



March 2019
Volume 1 Issue 3

Calendar

- ◆ **March 7 classes end**
- ◆ **SWSM 9-10am and 5:30-6:30pm**
Monday/Thursday
- ◆ **SWSM test out**
March 11th
- ◆ **Better Living 10:30-11:30am** *Monday/Thursday*
- ◆ **Better Living last day** **March 7**
- ◆ **Dining with Diabetes—March 5 & 12—5:30-7:30pm**
- ◆ **Call office to register**



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Get Fit News

A newsletter for anyone interested in health.

A Message From Holly

It just seems like yesterday that we started our exercise classes. By now you have learned another routine, exercise or breathing technique. As we move into spring and summer continue using these new skills. There will be new classes in the fall and I am here if you would like to stop in and see me this summer.

Heart Healthy

Heart arrhythmia is the broad term for any heart rhythm that is abnormal. What causes heart arrhythmias? When the electrical signal from the brain is disrupted it could cause your heart to beat too fast—tachycardia or too slow—bradycardia. Structural problems such as scarring could also make you vulnerable to arrhythmia.

Other factors could include an electrolyte imbalance. (potassium, magnesium, calcium). High blood pressure, diabetes, sleep apnea, thyroid issues, lung diseases and stress are also factors. External factors could include smoking, alcohol or caffeine intake in excess, and certain medications.

It is important to keep in mind that arrhythmias could happen without symptoms.

If you are diagnosed with a heart arrhythmia follow your Dr.'s protocol of lifestyle modifications to protect your heart health. Doctors will often encourage an exercise program with possible limits on the intensity of the program to control heart rate while engaged in physical activity and what to do if your heart rate increases too much while you are exercising.

Follow doctor recommendations and continue to work towards better health.

Source: Focus on Healthy Aging, Volume 21, No. 7, July 2018.

Strong Words to Live By

“Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails.”

-Mark Twain

Tips to Fitness: *Workout Mistakes*

Exercising is one of the best things you can do for your health. Often we get so focused on the exercises we take shortcuts in our exercise program. Common mistakes include:

Skipping the warm-up - to get muscles more flexible before putting them to work.

Being inconsistent—exercise 150 minutes of moderate intensity each week and strength train at least 2 times a week.

Lifting too much weight—use lighter weights and lift more repetitions.

Not resting muscles—take a day off between strength training.

Improper hydration—6-8 cups of water per day, and more if you exercise.

Poor Posture—keep your shoulders down and back, back straight, work to correct poor posture.

Source: Harvard Health Newsletter, volume 44 number 1 November 2018

Nutrition Notes

Drink Fluids, have less UTIs

Scientists at Danone Research recently completed a study in which women with an UTI history drank 6 cups of water more than usual. Over the year they developed 1.7 UTIs, less than the previous year.

A good way to prevent UTIs as well as other illnesses is to drink 12 cups of water or unsweetened fluids a day.

Reducing the amount of UTIs will also reduce the number of drugs that may become resistant to treating UTIs.

Source: Nutrition Action Health Letter, December 2018, Quick Studies. From JAMA Intern. Med. 2018 doi:10.1001/jamainternmed.2018.4204.

Move of the Month

Child's Pose

Get on your hands and knees, then exhale. While keeping your hands flat on the floor in front of you, lower your hips backward until your buttocks rest on the backs of your heels and feet.

Then, without moving our buttocks, lower your forehead to the floor and extend our arms in front of you, hands still flat on the floor.

Hold for a few moments, and then inhale as you come back up.

Source: Harvard Health Newsletter, volume 44 number 1 November 2018



Fitness Facts

- ◇ Choose water
- ◇ Don't wait until you are thirsty to drink water
- ◇ Put sliced fruits, veggies or herbs in water overnight to add flavor
- ◇ Carry a refillable water bottle
- ◇ Drink a glass of water at every meal
- ◇ Sip unsweetened hot or iced tea or coffee
- ◇ Enjoy water-dense fruits and vegetables

Source: Health and Nutrition Letter, volume 36, No. 6, August 2018.