

March/April 2020 Newsletter Newsletter

Walk across Arkansas: Union County Challenge begins March 16-May 10

The eight-week exercise program is organized each spring and fall by the Cooperative Extension Service, part of the University of Arkansas System Division of Agriculture, with the goal of helping Arkansans improve their health. Participation is free, and registration opens March 2 online at uaex.edu/walk.

Last year, 524 Arkansans statewide participated in the fall 2019 Walk Across Arkansas, logging 798,340 minutes. There were 104 participating teams across 37 counties. Many of those participants reported they had more energy, slept better, controlled stress, strengthened relationships, lost weight or inches, and improved their blood panels and blood pressure. While mileage has been a focus in the past, this year's event focuses on minutes and helping participants increase their physical activity.



Physical activity can lower the risk of early death, coronary heart disease, stroke, high blood pressure, high cholesterol, Type 2 diabetes, metabolic syndrome and some cancers, according to the Centers for Disease Control. Exercise also helps with weight loss and weight control and can improve mood and energy level.

Adults should get at least 150 minutes of exercise per week, and youth need at least 60 minutes of exercise daily.

To participate, find a few friends to form a team and register at [walk](http://uaex.edu/walk). Then, from March 16 to May 10, record the amount of time you spend walking or getting any other form of exercise.

Minutes can be logged online, or you can contact your local county extension agent for paper forms. For more information about Walk Across Arkansas, contact the Union County Extension Office at 870-864-1916 or email at lamcgarrh@uaex.edu.



March is National Nutrition Month! Celebrate each year during the month of March: National Nutrition Month focuses on the importance of making informed food choices and developing sound eating habits by eating a variety of nutritious foods every day! Learn more about National Nutrition Month by visiting <http://sm.eatright.org/NNMInfo>.

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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

Family & Consumer Science

AEHC

Save the Date

Extension Homemakers Club

Multi-County Spring Social

Friday, April 24, 2020

TAC House located at
1101 Northwest Ave. El Dorado, AR
Registration 9:30 a.m.

\$10 Supply fee

Educational Program—Self Care & Stress Management

**Food Drive Service Project,
Make-n-Take projects,
Potluck lunch, & more!**

Calhoun, Dallas, Ouachita, & Union County Event
contact your Extension Office for more information and to Pre-Register today!

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The Arkansas Extension Homemakers Council has adopted food insecurity as the statewide project. The goal is to provide one million meals by 2021. Partnering with local and state food pantries is a great way to make a difference. By addressing food insecurity in Arkansas, Arkansas Extension Homemakers Council hopes to reduce hunger. During the Spring Social, which is on April 24 we will host a food drive and be apart of the statewide event called "Packing Up for the Summer." The items donated during the Spring Social will hopefully fill our local food banks and food pantries for the summer. Many students face food insecurity in the Summer and hosting a food drive can reduce the number of students who need food during that time.

Different ways to help this statewide project:

- Food Panties— Donate food and contact local food pantries near you and see what they need. Volunteer by working at the food pantry.
- Food Banks— Check with food banks near you and see how you can volunteer your time. Ask what foods they are in need of and host a food drive, donate the items to the food bank.
- Monetary Donations— Deposit any money raised into your club bank account.
- Reporting— Don't forget to report this project. If you need a form, please contact me at 870-864-1916.

Lauren McGarh

County Extension Agent— Family and Consumer Science

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