

River Valley Healthy Living is a four-county effort focusing on nutrition, exercise, relationships and finance to help you and your family live healthy, well-balanced lives.

We do not stop playing because we grow old. We grow old because we stop playing.

— Anonymous

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UofA

UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

Cooperative Extension Service

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



Extra Screen Time = Extra Weight

by Dora Dinnan

The average child spends 28 hours a week watching TV and 3½ hours playing video games. There is a relationship between children who are overweight and the amount of time spent watching TV, playing video games and surfing the internet. The American Academy of Pediatrics recommends limiting screen time to 2 hours per day. Children need to be physically active every day. Some ways to make it happen include:

- **Purchase toys that encourage active play. Set up soccer and basketball goals or a volleyball net.**
- **Set limits such as only one hour of tv or video games per day. Use a timer to help enforce limits.**
- **Make a rule that minutes of screen time must equal minutes of physical activity. Take a 30-minute walk before watching your favorite sitcom.**
- **Walk your children to school, encourage a bike ride after dinner or bring them with you to the gym.**
- **Join youth organizations such as Scouts and 4-H which promote physical activity.**

Recent studies show that inactivity and overeating are the reasons children become overweight. Encourage your child to get moving, and set a good example by being physically active yourself!

The average child spends 3½ hours playing video games.





Mark Your Calendar

Strong Women Classes:

ongoing: Conway County
2pm, T/Th • Birdtown EHC Bldg
7:30am, M/W/F • Downtown
Church of Christ, Morrilton

Johnson County
9 & 10am M/Th • 5 & 6pm T/Th
extension office, Clarksville
10am M/Th • Hagarville
Community Bldg.

Pope County
9am, T/Th • 10 & 11am, M/W/F
Senior Center, Russellville

Yell County
8:30am, M/Th
Plainview Baptist Church
5pm, M/Th
USDA Service Ctr., Danville
10am, T/Th
Danville Community Ctr.
12:30pm, T/Th
Dardanelle Sr. Citizen Ctr.

ongoing: Diabetes Support Group
5 pm, Third Tues. • Marvin Vinson
Multipurpose Bldg., Clarksville

Mar 27: 10,000 Step Challenge begins
Conway County

Mar 29: 10,000 Step Challenge begins
Yell & Johnson County

May 6 Marriage & Money • 6:30pm
& 8: USDA Service Ctr., Danville

June 24: Fruit Research Station Field Day
8am - noon • Clarksville

For more info. contact your county extension office.
All of the programs listed in this newsletter are offered to
all eligible persons regardless of race, color, national
origin, religion, gender, age, disability, marital or veteran
status, or any other legally protected status.

\$ healthy finances

Auto Enrollment Steers More People Into 401(k) Plans

by Gayla Taylor

To encourage individual retirement savings, Congress passed the Pension

Protection Act in 2006

to allow employers to automatically enroll employees in their 401(k) plans. Previously, employees had to sign up to participate.

If you would prefer not to participate, you have a 90-day window to opt out of automatic enrollment by withdrawing all contributions and earnings. Taxes will be owed on these, but they are not subject to premature distribution penalties.

The legislation is intended to boost participation in retirement plans, with the hope that most employees will stay enrolled. 401(k) retirement plans can help you take control of your future and ensure a financially secure retirement. To make the most of your 401(k):

- If your employer matches a portion of your savings, contribute at least enough to get the full match. If possible, contribute the maximum amount allowable by your employer's plan.
- Check out various fees and expenses. Fees are usually a percentage of the plan assets and are usually deducted directly from your investment returns.
- Study your options – a 401K is a long-term investment.
- Talk to a financial professional for advice about your situation.

Get involved in managing your retirement savings – it's your future!



The Skinny on Carbs

by Jeri Vangilder

Carbohydrates, the staple of most diets, aren't all good or bad. Easily digested carbs from white bread or rice, pastries, soda and other highly processed foods may contribute to weight gain and increase the risk of diabetes and coronary heart disease. Whole grains, beans, fruits, vegetables and other sources of intact carbohydrates do just the opposite – they promote good health.

Carbohydrates provide fuel the body needs. The best sources of carbohydrates – fruits, vegetables and whole grains – deliver essential vitamins and minerals, fiber and important phytonutrients. For optimal health look for:

- whole grains like old fashioned oats, brown rice, bulgar, wheat berries or hulled barley
- whole wheat or whole grain listed as the first ingredient on the label
- beans, a great source of protein and slowly digested carbohydrate

Chicken Marsala

Wine, lemons and mushrooms flavor this 30-minute delicious chicken dish the lower-salt and lower-fat way.

INGREDIENTS:

$\frac{1}{8}$ tsp. ground pepper
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ cup flour
 4 chicken breasts, boned and skinless
 1 Tbsp. olive oil
 1 cup Marsala wine
 $\frac{1}{2}$ cup fat-free chicken broth
 Fresh lemon juice from $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup fresh mushrooms, sliced
 1 Tbsp. fresh parsley, chopped

DIRECTIONS:

Mix pepper, salt and flour. Coat chicken with seasoned flour. Heat oil in a heavy non-stick skillet, and brown chicken on both sides. Remove and set aside.

Add wine and stir until heated. Stir in lemon juice, chicken broth and mushrooms. Reduce heat and cook for 10 minutes or until sauce is partially reduced.

Return chicken to skillet and coat with sauce. Cover and cook for 5–10 minutes until chicken is done. Serve sauce over chicken. Garnish with chopped parsley.

Prep Time: 5 minutes

Cook Time: 25 minutes

Makes 4 servings



cut and fold for recipe card

Nutrition Info

Serving Size: 1 breast

Amount Per Serving

Calories: 285

Total Fat: 8g

Cholesterol: 85g

Sodium: 235mg

Total Carbs: 11g

Dietary Fiber: 0.1g

Protein: 33g

Does Punishment Work?

by Susan Pickle

Parents often become frustrated when children break rules, act inappropriately or do things we think they shouldn't. A common response is to punish the child. This does not lead to better behavior. Teaching children how to act is better than punishment and leads to self-discipline.

Children need to have rules and consequences. Make a



few simple rules that you will enforce consistently. Rules should be reasonable, sensible and help children learn to work well with others. Establish consequences to teach important lessons. Positive consequences are those that notice good actions and teach children to repeat the action. Negative consequences involve removing privileges to teach children to avoid misbehavior.

Additional information on setting limits and using consequences to teach good behavior can be found at www.arfamilies.org/family_life/parenting/character.htm or you can pick up a Parenting Journey map and travel guide, "Find Your Way to Character Heights," from your local University of Arkansas Cooperative Extension office.

river valley
healthy living

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Join the 10,000 Step Challenge for Good Health

Spring is a great time to get outdoors and be active. Why not dust off your walking shoes and participate in the 10,000 Step Challenge? It is a walking program to encourage individuals to increase physical activity and strive for at least 10,000 steps a day or the equivalent in other activity. Any increase in activity will help improve your health. To sign up, contact the Johnson, Yell or Conway county Extension office.

This newsletter also has helpful information on ways to keep your children active, teaching children good behavior, healthy eating and retirement planning. Don't forget to check the Mark Your Calendar section for information on days, times and locations of current Extension programs. To learn more, contact the local Extension office listed to the right.



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