Would you like to improve your health? Would you like to start a regular strength training program and exercise regularly? Strength training can improve:

- Muscle mass
- Strength & balance
- Bone Density
- Arthritis symptoms
- Blood sugar & Cholesterol

Who: Any man or woman age 19 or above.

Where: Cooperative Extension Service.

When: September 10th to November 26th. The class will meet on Tuesdays and Fridays mornings @ 8:15 for 45-60 minutes.

Cost: Registration fee for the 12 week program is $12, however the ball will be provided.

For more information on this class or to pre-register, please contact me at the County Extension Office.

Pre-register EARLY, Space is LIMITED!!!!

Medicine Ball Strength Training Starts September 10th

Make Rice Part of Your Healthy Lifestyle

If you are always on the lookout for a healthy, low-cost food that is also delicious, then look no further than Rice. Rice pairs well with vegetables, fruits, and protein to help you complete your healthy plate. Below is five reasons to add rice:

* Whole grains, such as brown rice help reduce the risk of chronic illnesses.
* Rice is high in complex carbohydrates.
* Rice is nutrient dense, contributing over 15 vitamins and minerals.
* Rice is virtually fat, sodium and gluten free.
* Rice is only 100 calories per half cup serving.

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Rice to Know Tips:

- The average American consumes about 25 lbs. of rice a year
- Cooked rice may be stored in the refrigerator for 3-5 days or frozen for up to 6 months
- To retain the nutrients, rice should not be washed before or after cooking

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Walk Across Arkansas (WAA) Starts September 30th

Invest in your health by participating in our Walk Across Arkansas Program. The eight week program is designed to help Arkansans become active through exercise while meeting personal goals with team support and promote healthy habits.
To participate, you only need:

- A team of 2-10 people
- A team name
- A team captain
- A watch or stop watch
- A personal goal
- A Good pair of walking shoes
- A willingness to record your exercise minutes daily.

Although most people choose walking as their daily activity, you can conduct any activity you choose. Exercise can be any activity that is performed with the intent to be physically active and raise the heart rate for at least 10 minutes at a time. For more information on WAA or to register a team, contact the County Extension Office.

Make A Change and Improve Your Health and Wealth

Most people make improvements to their health and finances by changing themselves without the assistance of others, however; improvements, such as losing weight and saving money, takes place in stages over a period of time and making a commitment helps. Commitments should take place during the development stage along with a plan of action.

The following factors can help you plan the actions you need to make to improve your health and wealth.

- **What** behavior change are you planning to make and the reason for the change?
- **How** strongly do you want to make this change.
- **What** steps will you take to make this change and when will you start?
- **Will** you need help.

Smart Nutrition Active People Education (SNAP)

SNAP-Ed is a partnership between the University of Arkansas Cooperative Extension Service, the Department of Human Services and the USDA Food and Nutrition Service. The program provides nutrition education to SNAP participants and other eligible low-income individuals and families.

What’s in it for you?

SNAP ED nutrition programs can help you:

- Fix healthy, low-cost meals and snacks for you and your family.
- Get the most for your food dollars.
Fruits and Vegetables Offers Free Healthful Benefits

Most of us should eat between 2 1/2 to 6 1/2 cups of fruits and vegetables each day depending on our age, gender, and activity level; but why? Eating plenty of fruits and vegetables is one of the most positive health habits families can make. Fruits and vegetables provide important nutrients and fiber that help maintain good health. They provide phytochemicals that provide a variety of free healthful benefits. Eating large amounts of colorful fruits and vegetables may reduce risk of chronic diseases including stroke, diabetes, heart disease, hypertension and some types of cancer. For optimum health, create a colorful plate with these hues:

**Red:** Help maintain heart health and memory function.

**Yellow/Orange:** Help maintain immune system.

**Green:** Help to prevent macular degeneration.

**White:** Lower the risk of some cancers.

**Blue:** Help improve blood vessel health.

Is Your Credit in Need of Repair

Do you know what’s in your credit report? If you’re planning to buy a home, apply for a credit card or look for a job, you need to know what’s in your credit report. Businesses, potential employers and others use your credit report to help evaluate applications. Check your credit report regularly. Be sure to look for errors or signs of fraud beginning with your name and address. Consumers are entitled to a free credit report annually from each of the three credit bureaus: Equifax, Experian and TransUnion at https://www.annualcreditreport.com.

If you find an error, contact the reporting company and the creditor. You will need to notify them in writing and provide a description of the error and documentation for correction. Credit bureaus must investigate, usually within 30 days.

SNAP Continued

*Develop spending and savings plans to make food last throughout the month.

*Handle and store food so that it will not spoil and last longer.

*Become more physically active.

Let the SNAP ED nutrition program help you and your family learn to “Feel Better Today and Stay Healthy Tomorrow”. For more information on the SNAP Program, contact the County Extension Office at 870-739-3239.
Finding Solutions for Families

Using Coupons Equal Savings

You may or may not have heard stories about coupon clipping shoppers getting fantastic deals at the store. Whether or not these stories are true, smart coupon use can provide significant savings for consumers. According to the Year-end 2010 Consumer Packaged Good Report, shoppers saved nearly $3.7 billion dollars using coupons.

Investing a little time in finding and organizing coupons can pay big dividends at the checkout. To help you maximize your coupon savings, try these couponing tips.

* Maximize couponing by using stores that double coupons.
* Stock up on non-perishable items-canned and paper goods, cleaning products-if you have coupons that match up with store sales.

As families at all economic level struggle to control spending and manage debt in a difficult economy, using coupons is another tool to help balance the financial scale.

For more information on any of the topics in this newsletter, please contact the County Extension Office at 870-739-3239.