsnews.com/news/hot-girl-walk-viral-fitness-trend-explained-tips/>

LIVING WELL AT HOME

Wondering how to make your home smell amazing? Here are some easy tips from Posh Pennies. Hint: it's not all about candles!

<https://youtu.be/QgxvNjaa6Tc>





THIS SEASON'S SPECIALTIES

MAIN DISH / SIDE DISH RECIPE

This is a fun and colorful dish that tastes as fresh as Spring! Watch how easy it comes together in this video (recipe is below)! <https://youtu.be/CLcDVZKk0IE>

Quick Italian Tortellini Salad

Servings: 10

Ingredients:

- 1 (9 ounce) package cheese filled tortellini
- 1 1/2 cups fresh mushroom slices
- 1 1/2 broccoli florets
- 1 1/2 cup canned artichoke hearts
- 1/2 small red bell pepper sliced
- 4 ounces low fat Italian dressing
- 1/2 tsp ground oregano
- 1/3 cup shredded Parmesan cheese

Instructions

1. Cook the tortellini al dente, according to package directions.
2. Add broccoli florets and mushrooms before pasta is done (about 1 minute).
3. Cook for remaining time until broccoli turns bright green and is crisp tender and the pasta is al dente (chewy to bite).
4. Drain and rinse pasta mixture under cool running water.
5. Toss the pasta mixture with the artichoke hearts, red bell peppers, dressing and oregano.
6. Add the parmesan cheese and toss again lightly.

Nutrition Facts

6 servings per container

Serving size (157g)

Amount per serving

Calories **190**

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 20mg **7%**

Sodium 500mg **22%**

Total Carbohydrate 30g **11%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 10g

Vitamin D 0mcg **0%**

Calcium 129mg **10%**

Iron 1mg **6%**

Potassium 329mg **8%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

OTHER "DINNER TONIGHT" MAIN DISH RECIPES (WITH VIDEOS) CAN BE FOUND HERE:

BEEF AND BROCCOLI STIR FRY

[HTTPS://YOUTU.BE/HHRGULDVCM](https://youtu.be/HHRGULDVCM)

CHEESY LASAGNA ROLLS

[HTTPS://YOUTU.BE/5JRN4A9HCU](https://youtu.be/5JRN4A9HCU)

STEAK TACOS

[HTTPS://YOUTU.BE/VPFU8A6QVCQ](https://youtu.be/VPFU8A6QVCQ)



THE IMPORTANCE OF SLEEP! YES, IT IS A MUST!

DURING SLEEP, YOUR BODY IS WORKING TO SUPPORT HEALTHY BRAIN FUNCTION AND MAINTAIN YOUR PHYSICAL HEALTH. GETTING INADEQUATE SLEEP OVERTIME CAN RAISE YOUR RISK FOR LONG TERM HEALTH PROBLEMS. SO UTILIZE THE TIPS BELOW TO HELP YOU SLEEP SOUNDLY!



WHY IS IT IMPORTANT

- Repairs your body
- Improves learning & memory
- Lowers stress levels
- Improves creativity
- Supports growth & development
- Maintains your immune system
- Improves your energy
- More social & emotional intelligence

HOW CAN I SLEEP BETTER

- Go to bed and wake up at the same time each day
- Avoid big meals right before bed
- Avoid caffeine late in the day
- Exercise regularly
- Turn off the computer, phone, and television 30 minutes before bed
- Keep your bedroom cool, quiet, and dark

WHAT IF I DON'T GET ENOUGH SLEEP

- Increase in anxiety, depression
- Increase in irritability or mood swings
- Headaches, weight gain, and poor vision
- Poor reaction time
- Eye circles
- Drowsiness

OPTIMAL SLEEP INCLUDES:

- A great pillow. Check out these suggestions:
<https://www.sleepfoundation.org/best-pillows>
- Temperature of 65 - 70 degrees
- A good mattress. Check out these suggestions:
<https://www.sleepfoundation.org/best-mattress>

EFFECTS ON LONG TERM HEALTH WITHOUT ADEQUATE SLEEP

- **Metabolism** - lack of sleep can affect your metabolism, causing weight gain and affecting your appetite
- **Immunity** - lack of sleep can weaken your immune system, making you more susceptible to getting sick
- **Increased cortisol levels** - lack of sleep can increase your risk for high blood pressure, heart disease, and other health concerns
- **Physical attributes** - Lack of sleep can hasten signs of aging, like wrinkles and fine lines



APRIL IS NATIONAL VOLUNTEER MONTH!

April recognizes all those who give their time and energy during National Volunteer Month. In the United States, volunteerism is instilled at a young age. In many parts of the country, it is the cornerstone of summer vacation or woven into after school programs. Most organizations in small towns, rural counties and the largest cities would not function without volunteers. In some families, the baton of volunteerism is handed down generation after generation.

How can you observe national volunteer month?

- Thank a volunteer.
- Volunteer yourself! Many volunteers will tell you it is a rewarding experience.
- Do you have a special talent or skill that may benefit a charity or organization? Offer your services or ask how you can be of help.
- Use #NationalVolunteerMonth to share on social media.

Family & Community Health Committee - Hale County

The Hale County FCH Committee is made up of volunteers around the county who care about families. They meet quarterly to discuss upcoming programming and ideas. They also volunteer throughout the year to help facilitate educational programs. In 2022-2023, the committee worked to promote child passenger safety, and so far have reached over 150 families through this effort. I want to personally thank them for their efforts! It is a committee made of extraordinary humans willing to go the extra mile to make a difference in Plainview and the surrounding communities!

If you are looking for a place to volunteer and you care about FAMILIES, this committee might be for YOU! Use the contact information below to find out when and where the next meeting is going to be held. A few of our volunteers were recently honored as Texas A&M AgriLife Extension's Committee members of the month and are pictured to the right! Thank you and congratulations to Rachel Salazar & Sylvia Chavez! You are appreciated!



THANK YOU!



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A handwritten signature of Shawnte Clawson in black ink.