



April 2019
Volume 1 Issue 4

Calendar

- ◆ *Exercise with friends 9-10am Monday and Thursdays at Extension Office (must be graduate of past SWSM classes to participant).*
- ◆ *Dining with Diabetes Follow-up May 21 5:30-7:30pm*
- ◆ *Monthly Newsletter available online or at Extension Office.*



Holly Jay
 FCS/4-H Agent
 MSU Extension—BHC
 317 N Custer Ave
 Hardin, MT 59034
 406-665-9770
 holly.jay@montana.edu



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Get Fit News

A newsletter for anyone interested in health.

A Message From Holly

April showers bring May flowers. I hope you are taking precautions to exercise safely during this month. April includes National Public Health Week the second week of April. Take a little time to evaluate those new year's resolutions and see if you are on track or need to refocus on your health. Enjoy the warmer weather and walk with friends when possible.

Eating for Heart Health and Men's Health

A recent research study had people eat a Mediterranean-style diet helped them lower their systolic blood pressure by 5.5 points and decreased their artery stiffness.

The Mediterranean-style diet is a diet higher in vegetables, fruits, nuts, breads, fish, whole grains, low-fat dairy, and olive oil and lower in salt and added sugars. This is also called a DASH Diet.

Look for more about this diet in future newsletters and in a cooking program coming to Big Horn County.

What can you do now? Eat a balanced diet following MyPlate. Half of your plate should be fruits and vegetables, and a little less than 1/4 protein and a little over 1/4 grains with half of them being whole grains.

Nuts are also a great way to eat protein with healthy fats.

And recently nuts have been shown to increase sperm count, motility, vitality and structure of sperm in men that ate nuts. Although this study was funded by the nut industry's trade association it merits further studies.

Sources: Nutrition Action Health Letter, March 2019 Quick Studies: A Diet to Keep Arteries Young and Nuts!

Strong Words to Live By

"I am inspired when I see older people staying in shape. I exercise, eat low-fat food and meditate. I think I can stick with this for the rest of my life."

-Penny Hicks,
Navajo and diabetic

Tips to Fitness: Hydration Myths

Water if needed for our bodies to function properly and with the least amount of stress to our bodies.

8—8 oz glasses per day. While this is a good rule of thumb it may not be enough if we are working out. And yes sometimes our foods give us water value as do tea, coffee and milk.

Drink more if you are working out, it is hot if you are thirsty. Sometimes hunger can be calmed by drinking more water.

Caffeine can increase water loss but not enough to cause dehydration. Drink coffee and tea with a mind towards how many glasses or cups per day and how much other water you are getting.

Drink when thirsty. As we age the body may not sense your thirst as effectively. Older adults need just as much water as younger adults. Consciously drink water. Keep track of your intake to assure you are staying hydrated.

Source: Tufts University Health & Nutrition Newsletter, volume 37 number 2 April 2019

Nutrition Notes

Healthy Oils

Soybean oil—high in poly unsaturated fat which helps reduce LDL cholesterol levels. And a smoke point of 450 degrees.

Olive Oil—rich in monounsaturated fat. Beneficial for Mediterranean-style diets and prevention of heart disease.

Canola oil— monounsaturated fat associated with reduced risk for heart disease when replacing saturated fat such as butter and shortening. Smoke point of 475 degrees.

Coconut Oil—promoted as heart-healthy but there is no evidence that it has cardiovascular protective effects. And may actually raise LDL levels.

Source: Tufts University Health & Nutrition Newsletter, volume 37 number 2 April 2019

Move of the Month

Calf Stretch

While standing, hold on to a counter or chair.

Extend your right leg back and press your heel toward the floor.

Allow your left knee to bend, while keeping your right heel grounded on the floor.

Hold 10-30 seconds.

Return to a standing position.

Repeat with left leg.

Source: Harvard Health Newsletter, volume 44 number 6 April 2019



Source: Harvard Health Newsletter, volume 44 number 6 April 2019