

FAMILY FITNESS FUN

The theme for National Nutrition Month 2018 is “Go Further with Food”. But before we “go” anywhere, we need to stop and think about which foods are worth “Going” for? How do we know the best foods to choose?

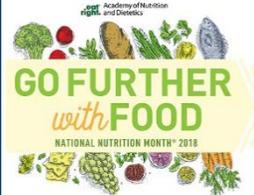
“**Woah**” foods are the foods that give us calories (and maybe fat or salt), but have little nutritional value. These foods are okay to eat occasionally, but not too often. It’s easy to identify **WHOA** foods- and the list is long. Fried foods, sweets, beverages with sugar, chips, most snack crackers, etc.

“**GO**” foods, on the other hand, give us lasting energy and provide us with vitamins and minerals that we need for our bodies to function well. Both adults and kids need more **GO** foods in their diets. Here are some **GO** foods to include every day.

- **GO Vegetables**- Fresh and frozen are both great choices. Try the “no salt added” versions when you buy canned vegetables.
- **GO Fruits**- Whole fruits are more nutritious than fruit juices because they usually have more fiber.
- **GO Whole Grains**- Food labels are your friend. All brown bread is not whole wheat. Look for 100% whole wheat bread for sandwiches, and choose whole-grain pasta and brown rice.
- **GO Low-fat Dairy!** Make sure the family gets some calcium without all of the milkfat. 1% milk or skim milk works just fine for cereal, a beverage at mealtime, or when cooking.

As spring approaches with longer, warmer days and many fun activities to participate in, let’s be sure to get enough of the foods that help us GO, GO, GO!

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



March is National Nutrition Month



Happy, Healthy, YOU. That’s right... **YOU!**

Have you ever read an article in a magazine encouraging you to “shed those 10 pounds” or “shrink back into those skinny jeans” and thought to yourself, “well, that’s nice... for *THOSE* people...but not me.”

Let’s be honest. We have all faced discouragement from time to time about taking care of our bodies. Maybe it’s easy to reflect back on times we were more active. Maybe we’ve fallen out of good habits and taken on some “not so good” ones. However, the beauty of health is: it’s never too late to start over. No one is perfect, however we all have the opportunity and the ability to change.

Did you know that **we make about 250 choices a day that impact our health?** [That’s 250 chances to start over... to get back on the right track.](#) Did you know that on average a typical food craving only last about 3 minutes? Three minutes! When you think about it that way, it makes saying “no” to that craving a little bit more doable and a lot less intimidating.

The truth is: it’s hard to make healthy choices ALL of the time. However, small choices here and there WILL add up to huge victories in the end! To learn more about how you can “be more” active and mindful about your health, visit bemorelivemore.org. There you will find helpful tips, recipes, and activities to help you get you back living the life of your dreams.

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

it ALWAYS SEEMS IMPOSSIBLE UNTIL it IS DONE.

- ALRIGHT - lets do this



March Edition

FAMILY FITNESS FUN

5 Ways to Use Your Tax Refund Wisely

According to the IRS, the average American received a \$2,913 tax refund last year. Tax refunds give you a great opportunity to improve your life and well-being, as well as your financial future. You worked hard for your money, so while it may sound nice to spend it on something that will be temporarily satisfying, you should consider making a few wise money choices instead:

1. **Pay Off Debt** – Paying off your debt can be just as rewarding as going on a lavish vacation or buying that Michael Kors bag you've had your eye on for a while. Paying off your credit cards can earn you anywhere from a 13% to 20% return on your investment, depending on the APR you are paying.
2. **Start a College Fund for your Kids** – Investing in your children's education can be one of the most fulfilling experiences you can have as a parent. Putting your tax refund into an Education Savings Account (ESA) can mean big savings for your kids in the future.
3. **Grow Your Own Garden** – Growing your own food helps you develop a green thumb, get some exercise, and saves you money each year at the grocery store.
4. **Save for Retirement** – It is never too early to start saving for retirement. An old rule of thumb says that in order to retire comfortably, you will need to have enough savings to generate 80% of your pre-retirement income. There is no time like the present to start making contributions to an individual retirement account (IRA) when you get your tax refund.
5. **Pay Down Your Mortgage** – Send your tax refund to your mortgage lender to make an additional payment on your mortgage. It will be worth it when you pay off your home sooner than planned.

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

Three-Word Parenting Tips for a “Less-Stressed” Spring

Write it down. Dates & times for doctor appointments, due dates for library books, lunch dates, children's recitals... write them ALL down! Use your phone to set reminders, too.

Get up earlier. The thought of having an earlier alarm is not appealing, but it can be helpful if you find that you're always running late for school or work. Do as much as you can the night before to make your morning go smoothly.

Make weekends count. Leave some time unscheduled for relaxation. This allows the family to wind-down after a busy, fast-paced week. Don't overbook yourselves or your children. Find the balance between activities and downtime.

Move around more. Exercise relieves stress and helps to fight off chronic conditions that could cause us more stress if they enter our lives. A brisk 30-minute walk with a friend- or with your favorite music- can help erase some of the day's stress and improve health at the same time.

Speak positive words. Remind yourself that you are a good parent, a good person, that you love your family, and that your family loves you. Stay away from negative “I can't” thoughts.

Talk about it. Have a trusted friend or two that you can talk to about stressful situations. Even if no “solution” is found, sometimes it's just good to open up and share your feelings. Good friends can usually get us to laugh about something even when the situation looks dark.

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

Upcoming Dates:

March 5- Move to Lose (MTL) Registration Day
March 7- MTL Health Screenings 2-6 @ Extension Office
March 8- N&D @ TCAT
March 8- Take Charge of Your Diabetes begins @ Extension Office
March 8- Living Well with Chronic Conditions begins @ Senior Center
March 13- Haywood County Community Health Council quarterly meeting @ Chamber (RSVP to Elise.Gillespie@tn.gov)

March 19- N&D @ Anderson FRC, 1-3 pm
March 20- N&D @ Haywood Elem. FRC, 9 am – 12 noon
March 21- Parenting Apart class @ Extension Office, 1 pm
March 22- C3/BE MORE Coalition meeting @ Extension Office (RSVP to nicolenewman@utk.edu)
March 23- Piggy Bank pageant entries due to either FRC by 3 pm
March 26- Father/Son Basketball Challenge @ East Side, 6 pm
March 30- Extension Office Closed