

SWAIN COUNTY EXTENSION

HEALTHY AT HOME



In this Issue

Maintain, Don't Gain
Holiday Challenge

Tips to Avoid
Holiday Weight Gain

Can You Stop the Clock

Just Breathe!

Cornbread Recipe
Winners

Choose the Right Clothes
for Walking

Join the Walkie Talkies

Stay Connected

Mind Your Biscuits
Bake-off

Fall Into Autumn Fun

Take advantage of the crisp fall weather and beautiful foliage by making the most of this colorful and enchanting season.

Maintain your exercise program. If your exercise program takes you outside, remember that shorter days bring dark mornings and evenings. If you are running, walking or cycling, be sure to vamp up your clothing with reflective gear and a flashlight.

Grab a friend, family members or loved-ones and enjoy a visit to the local apple orchard. The fun continues at home when you enjoy your harvest by making apple butter, caramel apples or an apple pie.

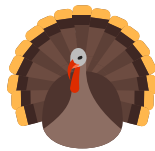
Staying hydrated is always important. Replacing sugary drinks with water is always a good idea. Dehydration is a liability you want to avoid. It is essential to good health to consume adequate amounts of fluids daily. The body's requirement for water is greater than its ability to produce it, so we must replace the water that is lost from our bodies.

If you are feeling adventurous, head out to the local farm and try your luck at navigating a corn maze or what about a haunted corn maze for a few goosebumps and chills? Add a trip to the pumpkin patch to handpick your jack-o-lantern to complete your farm visit.

Don't forget to get your beauty rest. You need to give your body time to rejuvenate. End the day with quiet reflection, deep breathing and mild stretching. Try to get at least eight hours of sleep each night.



Maintain, Don't Gain



Holiday Challenge

Are you ready for a fun challenge that can save you from gaining extra pounds? This holiday season, the only thing that should be "stuffed" is the turkey!

Many Americans gain between 1 and 5 pounds each holiday season. While it might not sound like much, most people never manage to lose those extra pounds.

Instead of piling on the pounds, consider joining the Eat Smart, Move More, Maintain, don't gain! Holiday Challenge.

Rather than focusing on trying to lose weight, this FREE seven-week challenge provides information, strategies, resources and ideas to help maintain your weight throughout the holiday season.

You will receive daily tips, healthy holiday recipes, weekly challenges and newsletters designed to prevent holiday weight gain.

The Holiday Challenge will begin November 16th and run through December 31st.

Register your email address at: www.esmmweighless.com

Follow these helpful tips to avoid gaining extra holiday pounds:

- Weigh yourself twice a week during the festive and hectic holiday season. Step on the scale first thing in the morning.
- Start the day with exercise. Research shows that exercising in the a.m. will keep you moving more the rest of the day.
- Just say no! Willpower is like a muscle and needs to be exercised. Practice keeping yourself in check. It's okay to say "no" to second helpings.
- Be picky, picky, picky. Ask yourself is the food calorie-worthy? Decide what is important to your calorie budget.
- Don't swear off desserts. Practice the 3-bite rule to keep your sweet tooth in check.
- Replace sugary drinks with water and try to cut back on diet sodas.
- Eat H2O. If you have a hard time drinking water, try consuming water-enriched foods. Green salad, avocados, cucumbers, celery, radishes, tomatoes, green peppers, and cauliflower can help add water to your diet.
- Chew slowly. Fast eating is a quick recipe for an expanded waistline. The more air you swallow, the more bloated you will be.



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*Don't forget to eat
breakfast.*

*Maintaining weight
is easier if you start
the day with
breakfast.*

Can You Stop the Clock?

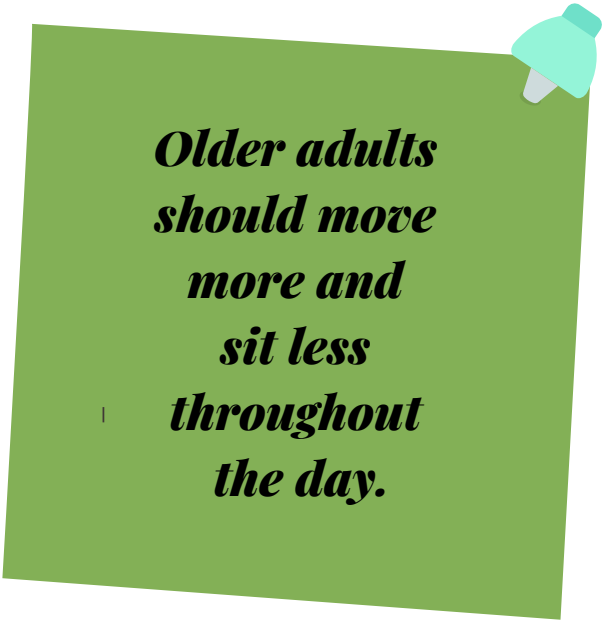


Move More at Any Age

Aging is inevitable. There is really no way to stop the clock, but regular exercise, better nutrition and reducing or managing stress, can slow down the aging process. Muscles begin to change around age 35, when you start to lose muscle and gain fat. If you want to slow down muscle loss and keep your metabolism high, a regular exercise program is a good place to start. With regular exercise, most people have less joint pain, less bone loss, and they retain their mobility longer.

Exercise also has a huge impact on the inside health of your body and is key to preventing many types of diseases. Regular weight bearing activities strengthens bones. Another benefit of an active life is a healthier heart. Your heart is a muscle and it gets stronger with exercise.

Exercise is good for your brain and helps improve your memory, you have a brighter outlook on life, you feel more confident and you have more energy. It is true what they say, "energy creates energy." The quickest route to find the fountain of youth is through an active lifestyle. Exercise is well worth the effort you put into it!



***Older adults
should move
more and
sit less
throughout
the day.***

Just Breathe!

Most people don't breathe properly. Natural breathing involves your diaphragm, so when you breathe your belly should expand. When you exhale, your belly should fall. Instead we tend to use our chest and shoulders when we breathe. This promotes short and shallow breathing.

Deep breathing is essential in helping relieve symptoms of stress, can aid in getting better sleep, help control pain and even aid in digestion. Here's a simple breathing exercise that you can practice:

- Sit comfortably in a chair with a tall posture.
- Place one hand on your upper chest and the other hand on your abdomen.
- Inhale through your nose for 4 to 6 seconds; the hand on the abdomen should begin to rise or push outward, while the other hand on the upper chest should move very little.
- Pause for 1 to 3 seconds, holding the air in your lungs.
- Exhale air as slowly as possible, for 6 to 9 seconds, by pressing lips together tightly and engaging the abdominal muscles to exhale through your mouth, forcing the air between pursed lips. The hand on the abdomen should move inward on the exhale.

Repeat two more times.

Cornbread Cook-off

There's More than One Way to Make Cornbread

We never knew how versatile or how many variations of cornbread recipes there are until we started receiving entries for the Cornbread Cook-off.

When it comes to southern cooking, cornbread is one of our favorite comfort foods that serves well with most dishes – just don't forget the butter.

From the entries we received, we used the old-fashioned method to select a winner and randomly drew five names from the pot.

Thank you to everyone who entered this contest. We are looking forward to the 2021 Swain County Agricultural Fair when we can gather for an in-person Cornbread Cook-off.

Until then, we hope you enjoying making these winning recipes.

Aunt Maude's Mexican Cornbread

Submitted by Dean Kowal

1 $\frac{3}{4}$ cups self-rising Corn Meal
1 can cream corn
 $\frac{2}{3}$ stick butter melted
 $\frac{1}{3}$ cup cooking oil
 $\frac{1}{2}$ cup buttermilk
1 Tbsp. sugar
 $\frac{3}{4}$ cup sharp cheddar cheese (cubed)
 $\frac{1}{4}$ cup pepper jack cheese (cubed)
1 small poblano pepper (chopped fine) *
1 tsp. crushed red pepper*
 $\frac{1}{4}$ cup onion (chopped fine)

Heat oven to 400°F, put greased cast iron skillet (1 Tbsp. bacon grease) in oven while preheating. Mix all ingredients together in a bowl. Sprinkle skillet with a little corn meal, then pour mixture into hot skillet. Bake 40 minutes or until golden brown. Cool 10 min in pan, invert onto plate and flip right side up another plate.

*Cornbread recipes
continued on next page*



Sweet Cornbread

Submitted by Raquel Moore

1 cup all-purpose flour
1cup yellow cornmeal
 $\frac{2}{3}$ cup sugar
1 teaspoon salt
 $3 \frac{1}{2}$ teaspoons baking powder
1 egg
1 cup milk
 $\frac{1}{3}$ cup vegetable oil

Preheat oven to 400 degrees. Spray or lightly grease 9-inch pan. In a bowl, mix flour, cornmeal, sugar, salt and baking powder. Stir in egg, milk and vegetable oil. Pour batter in pan. Bake 20 to 25 minutes.

Brush Creek Cornbread

Submitted by Wanda Cloer

1 $\frac{1}{2}$ cup Buttermilk self-rising cornmeal mix
2 Tablespoons self-rising flour
 $\frac{2}{3}$
cup Buttermilk
1 cup water plus 1 or 2 Tablespoons to get the right consistency

Pour into greased 8 $\frac{1}{4}$ inch cast iron pan and bake at 350 degrees for 35 to 40 minutes or until golden brown.

Wildcat Branch Cornbread

Submitted
by PattiJo Tayler

2 cups self-rising cornmeal
1 egg
 $\frac{3}{4}$ cup buttermilk
Salt and pepper
1 Tablespoon hog grease

In a bowl, mix first four ingredients then add salt and pepper to taste and hog grease. Bake 400 degrees in cast iron pan for 20 minutes until golden brown.

Choose the Right Clothes for Walking

Walking is a great and simple exercise that's good for nearly everyone. Moving your body and getting fresh air can help you stay happy and healthy. One of the best things about walking is that you don't need any fancy equipment or expensive gym memberships. All you need is three things: a pair of sturdy, comfortable shoes, a pair of socks that have good cushioning and comfortable clothing.

Because of the biomechanics of walking, you will need well-fitting, comfortable shoes that provide the best support, are comfortable and help prevent injuries. It doesn't mean they have to be the most expensive shoes.

Having the right socks will keep your feet cool and dry, and prevent blisters. Look for a snug fitting sock with as few as seams as possible. Many walkers prefer padded socks made with a blend of acrylic fiber and cotton.

With the right clothing, you should be able to walk all year. Clothes should be comfortable, simple and efficient. In cooler temperatures, think layers. It is better to start out with too many clothes and remove layers as you go than to be underdressed.



Join the **WALKIE TALKIES**

Wednesdays at 11:00 a.m.
October 28
November 4 & 18
December 2 & 9

*Meet at the Swain Extension Office
60 Almond School Rd. Bryson City, N.C. 28713*

Winning Corbread Recipes Continued

Earl's Cornbread Recipe

Submitted by Earl and Brenda Jones

1 ½ cups of stone ground cornmeal (sifted 2 times)
¾ cups all-purpose flour
2 Tablespoons white sugar
1 teaspoon salt
1 teaspoon baking powder
¼ teaspoon baking soda
1 brown country egg
1 ¼ cups milk
2 Tablespoons melted butter in a square silicone pan.

In a bowl, mix all ingredients together and pour melted butter into ingredients. Bake at 435 degrees for 30 minutes.



Stay Connected

The Swain Extension is here for you.

Check out our website at swain.ces.ncsu.edu/



Like us on facebook to view upcoming events and important news.

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Mind Your Biscuits Bake-off

Ready, set, get floured up for the Mind Your Biscuits Bake-off. We Southerners sure know how to make biscuits and are proud of our recipes.

Until we can gather safely for a proper biscuit bake-off, with taste sampling and in-person judging, we want you to have the virtual opportunity to share your favorite biscuit recipe.

There are three ways to enter the Mind Your Biscuits Bake-off!

1. Add your favorite biscuit recipe on the Swain County Extension's "Mind Your Biscuits" Bake-off Facebook post in the comments.
2. Mail your favorite biscuit recipe to:
Swain County Cooperative Extension
60 Almond School Rd.
Bryson City, N.C. 28713
3. Email your biscuit recipe to dee_decker@ncsu.edu

All entries must be received before 5:00 p.m. on November, 4th. Photos are optional, but we really enjoy seeing the pictures.

Each person who submits their biscuit recipe will be entered into a drawing. In addition to valuable bragging rights, winners will also receive a "Mind Your Biscuits" apron. We will give away aprons to five lucky winners.



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*Mind your
own biscuits
and life will
be gravy.*



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