

**Join us for Step Up & Scale Down!!!**

Just in time for your New Year's resolution for a healthy lifestyle, the Limestone County Texas A&M AgriLife Extension Service office is launching a new 12-week weight management program, in January 2014. The program consists of:

- weekly lessons to help you manage your weight,
- a weekly weight check-in,
- a weekly challenge to help you "stay the course,"
- Dinner Tonight! healthy recipes, and
- incentives and/or door prizes.

**Class Information:**

- ♦ First class is on January 14, 2014
- ♦ Registration and Weigh-in begins at 5:30 PM.
- ♦ Location: Parkview Regional Hospital, Tommy Flatt Community Education Room

Sign-up deadline is January 13, 2014.

For more information,  
contact:

**Vanessa Casad**  
County Extension Agent,  
Family & Consumer Sciences

**254-729-5314**

[vanessa.casad@  
ag.tamu.edu](mailto:vanessa.casad@ag.tamu.edu)

*Program sponsored by the Limestone County Disease Management Coalition and Texas A&M AgriLife Extension in partnership with Parkview Regional Hospital.*



**PARKVIEW**  
REGIONAL HOSPITAL

**TEXAS A&M**  
**AGRI LIFE**  
**EXTENSION**

**Free classes for High-Risk individuals.**

High-risk is defined as: ♦ Healthy, age 65 or older

Or living with: ♦ Chronic Asthma ♦ Sickle Cell ♦ Cirrhosis ♦

Chronic Bronchitis ♦ Obstructive Lung Disease ♦ Heart Dis-

ease ♦ Diabetes ♦ Smoking ♦ Cancer ♦ Alcoholism ♦ Anxiety

♦ Depression ♦ Mental Illness ♦ Organ Transplant ♦ Long-

term Steroid Use ♦ Leukemia ♦ Hodgkin's Disease ♦ Sub-

stance Abuse ♦ Living in Long-Term Care Facility



## Simple Tips to Include Activity in Your Day

- \* **Park farther away.** Rather than driving around looking for the closest parking spot, burn calories by parking farther away from stores or your work entrance!
- \* **Clean house.** Cleaning just a couple of rooms each day can help you burn around 80 calories for your 15 minutes of work.
- \* **Take the stairs.** Taking the stairs is good for strengthening your knees and legs, as well as your cardiovascular system. Take one flight at a time to avoid overdoing it at first.
- \* **Adopt an “activity” buddy.** It adds a great social element and helps you “stick to it” over the long run.
- \* **Take along a canine buddy.** Help yourself and your furry friend, too.

Adapted from <http://www.health.harvard.edu/>

### Stuffed Peppers—Greek-Style

1 lb. 90% lean ground beef  
1 10-oz pkg. frozen chopped spinach, thawed and squeezed dry  
1 medium zucchini, coarsely grated  
1 small onion, minced  
½ c. bulgur wheat  
1 egg, lightly beaten  
½ t. dried oregano  
½ t. salt  
Black pepper to taste  
3 medium bell peppers, cut in half lengthwise, cored  
2 14.5-oz cans, no salt added, stewed tomatoes, finely chopped, juice reserved  
1/3 c. crumbled feta cheese

Preheat oven to 350°F.

In a large bowl, combine the beef, spinach, zucchini, onion, bulgur, egg, oregano, salt, and pepper. Mix until well combined.

Arrange the pepper halves cut side up in a 9 x 13 inch baking dish, and fill each pepper half with the meat mixture. Pour the tomatoes with their juices over the peppers. If desired, sprinkle with feta cheese. Cover with aluminum foil and bake for 30 minutes. Uncover and bake the peppers until filling is thoroughly cooked and the peppers are tender, about 45 minutes longer. (6 servings)

Calories:	200	Sodium:	445 mg
Total Fat:	6g	Cholesterol:	83 mg
Carbohydrates:	17g	Protein:	21 g
Fiber:	5g		



StepUp&ScaleDown



Have you planned  
Dinner Tonight?

Texas A&M AgriLife Extension Service can help if you're looking for a fast, healthy recipe! Email Vanessa Casad at [vanessa.casad@ag.tamu.edu](mailto:vanessa.casad@ag.tamu.edu) to receive a weekly healthy recipe email.