

The Official Newsletter of the Bell County Texas A&M AgriLife Family and
Community Health (FCH) Extension Agent

TEXAS A&M
AGRI LIFE
EXTENSION



HELPING TEXANS BETTER THEIR LIVES

FEBRUARY IS HEART MONTH

Now is the time to increase your awareness of ways you can improve your hearth health.

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol and blood sugar levels normal and lower your risk for heart disease and stroke.

- ✓ Choose Healthy Habits – choose healthy meals and snacks to help prevent heart disease and it complications
 - Eat plenty of fresh fruits and vegetables
 - Choose foods high in fiber
 - Select foods that are low in saturated fats and cholesterol
 - Limit the amount of salt (sodium) in your diet
 - Limit intake of sugar
 - Limit the amount of alcohol you consume

- ✓ Keep a Healthy Weight – people with overweight or obesity have a higher risk for heart disease
 - If you above your desirable body weight, limit your intake of calories and increase your physical activity
 - If you are within your desirable weight range, work to maintain it
- ✓ Get Regular Physical Activity – regular physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol and blood sugar levels
 - Generally, 30 minutes of moderate-intensity exercise is recommended daily or 2½ hours weekly
- ✓ Don't Smoke – cigarette smoking greatly increases your risk for heart disease
 - If you don't smoke, don't start
 - If you do smoke, quitting will lower your risk for heart disease



Presentations on heart health are offered throughout the year. Feel free to contact me for the next available class.

WHAT'S FOR DINNER TONIGHT?

Do you ever struggle to come up with a healthy dinner after a long day of work, errands, or school activities? We know we could drive through another fast-food restaurant to save time, but is that meal meeting the nutritional needs of your family?

The *Dinner Tonight* program was developed to provide busy families with quick, healthy, cost-effective recipes that taste great. Not only does the *Dinner Tonight* program provide recipes, it also gives you weekly video demonstrations on cooking tips and techniques, nutrition topics, menu planning basics and information on healthy living.

The goal for the *Dinner Tonight* program is to improve the health and wellness of Texans through nutrition education. So let this program help you get you started on preparing your dinner tonight.

Sign up today at <https://dinnertonight.tamu.edu/>



BELL COUNTY 4-H FASHION SHOW AND DUDS TO DAZZLE CONTEST

The 2023 *Bell County 4-H Fashion Show* and *Duds to Dazzle Contest* is scheduled for Monday, February 27, 2023 at the Bell County Extension Offices at 1605 N. Main Street in Belton. Judging will begin at 3:30 PM.

The *Fashion Show* provides an opportunity for 4-H members to demonstrate skills and knowledge of clothing construction and consumerism, demonstrate and understanding of fashion trends of young people, design and create outfits for specific uses, demonstrate poise and confidence and increase personal presentation skills. In addition, *Duds to Dazzle* promotes teamwork and helps participants gain an appreciation for recycling textiles.



Upcoming Educational Opportunities

DO WELL, BE WELL WITH HYPERTENSION



Classes will begin Wednesday, February 15th at the Killeen Senior Center at Lion's Park.

The address is
1400 E Stan Schlueter Loop
Killeen, TX

Please contact me at the number below or Babe Fa'alata at the Killeen Senior Center at (254)501-6362.

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Class 1

Learn how the DASH eating plan may help in reducing blood pressure and self-care practices.

Class 2

Discover the benefits of fruits and vegetables to help reduce blood pressure.

Class 3

Understand how sodium plays a role in high blood pressure and learn tips to help reduce sodium in the foods we choose.

Class 4

Learn how to incorporate low-fat dairy into the DASH eating plan.

Class 5

Identify ways to replace or reduce added sugars in the foods we eat.

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation or gender identity.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating