

Healthy Lives Made Simple

for Limestone County

Start Off Your New Year Healthy!

December 2013

Join us for Step Up & Scale Down!!!

Just in time for your New Year's resolution for a healthy lifestyle, East Region Texas A&M AgriLife Extension Service Family & Consumer Sciences agents are launching a new 12-week weight management program. Limestone County will begin the 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.

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 Disease ◆ Diabetes ◆ Smoking ◆ Cancer ◆
Alcoholism ◆ Anxiety ◆ Depression ◆ Mental Illness ◆ Organ Trans-
plant ◆ Long-term Steroid Use ◆ Leukemia ◆ Hodgkin's Disease ◆
Substance Abuse ◆ Living in Long-Term Care Facility

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EXTENSION



Cooperative Extension Program

**For more
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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



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)

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|----------------|-----|--------------|--------|
| 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 to receive a weekly healthy recipe email.