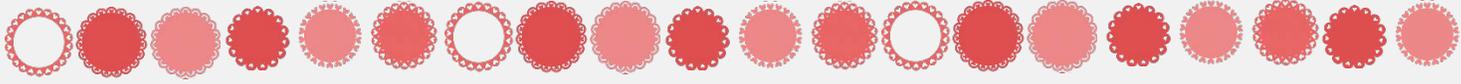


# FAMILY FITNESS FUN

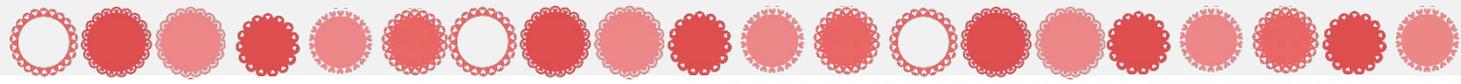


## February is American Heart Month

What better time to love on our hearts and make sure that we are cooking and eating in a way that is beneficial to heart health. It is important that we love ourselves first so that we can love all of the other special people in our lives! Here are five things to do for heart health this month... and every month!

- **Go lean on your protein.** Choose leaner cuts of meat. They normally cost more, so watch for sales and freeze them! Cut away the fat you can see. Also, avoid frying as much as possible. Choose baking, grilling, or boiling more often.
- **Eat more vegetables.** Have meatless meals sometimes. Vegetables are naturally low in fat, so as long as we avoid adding fat when we cook them- our hearts will celebrate!
- **Use heart-healthy fats.** All fats have the same amount of calories, but unsaturated fats are better than saturated fats and trans fats. Read the Nutrition Facts to see what kind of fat your packaged foods have in them.
- **Reduce the fat in your dairy.** Instead of whole milk, try 1% or skim milk. Take baby steps each month if you need to. Switch from whole to 2%... then down to 1%... and arrive at skim.
- **Use low-fat products.** Many times, low-fat substitutions can be made in casseroles and other recipes without affecting the taste. Low-fat versions of salad dressings, mayo, and other condiments are also available.

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



“There is no exercise better for the heart than reaching down and lifting people up.”  
— John Holmes

You don't have to like everything about yourself to love yourself.

LOVE YOUR BODY

Show your body some **LOVE** this Valentine's Day by not skipping your workout! Need a workout idea? Grab a partner and try the following.

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

## Heart Pumping Partner Workout

**Wheelbarrow Push Up / Wall Sit**  
One partner wall sits and holds feet of other partner for 10 push ups. Switch positions.

**Partner Leg Raises**  
One person stands, the other lays on back near partner's feet, grasping ankles. Legs are raised toward standing partner who then pushes legs downward. Repeat 10 times. Switch positions.

**Leapfrog Burpees**  
Take turns jumping over each other in down burpee position until each partner has burpee'd 10 times.

**Dynamic Lunges**  
Face each other, holding hands. One partner lunges forward with right leg while other moves back on left leg. Do 20 lunges.

**Double-Decker Plank**  
Larger partner forearm planks while smaller partner straight-arm planks on top with feet on partner's shoulders, hands on ankles. Aim for 1 minute.

**Repeat 3X**

# FAMILY FITNESS FUN

## ♥ LOVE Your Money ♥

Loving your money does not mean that you hoard or worship it. It simply means that you spend it wisely. Valentine's Day is right around the corner and by now some couples and spouses are starting to get nervous about what to get each other that will be received in an appreciative and loving way. If diamonds and pearls don't quite fit into your budget, be creative and improvise. Search the internet for DIY ideas. Make your own chocolate covered strawberries; they're really quite simple. Coupons that you create for a day, week, or even a month of service (washing dishes, clothes, car, special meal, etc.) or whatever you decide will make your significant other happy. Sometimes these gifts are more appreciated than material gifts such as flowers, candy, and balloons. Why? Because of the thought and effort you put into the occasion. Making someone feel like they are "worth the effort" is priceless. Also, the money you save can be earmarked for savings. So, this Valentine's Day make a vow to love both your significant other and your money.

Karen D. Jones, TSU Extension Agent, Family & Consumer Sciences/4-H Haywood County – [kjone114@tnstate.edu](mailto:kjone114@tnstate.edu)



In a world where  
you can be anything,  
Be kind.

## 5 Simple Ways to Show Kindness

Ideas taken from: Christine Carter – "The Mom Café"

During this month of showing "love", let's demonstrate to our children how to show kindness.

Remember, **our children will COPY US!**



1. **Smile** - when you are out in the world just simply smile – to the cashier; sporting events; walking through the grocery; at work; just by curving up your lips you can show kindness. You are lighting up the world because what often happens is others will smile too!
2. **Give Eye Contact** – People often have conversations without even looking at the other person - even with their children! When you **DO** make eye contact with someone, connections happen! We need more connections – especially with our children!
3. **Say "Thank You." & "Please"** – These words translate into respect. These words make a big difference to show appreciation and gratitude. We need more of it in this world!
4. **Acknowledge other people's presence** – It takes little effort, yet it goes a long way to acknowledge those people we pass on a regular basis out in our community. Wave, nod, and smile at those in the community doing their jobs – sanitation workers, school drop off monitors, mailmen, etc. And remember to say "Thank you" too.
5. **Compliment someone** – if you have nice thoughts about people – tell them. Compliment their cute child, good hair day, boots, etc. Often, it lights the person and you up with a new air of goodness.

**These efforts of kindness are truly doable for us all.**

When we are kind, we feel better about ourselves and the world we live in!

Peggy Jackson, UT Extension Program Assistant, Dir., Haywood County Family Resource Centers - [pjackso2@utk.edu](mailto:pjackso2@utk.edu)



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**Facebook**

"Be More Haywood County"

## Upcoming Dates:

- 2/6: Nutritious & Delicious @ Haywood Elementary, 9am-12
- 2/9: Nutritious & Delicious @ Anderson, 1-3 pm
- 2/14: Happy Valentine's Day!!
- 2/19: Presidents Day
- 2/22: C3 Coalition Meeting (RSVP to Nicole @ 731-772-2861)
- 2/26-3/3: Tennessee Saves Week!