

December 2021

9 Tips for Staying Active over the Winter Holidays

We typically eat more and exercise less during the holidays. If we get too much out of balance with our food intake and our activity output, we may literally be "bursting" with holiday cheer! To help prevent our winter holiday season from coming "apart at the seams," here are 9 tips to fit in some physical activity.

1. **It's a shoe-in.** As much as you can, wear running or comfortable walking shoes so you can get moving whenever there—s an opportunity. Pop a casserole in the oven and head out the door for a walk or jog while it—s baking. Park farther away and walk to your destination. Walk the mall before you shop the mall.

2. **Take the stairs.** —In one minute, a 150 pound person burns approximately 10 calories walking upstairs and only 1.5 calories riding an elevator, according to the Centers for Disease Control and Prevention (1). Remember this quote by Joan Welsch and take the stairs, A man's health can be judged by which he takes two at a time — pills or stairs.

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3. **Work out with your mobile device.** Download an app(s) or video(s) for your mobile device (iPad, iPhone, etc.) or watch an online video that will help you get moving. Some of these may be especially helpful when you—re traveling and staying in a hotel or with friends. Avoid workouts with lots of noisy activity that can bring management to your hotel door. Use your favorite search engine or check with the app store for your mobile device to find apps and videos that inspire you.

4. **Find trails and tracks before you travel.** Visit the USA Track & Field website at <http://www.usatf.org/routes> for routes for walking or running in your destination city. Check with your host or hotel as to their safety before you take off. The hotel or your host may have additional suggestions. My husband and I discovered a path around a nearby hotel on an upcoming trip that was perfect for us through a search at this site.

5. **Try some tempting tunes.** If you like to work out to music, —gift— yourself with some new tunes to get motivated. For example, searching for —holiday fitness music— or —Christmas fitness music— in the iTunes store yielded several downloadable albums for the winter holiday season. Or, you could put together your own playlist. A similar search in the —MP3 Music— category on Amazon.com also found several tunes. Check your favorite music source site for possible motivation.

6. **Clean your house.** Set aside several hours one day and REALLY clean your house. Bending, squatting, running up and down stairs, standing while folding and putting away laundry, etc. all burn calories. Get workouts the old-fashioned way —| by —working— out! The author and her husband following a fun run through a park. A bonus of fun runs is they are often in scenic locations.

7. **Look for a holiday fun run.** Fun runs are often held over the holidays. There is usually a small fee and they're open to everyone from runners to people who meander along the trail with friends. They are usually 5K runs (3.1 miles). Get in the back of the pack when starting if you plan to set a more leisurely pace. Invite your friends and plan on an outing with coffee or a meal together afterwards. You'll feel better physically and mentally for it.

8. **Build activity into family visits and outings.** Encourage house guests to bring workout clothes suitable for walking or perhaps activities at a local health club. My sisters came with running/walking shoes and outdoor wear; we managed three brisk 2-mile walks during a five day visit. An added benefit: By getting outside, we couldn't eat all the holiday leftovers lurking in the house.

9. **Fly with wheels (or a backpack).** If you're flying during the holidays, use the time between flights to get in some activity. If time allows, walk to a far-away gate vs. taking a people mover. Walk vs. wait at your gate until you can board your flight. If you are lugging carryon luggage, make it easier and more comfortable to move by using a wheeled suitcase or a backpack.

(1) Centers for Disease Control and Prevention. Healthier Worksite Initiative from <https://www.cdc.gov/workplacehealthpromotion/index.html>

“Rice Around the World”

The theme of the Western Rice Belt Production Conference Consumers’ Program on **Wednesday, January 19, 2022**, at the El Campo Civic Center will be “Rice Around the World” This program, sponsored by the Texas A&M AgriLife Extension Service in Colorado, Jackson, Matagorda, and Wharton Counties, will provide education, entertainment and fun.

Attendees will watch committee members prepare recipes showcasing rice and an educational program will also be presented.

Registration and refreshments will begin at 8:30 a.m., and the program will begin at 9:00 a.m. **The first 100 persons who register will receive** registration bags with rice recipes, bags of rice and other educational materials; they will also be eligible for numerous door prizes that will be given out throughout the morning. Following the program, all participants will be invited to a **catered luncheon**.

Persons arriving after 9:30 a.m., however, will not receive registration bags, door prizes or luncheon tickets. There is no fee, and reservations are not necessary. This program is open to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity.

Any person who has a disability that may require an accommodation to participate in the conference is asked to contact their local county Extension Office. Colorado County Extension Office: 979-732-2530

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What's Cooking!

Pumpkin Pie Smoothie

Ingredients: Makes 1 smoothie

- 1 serving protein powder (no carb, vanilla)
- 1 tablespoon ground flax seed
- ½ cup plain non-fat yogurt
- ½ cup pumpkin puree
- ½ cup skim milk
- ¼ cup ice
- 2 tablespoons whipped topping (fat-free)
- ¼ teaspoon ground flax seed



Directions:

1. Combine pumpkin puree, Greek yogurt, protein powder, 1 Tbsp. ground flax seed, almond milk, pumpkin pie spice and ice in a blender. Blend until smooth.
2. Pour smoothie into a glass, top with whipped topping and sprinkle with 1/4 Tsp. ground flax seed.

Nutritional Facts: (Per Serving)

Calories	285
Fat	7 g
Saturated Fat	1.5 g
Cholesterol	55 mg
Sodium	180 mg
Carbohydrate	29 g
Fiber	6 g
Protein	29 g

A by-product of milk when producing cheese is whey. Whey is a complete protein meaning that it contains all of the essential amino acids that your body needs.

Credit: www.diabetesfoodhub.org



Cinnamon Tortilla Chips

This healthy snack is the perfect choice for when your family is on-the-go this holiday season. Try making this with your entire family by giving every person (not matter how little) a task. By encouraging children to cook in the kitchen, you're setting the stage for healthy lifestyle skills.

Ingredients:

10 10-inch tortillas (whole-wheat or white)
Butter-flavored cooking spray
½ to 1 tsp. cinnamon
1/3 c. sugar

Directions

Preheat oven to 350 degrees. Mix cinnamon and sugar together and place in empty spice container (or use commercial cinnamon-sugar mix). To make cinnamon chips, coat one side of tortilla with cooking spray. Cut into wedges of desired size and place in single layer on baking sheet. Sprinkle with cinnamon sugar. Spray again with cooking spray. Bake for eight to 10 minutes. Repeat for remaining wedges. Cool for 15 minutes. Serve with fruit salsa- makes a delicious dessert.

Nutrition Facts

Makes 10 servings. Each serving has 240 calories, 6 g fat, 6 g protein, 41 g carbohydrate, 0 g fiber and 530 mg sodium.
Resource: [North Dakota State University](http://NorthDakotaStateUniversity.edu)

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What's Cooking!

Asparagus Frittata

Ingredients: Makes 6 servings

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| 1 bunch (about 12 ounces) thin asparagus, trimmed | ¼ tablespoon crushed red pepper flakes |
| 1 tablespoon olive oil | 1 teaspoon margarine |
| 2 cups egg substitute | 2 teaspoons Dijon mustard |
| 2 tablespoons skim milk | ¼ cup reduced fat, shredded mozzarella cheese |
| ½ teaspoon salt | ¼ cup grated Parmesan cheese |
| ¼ teaspoon freshly ground black pepper | |

Directions:

1. Preheat the oven to 425 degrees F. Spray a baking sheet with cooking spray. In a small bowl, toss asparagus with olive oil. Place on baking sheet and bake in oven for about 12 minutes. Chop cooked asparagus into 1/2-inch pieces. Set aside.
2. In a medium bowl whisk together the egg substitutes, milk, salt, pepper and red pepper flakes. Set aside and prepare broiler.
3. Spray a 9 1/2-inch-diameter nonstick ovenproof skillet with cooking spray. Add margarine to skillet and melt over medium heat. Add asparagus to skillet and pour the egg mixture over the asparagus. Cook for a few minutes until the eggs start to set.
4. Add the mozzarella and Parmesan cheese. Reduce heat to medium-low and cook until the frittata is almost set but the top is still runny, about 2 minutes.
5. Place the skillet under the broiler. Broil until the top is set and golden brown on top, about 2-4 minutes. Let the frittata stand 2 minutes. Using a rubber spatula, loosen the frittata from skillet and slide the frittata onto a plate. Cut frittata into 6 equal slices and serve.

Nutritional Facts: (Per Serving)

Calories	100
Fat	4.5 g
Saturated Fat	0 g
Cholesterol	>5 mg
Sodium	430 mg
Carbohydrate	4 g
Fiber	1 g
Protein	12 g

Average annual consumption per person
in the U.S. for dairy products:

Milk.....	16 gallons
Cheese	40 pounds
Butter	6 pounds
Ice Cream	3-4 gallons

Credit: www.diabetesfoodhub.org

Please feel free to contact me if you have any questions.

Sincerely,

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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in this meeting are encouraged to contact the County Extension Office at (979) 732-2082 ten (10) days prior to the meeting to determine how reasonable accommodations can be made.