



Muscle Strengthening Activities

Lifting weights: Depending on your fitness, you may need to begin with 1- or 2-pound weights. Use a lighter weight for the first week, and then progressively increase it. Beginning with heavy weights may result in injury.

Resistance bands: You may substitute weights with elastic bands, which come in various resistance levels, from light to heavy.

Gardening: Heavy gardening activities such as shoveling, lifting mulch bags, pushing wheelbarrows, and digging all use major muscle groups. Gardening is comparable to exercise such as walking and biking. Please remember always to be hydrated when working out in the sun.



Texas A&M AgriLife Extension Service Celebrates National Senior Citizens Day, August 21, 2022

Our elders are essential to our communities, and Texas A&M AgriLife Extension celebrates National Senior Citizens Day by encouraging them to stay active and strong.

“One of the most important things you can do for your health as you age is to engage in regular physical activity,” said Erica Reyes, Program Specialist with Texas A&M AgriLife Extension. “Regular activity may reduce the risk of developing age-related health issues and helps strengthen your muscles. Even small improvements in muscle strength can make a big difference in your ability to live on your own and do things like climb stairs and carry groceries.”, Reyes adds.

There are several techniques to build muscles, whether at home or at the gym. Choose exercises that engage your body's main muscle groups (legs, hips, back, chest, abdomen, shoulders, and arms) on two or more days per week for

30-minute sessions each. You may wish to consider:

Reyes recommends taking an instructor-led strength training class. “It will offer a structured routine, corrections to find the right technique and form, and the opportunity to build support networks with others who share your interests,” Reyes concludes.

Contact: Erica Reyes

Phone: (956) 903-1207

Email: Erica.reyes@ag.tamu.edu



September is Family Mealtime Month

“Research shows that sitting down three times per week as a family has many benefits:”

Benefits of eating as a family:

- Reduction for the odds of overweight & potentially obesity
- Reduction in eating unhealthy foods
- Reduction in odds for a child to experience an eating disorder
- Increase in eating healthy foods

To get started, commit to having your family sit down at least three times a week to eat together, and use this as a time to:

- Share family stories
- Learn about everyone’s day
- Set family goals
- Make plans for future activities

*By Dinner Tonight
Ashlyn Aljoe, Asst. FCH,
Lubbock County*

When You Don’t Have Time for Homemade

If you don't have time to whip up a homemade meal, you still can enjoy all the benefits of a nutritious family dinner. Here are four speedy meals you can prepare without breaking a sweat.

- **Frozen ravioli with store-bought sauce and a salad.** A well-stocked pantry and freezer can go a long way in cutting down on last minute trips to the supermarket. Fill your pantry with go-to ingredients such as your favorite tomato-based pasta sauce, whole-wheat pasta and polenta, and load your freezer with different varieties of frozen ravioli, stuffed shells, or manicotti. A healthful dinner will never be more than 20 minutes away.
- **Rotisserie chicken, frozen mashed potatoes, and peas.** When it comes to frozen veggies, you can lose the guilt. Because they're flash frozen

within hours of harvesting, frozen vegetables actually may have more nutrients than fresh which can sit at the store for days. Plus, they're ready in the microwave or on the stovetop in minutes. In addition to peas, load up on edamame, carrots, corn, chopped spinach and even mashed potatoes.

- **Veggie burgers with a cucumber salad.** A vegetarian meal doesn't have to mean hours slaving over the stove. Keep staples such as veggie burgers and whole-wheat buns on hand for a meatless meal you can throw together on the fly. Serve with sliced cucumbers drizzled with your favorite vinaigrette dressing.
- **Grilled chicken Caesar salad with French bread.** For a convenience meal that feels homemade, slice up store-bought grilled chicken breasts and toss with hearts of romaine and light Caesar dressing. If you have a few minutes to spare, bake up frozen whole-wheat dinner rolls or French bread and the house will smell like you've been baking all afternoon.

www.eatright.org





Five Ways to Make the Transition Back to School Easier

Each school year provides new opportunities and experiences for kids to learn, make memories, and discover talents and skills. However, going back to school can be tough, especially when you have fallen out of a routine. Below are some steps you can implement before school starts to make the transition back to school as easy as possible.

Talk to your kids about what to expect

Each school year is different, and it can be hard to know what to expect. Talking to your kids about their expectations, goals, and classes will help prepare them for the school year.

Do a walk-through of the school

Walking through the school can be beneficial so your child can get comfortable with their surroundings and learn where their classes are.

Make it a special occasion

Going to school is something to celebrate. Show them their new clothes, and school supplies, and even cook them their favorite meal before school starts.

Have a playdate with a classmate

Get your kid excited about going back to school by surrounding them with kids in their class.

Create a schedule

I will be the first to admit this is easier said than done, however setting up a schedule will help your kid get into the routine of school and make the transition way easier.

References: <https://selecthealth.org/blog/2019/08/how-to-make-going-back-to-school-easier-for-kids-and-parents>

Provided by: Kyler Hardegree, 4-H Intern

Easy Lunch box meals to take to school

1. Turkey + Cheddar Roll-up
Fresh Berries
Yogurt
Trail Mix
2. Hummus
Pita Bread
Grape
Tomatoes
Cucumbers
Sliced Oranges
3. Cheese
Quesadilla
Guacamole
Salsa
Tortilla Chips
Strawberries
4. Deli Meat + Cheese
Kabobs
Red Pepper
Slices
Apples
Fruit Leather
or Snacks
5. Pasta Salad
Yogurt
Granola Bar
Raspberries
6. Almond Butter + Jelly
(or PB +J)
String Cheese
Fruit Cup
Chips

References
<https://www.modernhoney.com/back-to-school-kids-lunch-ideas/>

What does a healthy lunch consist of?



Cory Edwards

County Extension Agent

Family & Community Health

Lubbock County

Turkey + cheese roll ups

- 2 whole wheat tortilla
 - 4 slices of turkey
 - 2 slices cheese
 - mayo optional
 - mustard optional
1. Start with a tortilla and spread mustard and mayonnaise
 2. Layer turkey and sliced cheese on the tortilla
 3. Roll up and cut in half

Mediterranean Pasta Salad

- 2 cups Penne Pasta
- 2 Roman Tomatoes
- 2 Mini Cucumbers
- 1/2 cup Corn
- 1/4 cup Feta Cheese
- 3 tbsp Olive oil
- 2 tbsp Red Wine Vinegar
- 2 tsp Salt
- 1 tsp Pepper
- 1 tsp Garlic Powder
- 3 tbsp Parsley

1. Boil pasta till al dente, then drain and rinse with cold water
2. Chop tomatoes and cucumbers and add to pasta
3. Add corn and feta
4. Finally, add the remaining ingredients, mix, and put in the refrigerator

Chicken Ranch Wraps

- 2 cups Grilled Chicken Breast
 - 4 Whole Wheat Tortilla
 - 1/2 cup Shredded Mozzarella Cheese
 - 1/4 cup Cilantro
 - 1/4 cup Choice Ranch
1. Place a tortilla on a flat surface and add all ingredients on the tortilla
 2. Roll the tortilla tightly to form a burrito
 3. Heat a pan and add a little oil or cooking spray, cook each side of the wrap for 1-2 minutes or until golden brown

Provided by: *Jorja Washington, Intern*

Cory's Corner Issue 06 August/September 2022

TEXAS A&M
AGRI LIFE
EXTENSION

South Plains District

Preserving Your Harvest

Canning Class

3 options--you choose the date that works best for you

Thursday, July 14 - Plainview
Saturday, July 16 - Lubbock
Tuesday, August 23 - Snyder

\$50

includes lunch, handouts, and 2 jars of items you canned in class

Door prizes!

9 am - 4 pm

Learn the basics of Water Bath Canning and Pressure Canning with hands on practice

Bring your pressure canners for free gauge testing!

Space will be limited so Register Early!
Register through Eventbrite at
<https://preservingyourharvest.eventbrite.com>

FOR MORE INFORMATION, CONTACT
TEXAS A&M AGRILIFE EXTENSION SERVICE,
CORY EDWARDS, LUBBOCK COUNTY AT 806-775-1740

Educational programs of the Texas A&M Agrilife Extension Service are open to all people without regard to race, color, religion, sex, national or ethnic origin, disability, genetic information or veteran's status. The Texas A&M University System, U.S. Department of Agriculture, and the National Institute of Food and Agriculture, Cooperative Extension Service of Texas County Offices.

UPCOMING EVENTS

LET'S GET MOVING LUBBOCK!!

2022

WALK ACROSS TEXAS!

kicks off September 12th!

Walk Across Texas! is an eight-week program designed to help Texans establish the habit of regular physical activity. Each team may include up to 8 team members, all working together logging miles to reach the 832-mile goal to make their way across the state of Texas. Ready to take the challenge? Grab your friends, family, co-workers and get your team registered!

Sign up today! Go to howdyhealth.org

Adult teams - Enter league code:
watL-220809-14594

Youth/Mixed teams - Enter league code:
watL-220809-14594

For more information, call the Lubbock County Extension Office (806)775-1740

Individuals with disabilities who require an auxiliary aid, service, or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. *References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M Agrilife Extension Service is implied.