

PANHANDLE PATH TO HEALTHY LIVING

TEXAS A&M
AGRILIFE
EXTENSION

January 2024



New Year-New Life-New Health!

The new year is here , and people are contemplating what resolution to make. It is a time to reset our health game plan and recommit to a healthier, happier version of ourselves. I have included some helpful hints to renew your commitment to good health for a New Year , New Life and a New You. In addition, a new year means new health goals. I will list some tips on living intentionally, how to stay safe and including green foods for better health. And lastly, it's the beginning of a new year, and that means you have a fresh palette to create whatever life you have envisioned for yourself, it is time to purge the January clutter and get a new start in 2024!



**Happy New Year,
*Lizbeth Gresham***

Path To A Healthy New Year

New Year's Resolutions –Be Your Best Self!

The new year is right around the corner, and nationwide, people are contemplating what resolution to make. It is a time to reset our health game plan and recommit to a healthier, happier version of our **BEST SELF!**. Here are six tips for renewing your commitment to good health and making 2024 your healthiest year ever!

Get more quality sleep. Sleep is an essential part of your health. Lack of sleep can have a detrimental effect on your body and can lead to higher stress, weight gain and depression.

Take more “me time” and focus on self-care. With our busy schedules, it’s often hard to find “me time.” It doesn’t have to be elaborate. Set aside small periods to meditate, read a book of your choice or practice yoga.

Eat more whole foods. Whole foods like vegetables, nuts, whole grains and fish contain essential vitamins and nutrients that your body needs to operate at its optimal level.

Sit less and move more. While we are all more sedentary due to staying at home and social distancing, make time to move more by going on walks.

Find a physical activity that you enjoy. Try out new activities to become a healthier version of yourself!

3 Tips to Beat the Post-Holiday Blues

If you feel worn out or down after the holidays, you’re not alone. After the hustle and bustle of the holiday parties, traditions, presents and meals subside, many Americans experience post-holiday blues. Try these three simple tips to overcome your post-holiday blues:

1. Hit the gym—Exercising causes your body to release endorphins, which can help you feel more positive.
2. Be mindful—Focusing on being in the here and now can help you avoid dwelling on the fact that the holidays are over.
3. Give back—Helping others is proven to improve your mood.



1. **Make the Choice to Prioritize Your Mental and Emotional Wellness**
2. **Start to Examine Yourself**
3. **Know your Core Values**
4. **Set Intentions for your Life**
5. **Slow Down by Practicing Mindfulness in Your Everyday**
6. **Learn From Others**

Path To Healthy New Year's Resolutions

Healthy New Year's Resolutions for Children & Teens

The start of the new year is a great time to help your children focus on forming good habits.

The American Academy of Pediatrics (AAP) provides the following list of ideas for you to talk to your children about trying, depending on their age. For More Info American Academy of Pediatrics. www.healthychildren.org

Preschoolers

Clean up toys

Brush teeth twice a day.

Wash hands

Help clear the table when done eating.

Kids, 5 to 12 years old

Drink water

Wear sunscreen before I go outdoors .

Physical activity at least three times a week

Wear my seat belt every time

Kids, 13 years old and older

Eat more fruits and vegetables every day.

Do more fun physical activity and eat more healthy foods.

Limit TV and video games to only one to two hours each day.

I will help out in my community. I will give some of my time to help others

Find helpful ways to deal with the stress,

Do not use a cell phone while driving and to always use a seat belt.



Make Your Family Safer & Stronger in 2024

Read Together

Go Outside More

Cook Together

Buckle Up



Path To A Safe New Year

If you are still working on your New Year's Resolution for this year, why not focus on one that could save your life. While all notions of self-improvement have their value, driving is one area where our actions can affect not only ourselves, but other drivers and passengers on the road. Motor vehicle crashes continue to take their toll.

"Making a resolution to drive safely can very well mean saving a life!" Some of the leading causes of traffic deaths are distracted driving, impaired driving, speeding and people not wearing seat belts. Resolve to be an 'Active Driver' in 2024. What is an Active Driver? Read below to see what an Active Driver does to protect themselves and others on the roads.

Follow these Active Driving Safety Tips:

- Minimize distractions in the vehicle. Resist activities that take your mind and eyes off the road and your hands off the wheel. Cell phones are a major distraction, but there are other distractions as well.
- Always make sure that you are alert and clear-headed. Do not drive while impaired by alcohol, over-the-counter or prescription drugs.
- Frequently scan your mirrors to be sure you know where other vehicles are and that vehicles behind you are not getting too close. It is recommended that you perform a "full mirror sweep" every 5-6 seconds.
- Maintain a proper following distance. On clear, dry roads, your following distance should be 3-4 seconds — double or triple if roads are wet or slippery, keeping in mind that in some cases it is best to stay off roads until conditions improve.
- Scan the road ahead for any possible dangers. Looking down the road ahead of you for a distance of 10 seconds. That's about one block in the city and a third of a mile.
- Watch your speed. The faster you are driving, the less time you have to react to sudden moves by other drivers and the less time other drivers have to react to you.
- Take time to recharge. If driving a long distance, it is recommended you take a break every two hours or 100 miles, even if you don't feel you need one. Remember to always buckle up! Seat belts will save your life!



Make 2024 the year you become an Active Driver and help save lives on our roads!

Source: Network for Employers Traffic Safety

*Texas A&M AgriLife Extension, *Passenger Safety and KidSafe Initiatives,
(Mature Driver & RED) *Watch UR BAC*

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PASSENGER SAFETY
KidSafe Initiatives

Path To New Year-New Start

It's the beginning of a new year, and that means you have a fresh palette to create whatever life you have envisioned for yourself.

January Purge List

31 THINGS TO DECLUTTER THIS MONTH

- Christmas Decor
- Junk Mail & Holiday Cards
- Old Gift Wrap
- Items To Be Returned
- Old Boxes
- Past Invitations
- Unwanted Subscriptions
- Worn Out Work Out Clothes
- Product Warranties
- Expired Medications
- Old Catalogs & Magazines
- Unwanted Toiletries
- Old Bills & Receipts
- Worn Out Towels
- Bad Screenshots & Photos
- Expired Spices & Seasonings
- Old Jewelry
- Books You Will Never Read
- Expired Items In Your Wallet
- Old Makeup
- Owner's Manuals
- Excess Coat Hangers
- Loner Socks
- Unnecessary Emails
- Purse Contents
- Unused Chargers & Cords
- Lidless Tupperware
- Unused Toys & Games
- The Glove Compartment
- The Junk Drawer
- Anything Negative

Clutter Smothers

Simplicity Breathes!

Path To New Year Healthy Greens

Get Your GREENS On & Ring In The New Year!

SPINACH

**Heart
Healthy**

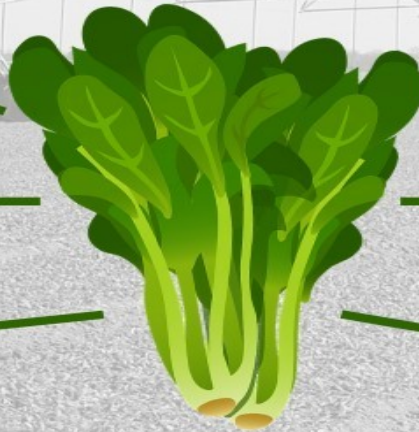
**Nutrient
Dense**

**Low in
Calories**

**Prevents
Disease**

**Aids in
Digestion**

**Boosts
Bone
Health**



Per 3 1/3 cups, Spinach has:

- 2.86g of protein
- 3.63g of carbs
- 0.39g of fat
- 28.1mg of Vitamin C
- 469µg of Vitamin A
- 482.9µg of Vitamin K
- 194µg of Folate

In Texas, spinach is predominately grown in the southern part of the state because of its milder climate and longer growing season.

Texas Wintergarden Region



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For more information, visit: PathToThePlate.tamu.edu



GET YOUR GREENS ON IN 2024!!!

Spinach is famous due to the 1930's cartoon character Popeye the Sailor Man, who became stronger after eating a can of spinach. Popeye's popularity increased consumption of spinach in the U.S. by 33% in the 1930's. There's even a statue of Popeye in the spinach-growing town of Crystal City,

Path To The Plate Fact

Spinach is one of the most versatile vegetables. It can be eaten raw, cooked, boiled or sauteed. It is best to consume spinach fresh to get the most nutritional benefits.

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Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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New Year New Health!



Try Something New Spinach Smoothie!

Ingredients:

- 1 cup spinach
- 1 banana, medium
- 1 cup low fat milk of choice
- 1 cup plain Greek yogurt, low-fat
- 1 apple, medium (cored and sliced)
- 1 cup frozen pineapple chunks
- 1 tablespoon flax or chia seeds



Instructions:

Wash your hands and clean your preparation area. Blend all ingredients in a high powered blender. Serve and enjoy!.

Enjoy Healthy Recipes dinnertonight.tamu.edu

Have you had greens today? Green fruits and veggies are an excellent source of antioxidants. You can create a tasty smoothie, fresh salad or snack with greens to increase your vitamin absorption.

