

May – June, 2017

## Tips for Safe & Satisfying Grilling

Summer means long days enjoying the outdoors. This includes family and friends getting together for a meal cooked on the grill. According to the Centers for Disease Control and Prevention CDC, foodborne illness claimed 48 million gastrointestinal illnesses, 128,000 hospitalizations, and 3,000 deaths in a year. If a pregnant woman, elderly person or young children are the guests at your cook out, food safety is especially important. During grilling it is still important to have safe cleaning, prepping and cooking methods.

First, be prepared to clean. Wash the grill down with hot soapy water before you start grilling. Always wash your hands before, during and after food preparation. Pack hand sanitizer and moist towelettes if you are grilling away from home and soap and water are not available. Clean handling and prep of food will help eliminate the spread of illness causing bacteria.

Second, be sure to separate. As always, use separate cutting boards and utensils for raw meats and vegetables. In addition, separate the raw meats from ready to eat foods and vegetables when cooking. Marinade is only safe to re-use if it is boiled first.

Third, remember to check temperatures. To ensure bacteria are adequately killed through the cooking process, use a food thermometer to check internal temperature of foods. Just cutting it open and looking at it or feeling the surface of the food is not a safe way to make sure food is cooked properly. Below is a list of foods and the minimum internal temperatures they should be before consuming them.

Poultry	165 degrees Fahrenheit.
Ground Turkey & Chicken	165 degrees F.
Ground Beef, Pork & Lamb	165 degrees F.
Steak	145 degrees F.
Pork	145 degrees F.
Fish	145 degrees F.
Vegetables & Fruits	Grill until tender and slightly browned



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## Physical Activity for the Whole Family

Colorado ranks 24th in the nation for the amount of physical activity our children get. Almost 55% of our Colorado kids are not getting the amount of physical activity they need each week. School-aged children and adolescents should get a total of 1 hour or more of physical activity each day.

Why does this matter? When children get enough exercise their learning, attitude and behavior at school improves. When children are physically active they also sleep better. Research indicates children who are physically active and eating well, do better in school and are better prepared for lifelong success.

### What can you do?

If your neighborhood does not have safe playgrounds or parks:

- Ask local government officials what can be done to improve your community's access to safe places to play.
- Ask local businesses if they can help find short term and long term ideas to ensure the community has safe places for children to be physically active.

If your child does not get daily physical education (PE) in school:

- Find out how many minutes of physical education your child gets.
- Ask your school what it would take for them to offer PE daily. Form a parent committee to look into solutions to offering PE more often.
- If more PE time is not possible, look for ways your school is working to ensure all children are encouraged to be physically active during recess. Do they have enough space and equipment for children to play?
- Does your school have a policy that discourages punishing children by taking away recess time? Researchers believe getting enough physical activity can actually improve behavior and brain function, so taking recess time away is not a good solution.

### Do your part at home and on weekends:

- Go for a 15 minute family walk before dinner or before starting homework.
- Have kids take a 5 minute physical activity break every 20 to 30 minutes while doing homework. Try dancing, jumping Jacks, marching in place, stretching or running up a flight of stairs, anything that gets them moving and the blood flowing.

### Weekend Family Friendly Challenge

Challenge everyone in the family to participate in one of these daily exercise routines during the weekend. Adapt the exercises to meet any physical challenges family members might have. The goal is for everyone to stay physically active for at least 30 minutes each day.

#### Activities for Getting Physically Active Inside:

1. Dance for 5-10 minutes – to get your heart beating fast.
2. Do squats, 3 sets of ten, with a 30 second break between sets.
3. Try to hold your body in the plank position for up to 1 minute; do 5 times with a 30 second break between attempts.
4. Lay down on your back and bicycle your legs in the air for 5-10 minutes.
5. Do simple stretches or yoga moves for 5 minutes.



#### Activities for Getting Physically Active Outside:

1. Skip rope or walk quickly for 5 -10 minutes – to get your heat beating fast.
2. Play a game of Tag or Keep Away for 5 – 10 minutes.
3. Step up and down on a curb for 5 minutes. Alternate which leg steps up each time.
4. Throw a ball back and forth or have a snowball fight for 5- 10 minutes.
5. Do simple stretches for 5 minutes.



## Lessons from the Tiny House Phenomenon

The tiny house phenomenon has spread across the country. For some, it is driven by the desire to downsize and live a minimalistic lifestyle. Living within one's means is a foundational belief to many who are part of the tiny living community. Others see it as a way to decrease their impact on the environment.

Economics are often a large part of the equation. Buying and maintaining a tiny home is relatively inexpensive and the savings can help many people on their path towards financial freedom. The price difference between \$20,000 - \$60,000 for a tiny home and the medium price of \$322,000 for a new home provides the chance to own a home without having a long term mortgage to pay off. There is also ongoing savings in the form of lower utility, tax and maintenance bills so it's easier to pay off non-housing debts and live a debt-free life.

Tiny home living isn't for everyone, but it requires ingenuity and resourcefulness we all can learn from. You can live in a larger home and still find ways to lower your monthly expenses and avoid lifestyle inflation – spending more as you make more.

- **Allocate your next raise or bonus.** A common tip is to put half your next raise or bonus towards savings or paying down debts. Challenge yourself and use your entire raise or bonus to build your net worth.
- **Make room for important things.** Moving into a tiny home requires major downsizing, but some view that as a feature rather than a disadvantage. You don't have to get rid of things that aren't absolutely necessary since sometimes “unnecessary” items turn a house into a home. Instead, decide what's really important to you. Try to only spend money on things that add meaning and joy to your life.
- **You have more space than you realize.** Great organization skills and storage ideas are a must. In tiny homes, tables turn into benches, chairs double as shelves – everything seems to have at least two purposes. How could a little imagination transform your home? Maybe a new shelving system and selling items that aren't important to you will give you more room. Inventiveness and thinking outside the box are key to making the most of what you have.
- **High quality products are worth the investment.** Many tiny-home owners are keenly aware of the waste they are putting back into the world. The savings from tiny living and this approach to life often lead to investments in long-lasting product rather than cheaper alternatives. Quality over quantity is certainly a worthwhile concept. Put it into practice by looking for companies that offer lifetime warranties on their products.

Simple living and conscious buying aren't exclusive traits of tiny-home owners. Regardless of the size of your home, you may find that incorporating these principles and practices save you time and money – valuable resources you should never waste.

Source: Adapted from “What can we learn from the Tiny House phenomenon?” by Nathaniel Sillin, March 2017, [moneysmartweek.org](http://moneysmartweek.org)

## The Importance of Sun Protection

As the summer months approach and temperatures begin to increase, you and your family may be spending more time outdoors. Between all of the yard work, family time, and other outside activities, it is easy to forget the importance of sun protection for both your skin and eyes. The incidence rate of melanoma of the skin, or skin cancer in the State of Colorado varies around 20.5 to 22.8 percent yearly (CDC, 2014); and excessive exposure to ultraviolet B rays from sunlight significantly increases the likely hood of cataracts developing within the eyes in elderly ages (University of Colorado Health, 2013). Making sure you are staying on top of your sun protection benefits your health and the health of your family. *(Continued on next page)*

The connection between improper sun protection, tanning, and skin cancer rates strongly indicate the use of sunscreen considerably reduces the rate of skin cancer in individuals. There are two different types of radiation given off by the sun, UVA and UVB. Exposure to both can be protected by the use of broad-spectrum sunscreens. The World Health Organization and Centers for Disease Control indicate sunscreen with a SPF of 15 or above applied generously every two hours during sun exposure decrease the damage to skin. Protecting your children from sun exposure is even more important to their health as their skin is less tolerant to the radiation. Remember to apply sunscreen to your children's exposed skin regardless of how little time they will be spending outdoors and re-apply after they exit the swimming pool (WHO, 2015).

Here are a few more tips to protect your skin from harmful sun exposure:

- Wear protective clothing
- Wear sunglasses with 100% UV protection
- Wear a hat with a brim to help protect the sensitive skin on your face, neck, and ears
- Avoid sun tanning in beds and tanning parlors
- Find a spot to rest in the shade
- Limit time in the peak hours (12:00 p.m. until 2 p.m.)



The summer months are filled with endless opportunities to get outdoors! Remember sun protection is key to your health - apply sunscreen to avoid sun burns. Avoid dehydration and sun stroke by staying hydrated - drink plenty of water and avoid sugary beverages!

Sources: CDC.gov; WHO.org; UCHealth.org

## FITTS Principle for your Summer Fitness

Summer is a great time to get more exercise. It may reduce body fat, prevent a decrease in muscle mass, strengthen joints, give a boost to your mood and attitude, improve self-esteem, reduce stress and anxiety, improve eating habits, improve sleep, help your heart, protect your bones, prevent type 2 diabetes, strengthen your lungs, improve your sex life, make family time fun, lower risk of premature death, and decrease your risk for certain cancers. These are just a few examples among the long list of reasons to exercise and to increase your daily physical activity.

Whatever the reasons, remember to use the **FITTS Principle** when planning the essential components of exercise:

- **F-Frequency** refers to how often you exercise or engage in physical activity. The recommendation by the Center for Disease Control and Prevention (CDC) is 150 minutes of moderate aerobic activity per week.
- **I-Intensity** refers to how hard you are working during exercise. This describes the type of exertion you work at as light, moderate or vigorous. Varying the intensity of workouts will increase your fitness level and have the greatest impact for losing body fat.
- **T-Time** refers to how long you exercise each time. For instance, you may work out for 30 minutes, 5 times a week for a total of 150 minutes of physical activity per week.
- **T-Type** is the kind of exercise are you doing such as walking, running, biking, or swimming for cardiovascular fitness. Be sure to include strength training exercise at least 2 times a week, as recommended by the CDC.
- **S-Stretching** is important to increase flexibility, mobility and prevent injuries to muscles and joints. Stretch all the major muscle groups before and after exercise. Try yoga for this component of exercise.



A well thought-out or planned exercise regimen is key to leading a happier, healthier life. Live Smarter! For more information about how to be physically active for health go to:

<http://www.liveeatplay.colostate.edu/play/index.php#.WLnyQfLilVo>

Make a fitness plan for yourself and read more about fitness and nutrition is at:

<https://www.acefitness.org/acefit/fitness-for-me/>

## Have a Berry Healthy Summer

Summer is just around the corner and a great time to celebrate BERRIES! These colorful little fruits are not only delicious but also one of the top sources for phytonutrients.

What is a phytonutrient, you ask? “Phyto” comes from the Greek word for plant. So, think of them simply as nutrients that come from plants. However, unlike vitamins and minerals, there is no specified amount or recommended daily intake of phytonutrients. And that’s probably a good thing, because there are over 25,000 of them!

Even though there is no recommended daily intake, phytonutrients contribute to our health in many positive ways. They play powerful roles throughout the body, from contributing to immunity to getting rid of toxins, to protecting DNA from damage. They are found in all plant foods, from beans and nuts, to fruits and vegetables, to tea and spices.



Berries are one of the foods with the highest levels of phytonutrients; in fact, phytonutrients are what give berries their vibrant colors and unique flavors. Each type of berry has its own mix of phytonutrients along with its own unique properties and health benefits.

**Fight Cancer:** Phytonutrients can fight cancer in a number of ways. One way is by acting as antioxidants. Antioxidants help alleviate oxidation, a chemical process that can damage cells in the body. Too much oxidation is a hallmark of cancer, so eating a variety of berries may help prevent and fight cancer. Berries can also interact with our genes. Some studies show black raspberries can improve risk markers in those with genetic risk factors for colon cancer.

**Reduce Heart Disease Risk:** Eating berries may reduce risk factors associated with heart disease, including reducing LDL (“bad”) cholesterol. Phytonutrients found in blueberries may reduce blood pressure and improve the flexibility of arteries in women with hypertension. □

**Protect your Brain:** Studies show berries may help the communication between neurons, improve cognition, and even prevent neurodegeneration. For example, eating blueberries has been shown to improve cognition in older adults, and strawberries may lower inflammation and increase antioxidant capacity, two important factors in brain health.

**... and More!** Phytonutrients may also reduce the risk of many other diseases, such as osteoporosis, cataracts, and asthma. Each type of berry has different phytonutrients, so choose a variety of berries to get the full range of benefits!

### Ideas for Enjoying Berries This Summer

- Choose a bowl of fresh or frozen berries for dessert, topped with a dollop of whipped cream.
- Dress up a green salad with berries and nuts.
- Top a bowl of yogurt with a cup of your favorite berries. Instead of flavored yogurts, which often have added sugars, top plain yogurt with berries and just a bit of honey.
- Cook berries for a sweeter sensation. Cooking berries can increase the antioxidant power of some phytonutrients. When making a berry crisp or compote, try leaving out the sugar (or reducing it by half) to let the sweetness and flavor of the berries shine through.

Source: “News You Can Use,” June 2017, Colorado State University Extension, Jessica Clifford, MS, RDN, Extension Nutrition Specialist

## Program Highlights!

### 2017 Healthier Weigh Challenge:

An overview of the program by the numbers, shows 165 people, out of 214 enrolled, completed the 12-week challenge for a 77% completion rate. Those people completing the program logged over 76,761 miles of steps/physical activity. They lost a collective 843.4 pounds of body weight and lost 331.48 inches from their waist measurements.

When asked about overall health changes as a result of the program, participants reported: feeling better, more energy, lower stress levels, better sleep, less joint pain, more mindful of my food and activity level, better mindset, feeling better about myself, more endurance or stamina, and other comments.

	Phillips Co.	Morgan Co.	Logan Co.	Washington Co.	Yuma & KC Co	Totals
<b>Enrolled</b>	<b>70</b>	<b>33</b>	<b>25</b>	<b>48</b>	<b>38</b>	<b>214</b>
<b>Completed</b>	<b>44</b>	<b>33</b>	<b>16</b>	<b>46</b>	<b>26</b>	<b>165</b>
<b>Miles</b>	<b>29,701</b>	<b>13,765</b>	<b>6,498</b>	<b>17,097</b>	<b>9,700</b>	<b>76,761</b>
<b>Pounds Lost</b>	<b>154.4</b>	<b>98.6</b>	<b>114.8</b>	<b>267.4</b>	<b>208.2</b>	<b>843.4</b>
	<b>1.56%</b>	<b>2.00%</b>	<b>3.50%</b>	<b>2.80%</b>	<b>3.89%</b>	
<b>Waist Inches Lost</b>	<b>82.23</b>	<b>69.75</b>	<b>36.5</b>	<b>95.75</b>	<b>47.25</b>	<b>331.48</b>
	<b>3.60%</b>	<b>5.30%</b>	<b>5.70%</b>	<b>5.00%</b>	<b>4.36%</b>	

## Upcoming Events!

**Zumba Classes-** STARTING JUNE 20<sup>TH</sup>, Tuesday and Thursday evenings at the Holyoke Fitness Club, Holyoke, CO. from 5:30 to 6:30. Fee: \$5.00 per session or \$30.00 for an 8 session punch card. COME THE FIRST NIGHT FOR 4 FREE SESSIONS!

**Kids Summer Camp:** Week long of daily activities from 9am to 3pm, Starting Monday, July 10<sup>th</sup> through July 15<sup>th</sup>. Robotics, Rocketry, GPS- Geocaching, Kids culinary camp, Service Learning activity- Ryan's Case for Smiles, History at the Museum series, Arts and Crafts, nutrition education, fitness activities, and more!!!! Fun, Fun, Fun! Be listening and looking for more information and a detailed schedule.

**Integrated Nutrition Education Program,** Wray Elementary, May 10 & 17

**Yuma County Cake Show** – June 6th, 9 a.m. – 4 p.m., Yuma County Fairgrounds, Yuma

**ServSafe Food Managers Training** – June 7, Brush, 9:00 am – 5:00 pm.



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