



NEWS

Cent\$ible Nutrition

HELPING FAMILIES EAT BETTER FOR LESS

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“Thank you so much for helping my entire family to save money on our food budget and be more nutrition conscientious. I feel like my family has graduated along with me”.

Converse County Participant

Fitness For Your Better Health

There is just no way to get around it: physical activity is good for you! Regular physical activity that is performed three to five days a week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. Regular physical activity improves health in the following ways:

- Reduces the risk of dying prematurely
- Reduces the risk of dying from heart disease
- Reduces the risk of developing diabetes or high blood pressure
- Helps control weight and appetite



- Helps build and maintain healthy bones, muscles, and joints
- Helps improve balance in older adults
- Promotes psychological well-being

- Helps reduce blood pressure in people who have high blood pressure
- Reduces the risk of developing colon cancer
- Reduces feelings of depression and anxiety



Physical activity doesn't need to be strenuous to provide health benefits. People who are inactive or sedentary can significantly improve their health by everyday, moderate activity. Any activities that makes your heart beat faster, equivalent to brisk walking, are considered moderate. For the best health benefits activities should be done 30 minutes or more most days (at least 5 times a week). Here are some activities that are moderate:

- | | | |
|-------------------------|----------------------|-------------------------------------|
| ◆ Raking leaves | ◆ Mopping floors | ◆ Shoveling Snow |
| ◆ Digging in the garden | ◆ Dancing | ◆ Wheeling yourself in a wheelchair |
| ◆ Waxing the car | ◆ Pushing a stroller | ◆ Riding a bike |
| ◆ Walking the dog | ◆ Washing windows | ◆ Energetic vacuuming |
| ◆ Mowing the lawn | ◆ Swimming | |
| | ◆ Hiking | |



SENIOR SENSE

Older adults can benefit greatly from a moderate amount of daily physical activity. A moderate amount of activity can be obtained in longer sessions of less intense activities (such as walking), or in shorter sessions of more vigorous activities (such as fast walking or stair walking).

Loss of strength and stamina is in part caused by reduced physical activity. Strengthening activities produce stronger muscles which reduces the risk of falling.

Physical activity helps control joint swelling and pain associated with arthritis and helps maintain healthy bones, muscles and joints. Begin gradually to prevent injury and sore muscles. ***It is never too late to move more.***

Source: Adapted from Physical Activity and Health, Older Americans: <http://www.beactive.org/olerad.html>

Kids Corner



Plan a small garden with your kids. Have each child select a favorite vegetable from those that grow well in your area. Then together you can prepare the ground, plant the seeds, water, weed, harvest, and ENJOY!

COST CUTTER

Fresh fruits and vegetables are the best quality and flavor at their peak growing season. Growing your own produce not only saves money, but provides great physical activity. Digging, planting, weeding, hoeing and harvesting get your heart pumping! Tasting the final product is an additional benefit. Consult your local CES office for information on successful gardening in your area.

A ***Cent#ible Nutrition*** educator can show you how to:

- Invest food dollars in the best nutrition choices
- save time and money
- prepare tasty meals
- keep food safe

Participants receive a free ***Cent#ible Nutrition Cookbook*** plus many other gifts including:

- computerized diet analysis
- grocery list pad
- menu planner
- calendar
- cutting board
- refrigerator thermometer

Best of all, meet new friends, share ideas, and have fun! Classes are free to those who qualify.

To receive more information, contact a ***Cent#ible Nutrition*** Educator in your county:

Albany	721-2571	Goshen	532-2436	Park	527-8560	Washakie	347-4567
Big Horn	568-2278	Hot Springs	864-3421	Platte	322-3667	Weston	746-3531
Campbell	682-7281	Johnson	684-7522	Sheridan	674-2980	Wind River Res.	332-2681
Carbon	328-2642	Laramie	633-4383	Sublette	367-4380	En Español	1-877-356-6675
Converse	358-2417	Lincoln	866-3132	Sweetwater	352-6775	State Office	1-877-219-4646
Crook	283-1192	Natrona	235-9400	Teton	733-3087		
Fremont	332-1030	Niobrara	334-3534	Uinta	783-0579		

For information on how to apply for food stamps call 1-800-457-3659. Funded by the Food Stamp Program.

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