



Healthy Wise...

U of A Cooperative Extension Service
ReShape Yourself Support Group Newsletter - Crawford County
December 2010

ReShape Christmas Party Just Around the Corner

It hardly seems possible that it is time again for another Christmas Party. It is always so much fun! Russell and I are both looking forward to our get-together on **December 13 at 11 a.m.** at the Extension office. We purchased our gifts for the “Dirty Santa” game last weekend. Just a reminder, the class decided to raise the **value for each gift to \$10** this year.

I have been collecting healthy holiday recipes over the last couple of months but am still not sure what I’ll bring for the potluck. If you would like to share your recipe, bring it and we will make copies for everyone.

Walking Teams will need to turn in all miles walked to team leaders who will report this to me. Since we will have to do some calculations to determine the winning team, due to the difference in the number of participants per team, the winner will be announced in January.

New Classes Starting January 12

A new ReShape Yourself session will begin on January 12 and continue weekly until April 6, 2011. The classes will be on Wednesday mornings at 10:00 a.m. Registration will be \$30.00.

Follow Up on November’s Support Group Lesson

Remember, just removing a little sodium from the diet can do a lot of good. Studies show that reducing sodium intake from 3500 mg/day to 1500 mg/day can produce a 30 percent decrease in high blood pressure. Those that are serious about reducing risk for stroke, heart attack or high blood pressure definitely need to be monitoring sodium intake. We can do that the same way we count calories or fat grams – by reading labels!

Here are some surprising figures that may make you rethink fast food:

- A McDonald’s bacon, egg and cheese biscuit - 1,230 mg of sodium.
- Panera’s low fat chicken noodle soup – 1670 mg of sodium.
- A single slice of Little Caesar’s pepperoni pizza – 520 mg of sodium.



Examine the Stress in Your Life

Unmanaged stress can also cause high blood pressure, irregular heartbeat, raise your cholesterol levels and weaken your immune system. Finding ways to manage stress is important to overall health. Here are some tips recommended by the University of Arkansas Wellness and Preventative Care Program.

- **Take control.** Manage your time and prioritize what needs to be done each day. Make a "to do" list, prioritize it and get the most important things done first. Remember that some things are just not worth worrying over and may not need to be on your list at all.
- **Take care of yourself.** Get plenty of sleep and eat healthy. Regular exercise is also an excellent way to reduce stress.
- **Take time for yourself.*** This is probably the one thing that is the hardest to find time for but it is important to your overall health. Take breaks from your work, even if it's only to take a short walk or relax outside. Set aside one night or day during the week to do something just for fun.
- **Focus on the positive.** Try to avoid negative thoughts, "what-ifs" or focusing on what you cannot control. Accept the fact you may not be able to change certain situations. If this is one that is difficult for you, try memorizing the serenity prayer and repeating it when you are up against a brick wall.
- **Bolster your support system.** Friends, family and religious faith can be great resources to help deal with stress. Learn to ask for help when you need it.

Here's Something to Help You Reduce Stress:



The Extension Homemakers are having their annual auction on Friday, December 3 beginning at 10 a.m. at the Extension office. Warren Blaylock and Jan Nordin are our auctioneers. They will be auctioning off holiday decorations for the home, baked goods, gift items, and a possibly a few white elephants. A potluck luncheon will follow the auction. This is always more fun than a barrel of monkeys!!!! Come fellowship, laugh, eat lunch and pick up some great bargains. *(Refer back to "Time for yourself" above.) I hope to see you there!

Happy Holidays!!!

A handwritten signature in cursive script that reads "Joyce Whittington".

Joyce Whittington
County Extension Agent
Staff Chair

University of Arkansas, United States Department of Agriculture and County Governments Cooperating.

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