



January 2019  
Volume 1 Issue 1

## Calendar

- ◆ **January 1 closed**
- ◆ **January 21 closed**
- ◆ SWSM 9-10am  
*Monday/Thursday*
- ◆ **Better Living**  
**10:30-11:30am**  
**Monday/Thursday**
- ◆ SWSM 5:30-6:30pm  
*Monday/Thursday*
- ◆ **Heart Club Meet**  
**— January 8 & 15**



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# Get Fit News

A newsletter for anyone interested in health.

## A Message From Holly Jay

Happy New Year Everyone! This year starts a new look and name for the monthly newsletter. I am excited about all of the people signed up for classes and look forward to our new routines. As a friendly reminder please be sure to drink lots of water after you exercise.

## Setting Fitness Goals

Fit in fitness one step at a time. Your goals need to be your goals. Try the following goal setting steps on for size.

1. Identify what you want to achieve
  - A. What is important to you?
  - B. Do you want to feel better, improve your health, look better, lose a few pounds, begin a new active hobby?
  - C. Whatever it is identify the reason.
1. 2. Make your goals specific.
  - A. What do you want to accomplish?
  - B. When do you want to reach your goal?
  - C. How do you want to reach your goal?
3. Make your goals realistic.
  - ⇒ Reaching your goals will motivate you, so make them attainable yet challenging.
  - ⇒ They should be well enough within reach that you will be successful.
  - ⇒ On the other hand they should also present enough challenge to cause you to grow.

Source: American Heart Association Fighting Heart Disease and Stroke, Fitting in Fitness, Hundreds of Simple Ways to Put More Physical Activity into Your Life.

## Strong Words to Live By

"Reach high, for the stars lie hidden in your soul. Dream deep, for every dream precedes the goal."

Pamela Vaull Starr

## Tips to Fitness

### Introduce Physical Activity Slowly

To avoid injury, start with short, less intense activity sessions and gradually increase intensity and duration.

### Plan

Put time to be physically active on your calendar; shop ahead to have ingredients for healthy meals and snacks on hand; try cooking ahead and freezing so healthy choices are available when time and energy are short; and avoid buying those foods and beverages you have resolved to cut down on.

Source: Special Supplement, Health and Nutrition Letter, December 2018. Tufts University Gerald J. and Dorothy R Friedman School of Nutrition Science and Policy

## Nutrition Notes

### Portion Control

When talking about a portion sizes there are a few items to keep in mind.

- 4 stacked dice = 1 oz of cheese
- Deck of cards = 3 oz. of meat
- Baseball = medium potato or fruit or 1 cup cold cereal
- Compact disk = pancake

Remember 100 extra calories per day = 10 pounds of weight gain per year!

Likewise 100 less calories per year = 10 pounds of weight loss per year.

Start your year off with a wise choice.

For more information regarding the Dietary Guidelines, please visit:

<http://www.choosemyplate.gov>

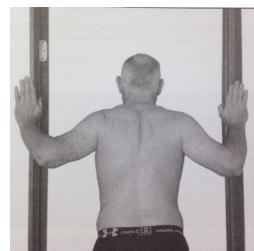
## Move of the Month

### Shoulder and Chest Stretch

This doorway version can be done when lying on the floor is not convenient.

- Stand with feet about hip-width apart, on the inside of a doorway and gently lean forward, through the doorway, with arms out, elbows bent and palms on the molding.
- Try to feel your shoulder blades pinch together, coming closer to your upper back spine. Keep your head aligned with your trunk, not falling forward ahead of your body.
- As with the floor version, you can vary the height of the arms on the sides of the door to stretch different parts of the chest and shoulder muscles.

Source: End Everyday Pain for 50+ by Dr. Joseph Tieri



Standing Shoulder & Chest Stretch  
Image from: End Everyday Pain for 50+

## Fitness Facts

Pay attention to your body's signals. If you feel the need to go to the bathroom, don't wait. Go. It is easier for your body to develop its own natural schedule for bowel movements when you pay attention to the warning signals.

Source: The Arthritis Helpbook