



Beaver County *Newsline*

May 2006

**Beaver County OSU Extension Office * Box 339 Beaver OK 73932 * Courthouse * 580-625-3464*

Obesity Forum on May 11th

In 2004, Oklahoma ranked 13th highest in the nation for prevalence of obesity among adults. If obesity is left unchecked, this may be the first generation of children who will have shorter life spans than their parents.

There will be an important forum in Guymon on May 11th to determine steps that the State of Oklahoma will take to address the issue of obesity. The forum is designed to provide concerned citizens an opportunity to discuss main issues related to obesity. Texas County is one of only five locations in the state where these forums will be taking place. If you would like to help plan a healthier future for Oklahomans, please make plans to attend.



We'll need about 2 hours of your time and there will be a meal provided. Please contact the Extension Office at 625-3464 to pre-register by May 8th if attending. The Panhandle forum will be held at the Victory Memorial United Methodist Church Enrichment Center. It is located at 523 N. Roosevelt in Guymon.

The Obesity Forum is a partnership of the Texas County & Beaver County OSU Cooperative Extension Service, The OK Department of Health Oklahoma Physical Activity and Nutrition Program and the OK Fit Kids Coalition. Your participation will help form policy! Please plan to attend and bring a carload; please pre-register by calling 580-625-3464. Together let's make Oklahoma Healthier.

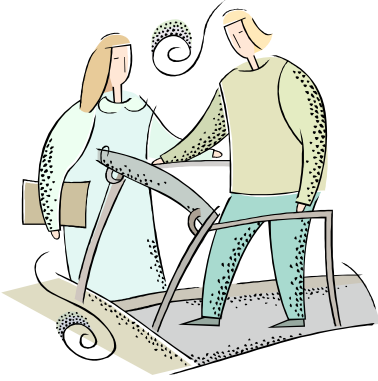
Did You Know?

By walking just an extra five minutes a day you can burn an additional 24 calories per workout. That may not seem like much, but over the course of one year it adds up to a total of 8,760 additional calories burned. Beaver County OHCE Groups will be presenting "All about Walking" at their monthly May meetings. If interested, please contact the Ext. Office for a time and location that may fit your schedule.



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Exercise: When to Check with Your Doctor First



Physical activity is an important part of a healthy lifestyle. But sometimes it's best to check with your doctor before you begin to exercise.

Regular exercise can help you control your weight, reduce your risk of heart disease, and strengthen your bones and muscles. But before you lace up your workout shoes, you may want to talk to your doctor. Although physical activity is perfectly safe for most people, sometimes it's important to get a doctor's OK before you exercise.

Talk to your doctor before you start an exercise program if:

- You're a man older than age 40 or a woman older than age 50.
- You've had a heart attack.
- You have a family history of heart-related problems before age 55.
- You have heart, lung, liver or kidney disease.
- You feel pain in your chest, joints or muscles during physical activity.
- You have high blood pressure, high cholesterol, diabetes, arthritis, osteoporosis or asthma.
- You've had joint replacement surgery.
- You smoke.
- You're overweight or obese.
- You take medication to manage a chronic condition.
- You have an untreated joint or muscle injury, or persistent symptoms after a joint or muscle injury.
- You're pregnant.
- You're unsure of your health status.
- Working with your doctor ahead of time may be the best way to plan an exercise program that's right for you. Consider it the first step on the path to physical fitness.



Source: <http://www.mayoclinic.com/health/exercise/SM00059>

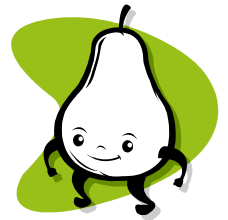
Q. Body shape: Does it increase your risk of diabetes? I know that obesity is a risk factor for diabetes. But I've been told that body shape also plays a role. Is this true?



A. Yes, it's true. People who carry most of their excess weight around their waist (often called "apples") are at greater risk of diabetes than are those who carry most of their excess weight below their waist (often called "pears"). The more fatty tissue you have, the more resistant your body's cells become to the effects of your own insulin. But this appears especially true if your weight is concentrated around your abdomen.

To determine whether you're carrying too much weight around your abdomen, measure the circumference of your waist at its smallest point, usually at the level of your navel. Using a flexible, cloth-like tape measure is best. A measurement of more than 40 inches in men and more than 35 inches in women indicates increased health risks.

The good news is that you can lower your risk of diabetes by achieving and maintaining a healthy weight.



<http://www.mayoclinic.com/health/diabetes/AN00277>

Walk Away a Winner

Walking is a great way to get fit. It improves circulation and mobility, promotes weight loss and even helps reduce stress. And there's no better time to begin a walking routine than right now.

If you're not used to being active, start with 10 minutes each day and build as your energy increases. When you begin, find a comfortable pace and try to add about three to five minutes to your walking time each week. A good goal to shoot for is to walk 30 to 45 minutes, five days a week.

These quick tips will put an extra spring in your step.

- ♥ Stretch for 5-10 minutes before and after every walk.
- ♥ Keep a good posture. Gaze forward, not down at the ground, with your chin level and head up.
- ♥ Stay hydrated by drinking 8 ounces of water before you begin your walk.
- ♥ Wear shoes designed for walking for greater comfort and injury prevention.
- ♥ Your walks don't have to be long and strenuous to be beneficial. A walk to the store or through the mall counts too.

Loosen Up with Gentle, Simple S-T-R-E-T-C-H-E-S

Before you start walking, it is very important to stretch your muscles effectively. Proper stretching not only will increase your flexibility and minimize your chances of pulling a muscle; it will also improve your stride and fluidity.

By following this simple routine, you can become loose and limber in a few minutes. Perform all stretches slowly with controlled movements for 10-20 seconds taking slow deep breaths. Do not bounce or stretch to the point of pain.

- **Standing Hip Stretch:** Take a full step forward with your left foot. Gently bend left knee to lower hips, keeping right heel on ground and right knee straight. Switch and repeat.
- **Standing Quad Stretch:** Reach back to grasp your left ankle. Pull your foot toward your buttocks while placing other hand on a bench or chair for support. Switch and repeat.
- **Standing Wall Pushes:** Stand arms length from a sturdy pole or wall. Place your hands on the wall at shoulder height, bend the elbows, lean in from the ankles, and press your body upright until you feel a slight strain in your legs.
- **Standing Calf Stretch:** Extend one leg in front of you and place the heel on the floor, toes in the air. Keeping the back straight, bend forward at the hips until you feel the stretch of the calves. Switch and repeat.

Repeat this entire sequence when you finish walking to prevent undue stiffness and soreness later.

Source: <http://www.diabetes.org/weightloss-and-exercise/exercise/good-health-rewards.jsp>



Chicken Brown Rice Primavera

For a busy night, choose this dish that has grains, meat and vegetables (along with vitamins A and C) all in one!

1 Tbsp. oil
3/4 lb. boneless skinless chicken breasts,
cut into strips
2 cloves garlic, minced
1-1/2 cups chicken broth
1 cup broccoli florets

1/2 red pepper, cut into strips
1/2 cup diagonally sliced carrots
1/2 cup sliced yellow squash
1/4 tsp. black pepper
1-1/2 cups MINUTE Brown Rice, uncooked
1/4 cup KRAFT 100% Grated Parmesan Cheese

HEAT oil in large skillet on medium-high heat. Add chicken and garlic; cook and stir until chicken is lightly browned. **ADD** broth, broccoli, red pepper, carrots, squash and black pepper. Bring to boil. **STIR** in rice. Return to boil. Reduce heat to low. Cover. Simmer 5 minutes. Remove from heat. Let stand 5 minutes. Stir in cheese. **Diet Exchange:** 2 Starch, 1 Vegetable, 3 Meat (VL), 1 Fat

Source: http://www.kraftfoods.com/diabetic/main.aspx?s=recipe&m=recipe/knet_recipe_display&recipe_id=52882



OHCE NEWS

May 7-13 is OHCE WEEK
If you are NOT a member, Join a
group and Help Make Beaver
County Even Better!

OBESITY FORUM IN GUYMON

Obesity affects us or someone we know and care about! Your help is needed. We would like to have each group represented if possible. Family and Healthy Living committee chairmen from each group are especially asked to be in attendance or be represented. Input from the Panhandle participants will be utilized in aiding the State of Oklahoma in the development of a statewide action plan to combat obesity. Call the office at 625-3464; I'll try to help arrange carpools.

SPRING COUNCIL IS MAY 9th

Mark your calendar for Tuesday, May 9th to attend County Council. It will be held at the United Methodist Church in Beaver. Registration is at 9:30am. The Meeting starts at 10:00am. The theme is "Get in Line with Women's Health".

We'll have membership recognition of New Members and for Years of Membership (5 years multiples: years ending in 1 and 6). Please contact the office with names of past members who are

deceased to have them honored during a short memorial. Lunch is a "Healthy" Potluck Dinner. After lunch, the program will be presented by Sue Grose of Anthony HCE. Sue is the retired Director of Nursing of the Beaver County Memorial Hospital; she will make the topic of "Women's Health Issues" intriguing.

Balko is Hostess, Clearlake provides Entertainment, Logan is Hospitality. A detailed list of responsibilities is on page 12 of the yearbook.

COOKING FOR 1 or 2

The HCE Leaders' Lesson on "Cooking for 1 or 2" will be on Monday, May 22nd at Noon. Please RSVP at 625-3464. It will be held at the Fairbuilding. Cooking for 1 or 2 will be presented as a Lunch and Learn with drinks and food samples available.

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