



Take Time for a Stretch Break!

Stretching can help muscles and joints be flexible, strong, and able to perform a proper range of motion which can help prevent injuries, protect our mobility, and maintain independence. Without flexibility, muscles become shorter and tighter, leading to the potential for pain and injury. For example, sitting for prolonged periods can cause stiff leg muscles which makes movements like walking or standing up difficult or painful. We can help our body by taking small breaks to stretch. Here are some helpful tips to consider when beginning a new stretching routine.



- **Warm up first!** Stretching cold muscles can increase the risk of injury. A light 5-10-minute walk can help warm up your muscles.
- **Equality is key!** Focus on both sides of each muscle group. Having one side of your body more flexible than the other may lead to balance issues and/or injury.
- **Pain is not the goal!** Too much strain will cause your muscles to feel pain and discomfort. The goal should be to feel comfortable tension. Hold the stretch for

30 to 60 seconds when you reach this point.

- **Remember to breathe!** Control your breathing when you are adding tension to your muscles. Inhale when adding tension and exhale when releasing tension.
- **Focus on major muscle groups.** Focus on hips, lower back, shoulders, neck, calves, and thighs as part of your stretching

routine along with other muscles and joints you use daily.

- **Slowly incorporate movement.** Yoga, Tai Chi, and Pilates use slow movements that help increase flexibility and prevent falls in older adults.

A regular stretching routine includes stretching for at least 5-10 minutes at a time at least 3 times a week. If you skip or miss stretching throughout the week, that is okay! You may lose some flexibility, but you can always start again and gain it back! If you have a chronic condition or injury, speak with your doctor or physical therapist before you begin a new stretching routine.

Written by: Natalie Ramos, Bexar County Extension Agent – Better Living for Texans
Content Source: *Harvard Health, The Importance of Stretching, 2022*
Photo From: Better Living for Texans

HEALTHY HACKS FOR 2023 June

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

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GROWING and NOURISHING Healthy Communities Garden Course

Presented by:
TEXAS A&M AGRILIFE EXTENSION | BETTER LIVING FOR TEXANS



Summer Class Schedule

Session 3 - May 23rd - 5:30pm

Session 4 - June 6th - 5:30pm

Session 5 - June 27th - 5:30pm

Guest Speaker - July 11th - 5:30pm

Session 6 - July 18th - 5:30pm

Look for announcements about "Preserving the Harvest" Classes later this summer.

PLEASE CHECK ON YOUR BEDS AT LEAST ONCE A WEEK.

The garden is open
7:00am-7:00pm Monday-Sunday

Contact Kim or Susan with questions
806-358-7803 or email:
cfa@sharinghopeministry.org



Lunch & Learn

Fresh Start to a Healthier You!

Treat yourself to a complimentary lunch! Enjoy a food preparation demo and take home an educational item used in the lesson.

Program promotes: Balanced/Nutritious Meals & Snacks, Food Safety, Saving money at the grocery store, and increasing daily physical activity.

Potter County Extension Office
3301 SE 10TH AVE, BLDG 1
Tuesday, June 20
12:00-1:00 PM



Use QR code or email to register
mica.malacara@ag.tamu.edu

Contact Mica Malacara for more information

806-373-0713

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June 6-Sharing Hope Ministry
Growing & Nourishing Healthy Communities
 Leo Caiafa Jr. Center for Advancement 5:30PM

June 8- Community
Growing & Nourishing Healthy Communities
 Potter County Extension Office 5:30PM

June 18 – Father’s Day

June 19 – Potter County Extension Office Closed
 Observation of Juneteenth Holiday

June 20- LUNCH & LEARN
Fresh Start to a Healthier You!
 Potter County AgriLife Extension Office 12:00-1PM

June 22- Community
Growing & Nourishing Healthy Communities
 Potter County Extension Office 5:30PM

June 27-Sharing Hope Ministry
Growing & Nourishing Healthy Communities
 Leo Caiafa Jr. Center for Advancement 5:30PM

Recipe of the Month

Recipe from Barbara Brown, West Region Project Specialist –
 Better Living for Texans



Zucchini Fritters

Vegetable fritters can be a great anytime snack. You can make them in batches, freeze the extras, and warm them before eating.

Ingredients

- 2 small to medium zucchinis
- 1/3 cup whole wheat flour
- 1 egg, lightly beaten
- 2 thinly sliced green onions
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon oil

Directions

1. Wash zucchini and cut off ends. Grate the zucchini using a box grater. Let the zucchini sit for about 10 minutes to start releasing liquid. Place the zucchini on a clean kitchen towel. Wrap the zucchini in the towel and squeeze out as much liquid as possible. **Do not skip this step.**
2. Transfer the zucchini to a large bowl. Add the flour, green onions, salt, and black pepper to the bowl and stir. Stir in the egg until the mixture is combined.
3. Heat oil in a skillet on medium heat. Scoop 1/4 cup of the zucchini mixture into the skillet, pressing lightly into a round with a spatula. Cook fritters on each side for 2 to 3 minutes until golden brown and thoroughly cooked. Transfer zucchini fritters to the paper towel-lined plate. Repeat with remaining zucchini mixture.

Nutrients Per Serving: 90 calories, 5 g total fat, 1 g saturated fat, 40 mg cholesterol, 170 mg sodium, 10 g carbohydrates, 2 g fiber, 2 g total sugar, 0 g added sugar, and 4 g protein.





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THE PROGRAM

BETTER LIVING FOR TEXANS offers nutrition and physical activity programs to limited-resource audiences. Our mission is to provide research and evidence-based nutrition, health, and wellness knowledge to empower individuals, families, and communities.

The BLT program helps people make healthy meals, improve their physical fitness, save money at the grocery store, grow their own foods, and adopt better food safety habits.

Thank You!

Happy Father's Day



POTTER COUNTY AGENT



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