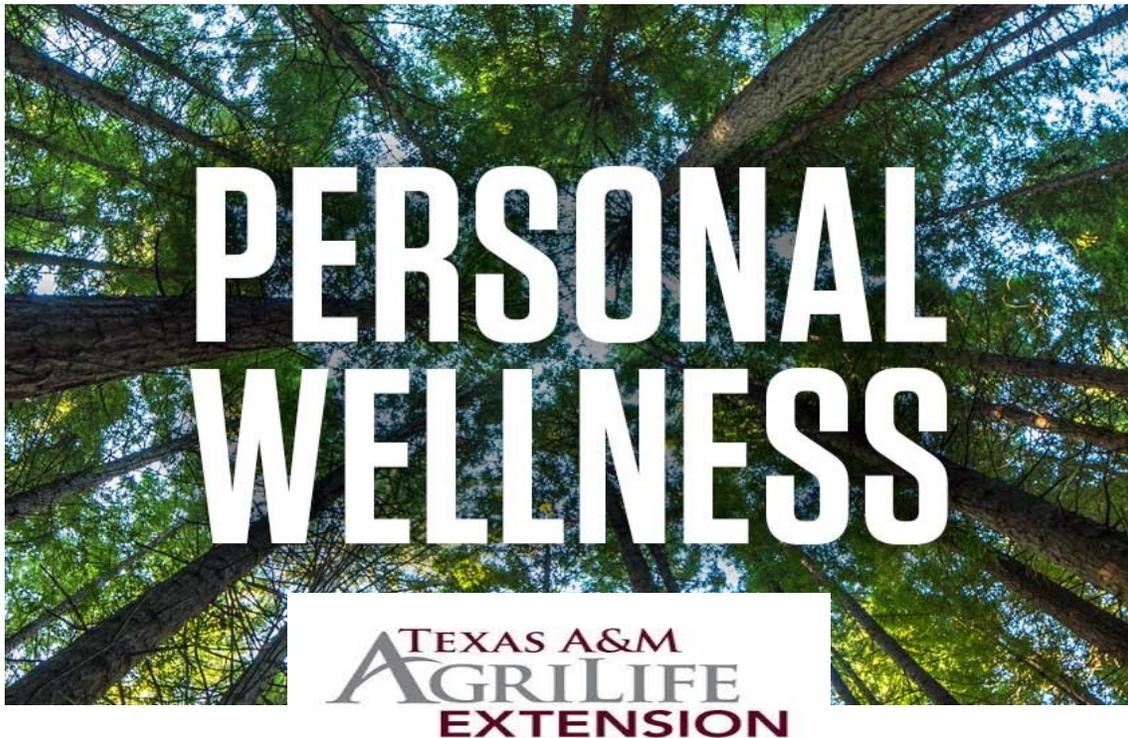


PANHANDLE PATH TO HEALTHY LIVING



NATIONAL SELF IMPROVEMENT MONTH

Make this month all about YOU!

It is National Self-Improvement Month; a time to improve yourself, set new goals, and eliminate the negative things in your life that are holding you back. One of the best investments that you can make in your life is to invest in improving yourself physically, spiritually, and mentally. Self-improvement could be any set of steps or actions (minor or major) that you take with an aim of making yourself better than you were before.

Lizabeth Gresham

Path to Personal Wellness

**If you're unsure of where to start your self improvement journey,
here are a few practical things to consider:**

- ◆ **Pick up a new hobby** – This is ideal for those individuals who feel their everyday routine is burning through their desire to get through the day. Finding a new hobby or activity of interest will take your mind off of the norm and give you new and exciting things to look forward to.
- ◆ **Sit in on a seminar or workshop** – The best part of starting a new day is being able to learn something new. Look into local seminars, workshops, or webinars you find of interest. Though you might feel well informed on a topic, listening to others insight on such topic can give you a different perspective and outlook.
- ◆ **Start your days earlier** – Starting your day earlier gives you more time to accomplish and tackle tasks on your to-do list. While waking up early can be harder for those who work late or have a hard time sleeping at night, beginning your day earlier could actually help you better manage your sleep to ensure you don't oversleep. We could all use some extra sleep once in a while, but overdoing it actually makes you feel more exhausted throughout the day.
- ◆ **Incorporate exercise into your daily routine** – Being in good physical shape is important when it comes to mental health. Making sure you are taking care of your body allows for the mind to follow. Mixing up your exercises lets different areas of the body to be targeted; jogging, cardio at the gym or at home, and even swimming are all good exercises to begin with.
- ◆ **Do something out of your comfort zone, often** – Being too comfortable and staying in your comfort zone does not promote self-growth. In order to be the best version of yourself that you can, you must evolve as you get older and wiser. Being afraid of change isn't healthy for anyone, no matter the circumstances. Shake up your routine, do something different every once in a while!
- ◆ **Quit a bad habit** – We all have our own bad habits, whether they are obvious or not. While some we may feel we need to function there are some bad habits that are okay to lose. Do you oversleep often? Show up to work late because you get away with it? Bite your nails when you're nervous? Smoke but wish you would quit? **YOU CAN, to all of the above! With dedication and a stern mindset you could be on the road to better habits in no time!**

Path to Better Sleep...



Improve yourself physically, spiritually, and mentally by

Getting Better Sleep!

Understanding how lack of sleep affects your health can allow you to make healthier decisions for you and your family.

Tips for Better Sleep

Good sleep habits (sometimes referred to as “sleep hygiene”) can help you get a good night’s sleep.

Some habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smart phones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

For more information:

<http://www.sleepeducation.org/essentials-in-sleep/healthy-sleep-habits>

Try these snacks for Better Sleep

Almonds

Chamomile Tea

Milk or Yogurt

Bananas

Oatmeal



TEXAS A&M
AGRILIFE
EXTENSION

Easy Wellness Fun Recipes...

Energizing Wellness Smoothie

Mix ingredients and enjoy!!



2 C. Fresh Spinach

1/2 C. Unsweet Almond Milk

1/2 C. Frozen Pineapple

1/2 C. Plain Greek Yogurt

1/2 Ripe Avocado

2 T Chia Seeds for Topping

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Mix all ingredients in a blender until smooth and Enjoy!

Relaxing Apple Waldorf Salad

Ingredients:

- 2 medium apples
- 1/2 cup celery chopped
- 1 tbsp orange juice
- 1/4 cup low fat vanilla Greek yogurt
- 1/2 cup raisins
- 1/4 cup walnuts chopped



Wash, core and dice apples. Place the apples in a large mixing bowl with the orange juice, and mix well. Add all the other ingredients and mix well. Serve on bed of greens and Enjoy!

Path To Physical Activity...

Let's Keep Moving!

Why Walk? Why Not!

The *Physical Activity Guidelines for Americans* recommend that adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combination each week. The guidelines also recommend that children and adolescents be active for at least 60 minutes every day. Following these guidelines can contribute to overall health, and decrease the risk of chronic diseases such as heart disease, cancer or diabetes.



Walking is a great way to get the physical activity needed to obtain health benefits. Walking does not require any special skills. It also does not require a gym membership or expensive equipment. A single bout of moderate-to-vigorous physical activity can improve sleep, memory, and the ability to think and learn. It also reduces anxiety symptoms.

Why not! Add walking as part of your daily routine.

For more information about walking, check out <https://www.cdc.gov/physicalactivity/walking/index.htm>



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Get in on our next Walk Across Texas
January 2022!!

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TEXAS A&M AGRI LIFE EXTENSION

Lizbeth Gresham is a Family and Community Health Agent with Texas A&M AgriLife Extension **Potter** County. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. <https://Potter.agrilife.org>

Lizbeth Gresham

TEXAS A&M AGRILIFE EXTENSION SERVICE

Lizbeth Gresham

Potter County

3301 SE 10th



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



For Healthy Recipes Visit!

dinnertonight.tamu.edu

Path To The Plate Wellness...Almond Butter Bites

Almond Butter Bites

Ingredients:

- 2 cups almond flour
- 1 cup almond butter
- 1/4 cup egg whites
- 1 tablespoon maple syrup
- 1 tablespoon unsweetened almond milk
- 1/2 teaspoon vanilla

To make:

Preheat oven to 350. Mix together almond butter, almond milk, maple syrup, vanilla extract, and egg whites in a large bowl. Then add almond flour into the mix. Keep mixing until the batter is thick and sticky. Prep cooking sheet pan with non stick spray or parchment paper. Roll 12 dough into balls approximately 2 Tablespoons in size. Place each ball on your prepared baking tray/ cookie sheet. Then flattened balls with a fork to form a cookie shape. Place in oven and bake for 10 minutes then enjoy .

