

September 2018

We all know we should exercise every day for better health. But fitting it in can be tricky with the demands of home, family and career. If you have fallen off the exercise wagon before you know how easy it is once you miss one day to skip the next one. That's why it is so important for us to make exercise a daily habit. Research suggests it takes 21 days of doing an activity before it becomes a habit. Actually, if the habit is a new or a harder one (like exercise), it can take the average person up to 66 days to form a strong habit.

Here are some tips to work exercise into your daily routine.

Set daily workout reminders on your phone or keep a daily activity log.

- Exercise around the same time each day. Try to exercise first thing in the morning or right after work. It is really hard to stay motivated if you go home before hitting the gym.
- Make your gym clothes visible. Lay your gym clothes out the night before. You may even want to sleep in them if you plan to work out first thing in the morning. If you prefer evening workouts, put them by the door or in your car the night before so you don't forget them before going to work.
- Choose goals that are SMART (Specific, Measurable, Attainable, Relevant and Timely), and track your progress.
- Post your goals. Decide what your fitness goals are, and post them in a place where you'll see them to keep you focused.
- Reward yourself when you achieve your goal.
- Pick some activities you enjoy and switch up your routine to make it interesting. Being active does not always mean going to the gym. You can always walk or run outside or play a sport.
- Exercise around others. Work out with a friend, sign up for a class or meet with a trainer to help you stick to your goal.

For more information ways to incorporate exercise into your day, contact the Martin County Extension office.

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Whats Inside!

Recipe Samples
Lunch and Learn
Make It, Take It
Health Bulletin
Homemaker Registration Form

Sarah Congleton
Sarah Congleton
County Agent for
Family & Consumer
Sciences



Pumpkin Apple Muffins

- 1 1/4 cups all-purpose flour
- 1 1/4 cups whole-wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/4 teaspoons ground cinnamon
- 1/2 cup fresh pureed pumpkin
- 1/2 cup canola oil
- 2 cups Granny Smith apples, finely chopped
- 1/4 cup ginger
- 1/2 teaspoon ground nutmeg
- 1 1/4 cups honey
- 2 large eggs

Preheat oven to 325 degrees F. In a large bowl, combine flour, baking soda, salt and spices. In a small bowl, combine honey, eggs, pumpkin and oil. Stir into dry ingredients just until moistened. Fold in apples. Fill greased or paper-lined muffin cups, two thirds full. Bake for 25 to 30 minutes or until muffins test done. Cool for 10 minutes before removing from pan.

Note: Can substitute two cups granulated sugar for honey, decrease baking soda by 1/4 teaspoon and increase oven temperature to 350 degrees F.

Yield: 18 muffins

Nutritional Analysis: 200 calories, 7 g fat, 0.5 g saturated fat, 35 mg cholesterol, 160 mg sodium, 35 g carbohydrates, 2 g fiber, 20 g sugar, 3 g protein

Buyers Kentucky Proud is my look for the label at your grocery store, farmer's market, or roadside stand.



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service



Join us for...

Plate It Up! KY
Proud

Cantaloupe Bread
&
Butternut Squash Health Bars

FREE!

• recipe samples •

Tuesday, September 4 at Inez IGA
Wednesday, September 5 at Save A Lot
Thursday, September 6 at Warfield IGA

Beginning
at 11:30am



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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LSN0026, 07-0008



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Opportunities
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Kentucky Winter Squash

SEASON: August through October.

NUTRITION FACTS: Winter squash, which includes acorn squash, butternut squash, pumpkin and other varieties, is low in fat and sodium and an excellent source of vitamin A and fiber.

SELECTION: Winter squash should be heavy for its size with a hard, tough rind, free of blemishes or soft spots.

STORAGE: Store winter squash in a cool, dry place and use within one month.

PREPARATION:

To Steam: Wash and remove seeds. Cut squash into 2-inch cubes or quarters, leaving rind on. The rind will remove easily after cooking. Bring 1 inch of water to a boil in a saucepan and place squash in a rack or basket in the pan. Do not immerse it in water. Cover the pan tightly and steam the squash 30-40 minutes or until tender.

To Microwave: Wash squash and cut it lengthwise. Place in a baking dish and cover with plastic wrap. Microwave until tender, using these guidelines:

- Acorn squash: 1/2 squash, 5-8 minutes; 1 squash, 8 1/2-11 1/2 minutes.
- Butternut squash: 2 pieces, 3-4 1/2 minutes.
- Pumpkins: 1 pound piece, 2-8 minutes.

To Bake: Wash squash and cut lengthwise. Smaller squash can be cut in half; larger squash should be cut into portions. Remove seeds and place squash in a baking dish. Bake at 400 degrees F for 1 hour or until tender. Seeds can be toasted at 350 degrees F for 20 minutes.

KENTUCKY WINTER SQUASH

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Kentucky State University

Nutritionists available

September 2011

COOPERATIVE EXTENSION SERVICE

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KENTUCKY

College of Agriculture, Food and Environment

Cooperative Extension Service

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Source: www.foodandnutrition.usda.gov



LUNCH & LEARN

Celiac Disease / Gluten

Tuesday, September 11th @ 12pm

ABC's of Diabetes

Tuesday, October 9th @ 12pm

Hypertension / Heart Disease

Tuesday, November 13th @ 12pm

Managing Stress

Tuesday, December 11th @ 12pm

Healthy Eating on a Budget / Weight Loss

Tuesday, January 8th @ 12pm

Healthy food samples provided related to disease at each session

RUFUS REED LIBRARY

For more information, contact our office at 606-298-7742



MAKE IT. TAKE IT

PUMPKIN WREATH

THURSDAY, SEPTEMBER 20TH
@ 5:00PM

Cost is
\$10.00/person



Registration is
required -
Class size
limited!

Healthy snack provided!



ADULT HEALTH BULLETIN

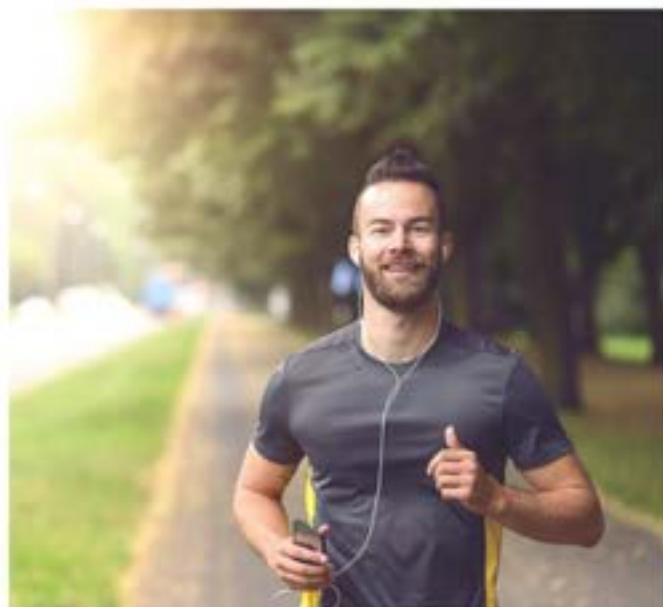


SEPTEMBER 2018

Download this and past issues
of the Adult, Youth, Parent and
Family Caregiver Health Bulletins:
[http://fcs-hes.ca.uky.edu/
content/health-bulletins](http://fcs-hes.ca.uky.edu/content/health-bulletins)

Martin County
Extension Office
9 Holy Street
Inez, KY 41224
606-298-4472

THIS MONTH'S TOPIC: EXERCISE MAKES YOU HAPPIER



Exercise has been proven to naturally reduce the symptoms of depression. New research, published in June 2018, showed that resistance exercise training significantly reduced depressive symptoms among adults regardless of health status or improvements from exercise. Exercise helps in two ways: keeping the body healthy and releasing endorphins to lift your mood.

The idea that moving can affect our moods is not new. Many of us would probably say that we feel less cranky or more relaxed after a jog or visit to the gym. Research shows that people who are physically active have a much lower risk of developing depression or anxiety than people who rarely move.

Continued on the back →



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The good news — any amount or type of exercise can have an effect on your happiness. Even if you only work out once a week or do 10 minutes a day of physical activity — your mood will boost! But more movement contributes to greater happiness. When people exercise for at least 30 minutes on most days, which is the recommendation for physical activity, they consider themselves happier.

Why physical activity makes you happier

- Dopamine, a chemical that plays a role in happiness, is a neurotransmitter in the brain that's necessary for feelings of pleasure and happiness. Exercise is the best way to increase your brain's dopamine production.
- Exercise makes you less stressed out. When you subject yourself to the stress of exercise, raising your heart rate, your body will get better at handling life's stressors.
- Exercise boosts your confidence and energy levels.
- It's social! Exercising in a group can be fun and interactive.
- It fights insomnia. Staying active and exercising on a regular basis has been shown to improve sleeping. In addition, regular exercise will not only significantly improve your sleep quality, it can also help you get out of bed in the morning and do things.

Any amount or type of exercise can have an effect on your happiness. Even if you only work out once a week or do 10 minutes a day of physical activity — your mood will boost!



REFERENCES:

- Gordon BR, McDowell CP, Hallgren M, Meyer JD, Lyons M, Herring MP. Association of Efficacy of Resistance Exercise Training With Depressive Symptoms: Meta-analysis and Meta-regression Analysis of Randomized Clinical Trials. *JAMA Psychiatry*. 2018;75(6):566–576. doi:10.1001/jamapsychiatry.2018.0572
- Felipe B. Schuch, Ph.D., Davy Vancampfort, Ph.D., Joseph Firth, Ph.D. Physical Activity and Incident Depression: A Meta-Analysis of Prospective Cohort Studies. *The American Journal of Psychiatry*. 25 Apr 2018

Daily physical activity can help reduce your risk of mental illness and other potentially risky behaviors, including suicide. Exercise, and be happy!

ADULT
HEALTH BULLETIN

Written by: Natalie Jones
Edited by: Corinne Wheeler
Designed by: Rusty Marceau
Stock images: 123RF.com





Northeast Area Annual Homemaker Meeting

College of Agriculture,
Food and Environment
Cooperative Extension Service

Floyd County's Civil War Heritage



October 20th, 2018 at 10:00 AM

Registration and Cultural Arts Check-in: 9:00 AM - 9:45 AM

EVERY cultural art item must have a completed tag in an envelope attached to item before bringing to the meeting.

Wilkinson Stumbo Conference Center

Jenny Wiley State Resort Park

75 Theatre Ct, Prestonsburg, KY 41653

Registration Fee: \$25/person

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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification



Please detach and send registration to fee to:

Andrea Johnson
Floyd County Extension Service
3490 KY RT 321
Prestonsburg, KY 41653

Name: _____

County: _____

MAKE CHECKS PAYABLE TO:
FLOYD COUNTY HOMEMAKERS

Check box is you are:

- Area Council Member
 Voting Delegate

REGISTRATION DEADLINE IS FRIDAY, SEPTEMBER 14, 2018

Martin County
Cooperative Extension
9 Holy Street
Inez, KY 41224
606-298-7742

