



BE MORE
HEALTHY CHOICES ADD UP

Happy
New
Year

January Edition
2018

FAMILY FITNESS FUN

Make Your 2018 Health Goals **S.M.A.R.T.** Goals!

Most of us have made New Year's resolutions in the past- usually something to do with losing weight or exercising. But did you know that making your goals **S.M.A.R.T.** makes it more likely that you will actually make changes? **S.M.A.R.T.** goals are...

Specific. They tell exactly what you want to do, such as "walk for 30 minutes every day" instead of just "be more active". Another example would be "lose 15 pounds" instead of "get in better shape".

Measurable. If I say I want to "eat healthier", how do I truly measure that? A measurable goal would be "to include at least one green vegetable with every meal", or "to drink 64 ounces of water each day".

Attainable. If you're not active at all right now, you might not want to set a goal to run 3 miles a day... because your body might not be ready for that. Try smaller goals and reward yourself for meeting those in order to stay encouraged. Then use those small victories to build up to your larger goals.

Realistic. Ask yourself if your goal is doable. Don't set yourself up for failure by reaching for something that may be out of reach for now. If your high school weight is a very distant memory- maybe set a goal of losing 5-10% of your current body weight. The CDC says that 5-10% is enough to show improvements in your cholesterol, blood pressure, and blood sugar!

Timely. A goal without a deadline is simply a wish. Goals need timetables. Do you want to be walking 30 minutes a day by the time July arrives? Are you planning to work up to drinking a gallon of water every day by Easter? Attaching a deadline keeps you on track and gives you a way to measure your success.

And if at first you don't succeed... try and try again! Happy New Year!

Tennille Short, UT Extension Agent- Family & Consumer Sciences, Haywood County ztshort@utk.edu

Two thousand and "18" Healthy Habits You Can Do This Year!

The thought of incorporating 18 new habits into your life this year could sound pretty intimidating...even for the brave in heart. Instead of trying to do all of these, let's get creative. Pick (1) or (2) things on the list that you want to try and stick with it. After being diligent for one month, change it up. When February comes, revisit the list, and pick a couple of different ones. Hopefully by the end of the year, you will have tried several new things to help you have the healthiest year yet!

1. Start each day off with breakfast.
2. Write down everything you eat in a Food Journal (My Fitness Pal is a great app).
3. Stop all mindless eating
4. Make a grocery list. (and stick with it!)
5. Drink more water.
6. Serve yourself on smaller plates.
7. Cut out sugary beverages.
8. Exercise at least three times a week.
9. Sleep More! Schedule yourself a bed time.
10. Appreciate what's around you. Write down at least 1 good thing that happened each day.
11. Find a workout buddy. Make a commitment with each other to stay active.
12. Take time each day to pray/meditate.
13. Utilize your lunch break to squeeze some exercise in. Try walking at a local park.
14. Don't eat after 8pm- Give your digestive track a rest. Your body will thank you in the morning.
15. Commit to one family outing a month (go to the park or to the movies). Whatever you do, just make sure to spend time together.
16. Choose (1) or (2) simple exercises (like pushups or sit-ups) to do once a day, every day.
17. Eat more veggies!! The USDA recommends between 2-3 servings a day.
18. Plan your snacks! Try packing some healthy snacks, like vegetables with hummus!

Nicole Newman, UT Extension Program Assistant, C3/BE More Grant, Haywood County nicolenewman@utk.edu



BE MORE
HEALTHY CHOICES ADD UP

Happy
New
Year

January Edition
2018

FAMILY FITNESS FUN

It's Tax Season

It's that time again. Time to get all of your 🦆🦆🦆 {ducks in a row} and maximize every potential deduction you may be eligible to claim. The following are some of the most commonly overlooked tax credits and deductions that a lot of people are not aware that they qualify for:

- Charitable Contributions – Donations to churches, schools, and other nonprofits
- State Sales or Income Tax – People in all 50 states are eligible for one or the other
- Medical Cost – HSA contributions can be deducted whether or not you itemize your deductions
- Work-Related Expenses – Job-hunting cost, resume preparation, and employment-related cost
- Childcare Cost – Qualifying dependents age 13 or younger (up to \$3,000 for 1 child and \$6,000 for 2 +)
- Caring For An Elderly Parent – May qualify for the Child and Dependent Care Credit
- Educational Expenses – American Opportunity (Hope) Credit and Lifetime Learning Credit
- Energy-Efficiency Credit – 30% of solar-electric property, solar water-heating property, etc.
- Earned Income Tax Credit (EITC) – Visit the IRS's EITC Assistant to find out if you qualify
- Retirement Tax Credit (Saver's Credit) – Up to \$2,000 for individuals and \$4,000 for married couples filing jointly

A quick check list will help you organize your paperwork and be better prepared when filing this year's taxes.

Karen D. Jones, TSU Extension Agent, Family & Consumer Sciences/4-H Haywood County kjone114@tnstate.edu



A New Year = A Clean Slate:

Helping Children Set & Keep New Year Goals

Setting New Year's resolutions (goals) can empower your child to change a behavior or work on a new skill. Setting goals teaches children how to work toward an end result which is a meaningful experience for all family members. Write down your goals along with your child's goals. Progress charts can help us all stay on track. A big must for setting successful goals is for us to be eager and committed to reaching the goals!

Here are a few suggestions for goals that families can work on together:

- Social Skills – We will make more friends this year. As a family, once a month, we will invite another family over for dinner. For your child – twice a month we will invite someone over after school to play or work on school projects.
- Academic goals – As a family, we will turn off the TV and have reading and game night at least one night a week. We can talk about the stories we read and games are an excellent and fun way to learn! For your child specifically, agree to read at least 15 minutes each night and go over all homework assignments.
- Physical goals – As a family, make decisions together that will help the family as a whole. Drink more water and eat more fruits and vegetables. Cut out snacks of sugary foods. This will help adults to reach or maintain weight goals and set children up for a successful future of making healthier food choices.

Sharing resolutions as a family is a great way to motivate each other – without nagging. For example, if you don't have plans for the weekend, how about inviting a family or your child's friend over. Play some games together while enjoying a delicious snack of fruits or veggies with dip. Wishing your family a very Happy New Year TOGETHER!

Peggy Jackson, UT Extension Program Assistant, Director of The Haywood County Family Resource Centers pjacks02@utk.edu

Upcoming Dates:

- 1/9: Power U classes begin @ East Side for 5th grade students
- 1/9: Go Girl Go classes continue @ East Side afterschool program
- 1/18: Nutritious & Delicious @ Haywood Elementary 9am-12:30pm
- 1/19: Nutritious & Delicious @ Anderson 1-3 pm
- 1/22: Mini Wellness Clinic @ Dunbar-Carver Gym 5:00pm
- 1/24: Nutritious & Delicious @ TCAT 9:30am-10:30am
- 1/25: Parks and Rec Input Meeting @ Chamber of Commerce 1pm
- 1/30: C3 Coalition meeting @ Extension Office



"Be More Haywood County"



"UT Extension Haywood County"

