



SWAIN COUNTY EXTENSION

HEALTHY AT HOME

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Flowers can lift your mood

Do you enjoy gardening, watching birds at a feeder or just being outdoors? Research suggests that the activities we do together outside, can help our families be healthier.

Flowers can generate happiness. Planting flower seeds provides the environment and us with a gift that keeps on giving.

Observing the pollinator habitat in a flower garden is a great start to teaching children about life cycles and the importance of working together in any environment.

Butterflies make the world a more beautiful place and designing a space that attracts them is simple. Once you have designated a space for your flower garden, select pollinator-friendly plants that are native to your area.

Research also suggests that having flowers around the home can help improve our moods and reduces the likelihood of stress-related depression.



Move More

Sneaking in some movement

Adding movement throughout your day is a great way to take care of yourself, and can help you cope with stress. If you need little ways to move more instead of completing an hour-long workout, here are 10 ideas. Go ahead and try a few.

1. Stand instead of sitting.
2. Sit on an exercise ball at your desk. (This builds core strength.)
3. Do stretches, walk in place, or ride a stationary bike while watching TV.
4. Do at least 5 squats every time you rise from a chair.
5. During commercial breaks, do abdominal crunches, jumping jacks, pushups, or get up and walk around.
6. Clean your house.
7. Turn up the music and dance around the house.
8. Make sure you get up and move every 30 minutes.
9. Do squats, lunges, or pushups against the kitchen counter while waiting for your food to cook in the microwave.
10. Set an alarm to remind you to move.

Join the Walkie Talkies

Would you enjoy walking? Do you want relief from arthritis or joint discomfort? Whatever your pace, either walking to observe and meander through nature or to get your heart rate up, Walkie Talkies can help support your walking goals.

Walking has been proven to reduce the pain and discomfort of arthritis, increase balance, strength and walking pace.

Staying physically active is a great way to keep your mind and body healthy. Walking is an easy exercise that is suitable for almost everyone. Nordic ski walking poles are provided upon request.

**Join the Walkie Talkies on Wednesdays
(weather permitting) at 9:00 a.m.
We meet at the Deep Creek picnic area.**

Walk at your own pace in a safe environment. We will maintain the recommended physical distancing guidelines while outdoors. We ask that if you aren't feeling well to stay at home. We want to gather and keep everyone safe. The weather can be unpredictable, so make sure you dress in layers. Wear comfortable walking shoes.



Stay Hydrated

Whether you are working in the yard, going for a walk or having a picnic, staying hydrated during outdoor activities is important.

Your body loses water every day. When the amount of water lost is greater than the amount of water you take in, your body can become dehydrated.

Thirst is not the most reliable gauge for your body's need for water. The color of urine is a better indicator. Clear or light-colored urine is a sign you are well hydrated. Dark yellow or amber color is a sign of dehydration.

Other signs that you might be dehydrated include headaches, tiredness, dry mouth, dry skin and feeling light headed.

Make water your default beverage and you will stay hydrated.



*Try a new
yoga pose*

Beyond Core Crunches

When you begin a strength training routine, don't forget to include exercises that strengthen the core. Don't limit your core exercises to just sit-ups and crunches. Some of the most effective ways to build core strength are through compound movements such as squats, deadlifts, shoulder presses and pull ups.

The core includes all muscle groups that stabilize and support the spine. This includes abdominal and back muscles and those around the pelvis. You can also think of the core region as your body except for your limbs. Strong core muscles make it possible for you stand upright and move on two feet. They help you balance, shift body weight, stop and start, and move in any direction. They also protect your body from the wear and tear of sitting all day.

Abdominal Twist - Stretch: This is a good cool down stretch for your trunk and back. Sit tall with a straight back on a steady chair. Rotate to one side of the body and hold the stretch for 15 seconds. Relax and come back to neutral, with head and upper body facing forward. Repeat in opposite direction. Complete twice for each direction. Make sure you do not twist beyond comfort.

JOIN L.I.F.T.

Are you wanting to learn and practice exercises that are designed to help improve strength, flexibility and balance? Would you like to make new friends and build community connections?

L.I.F.T. is the Lifelong Improvements through Fitness Together program designed by Virginia Tech. This program promotes team building and healthy lifestyle behaviors for adults of all ages and fitness levels.

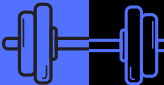
These classes will help improve your strength and mobility, offer opportunities to learn healthy food options, and most importantly help form a community to socialize and interact in the virtual world.

The weight-bearing exercises can be modified to be easier or more difficult depending on your physical ability.

To join this exercise group is easy! Just complete the necessary paperwork that includes Informed Consent and an individual Function Fitness Test. Call the Swain Extension (828) 488-3848 to set up a time to complete the forms.

Harden SM, Wilson ML, Estabrooks PA, and Members of the Physical Activity Leadership Team of Virginia Cooperative Extension. (2018). Lifelong Improvements through Fitness Together Program Manual. Blacksburg, VA: Virginia Tech.



LIFT STRONG  **MOVE MORE**

Tuesdays and Thursdays
10:00 a.m. - 11:00 a.m.

TUESDAY, JUNE 15 - JULY 22

Call (828) 488-3848 * Registration Required
Classes will be held at the Swain Extension - SCC Center
60 Almond School Rd.

- No need to wear special clothes — just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.
- Always start low, slow and small.
- You can expect some soreness, but we want to avoid any new pain.
- Always respect your own range of motion.
- Know and respect your limitations.
- If it hurts, don't do it.
- Exercises will be demonstrated for various physical fitness levels.

SWAIN COUNTY AGRICULTURAL FAIR

We are eagerly planning and anticipating the 2021 Swain County Agricultural Fair. Mark your calendar for Saturday, August 21 from 10 a.m. - 4:00 p.m. Put a dollar in your pocket - you will definitely get your money's worth this year.

What can you expect? A traditional county fair style festival, complete with 4-H livestock judging, educational booths, craft vendors and local foods. There will also be judging categories for fresh vegetables, eggs and flowers, food preservation and quilt entries. We are lining up the entertainment, including local Appalachian clogging teams.

The Swain County Agricultural Fair is a place where people in the community can proudly display their handiwork, canned goods and quilts, youth can demonstrate their hard work and commitment in the livestock judging category, and gardeners can show off their harvest. It is the place to highlight the best of the best, and as always, the winning ribbon comes with bragging rights!

How can you be involved in the Swain County Agricultural Fair? Exhibits are one of the most interesting and educational aspects of the fair. Consider entering your handiwork, canned goods, fresh vegetables or other items to the fair for judging. The fair is a great place to show off your talents.

We encourage you to come out, bring your friends and neighbors and enjoy the day with us. Stroll through the exhibits and admire the crafts and vendors, listen to some music and watch the cloggers perform. You might even decide that next year, you want to enter an item for judging.

We look forward to seeing you, and with your support, we believe that this year's fair will be the biggest and best ever.



Line Dancing Returns!

Line dancing can help you lose weight, stay flexible, reduce stress and is a great way to make new friends. Here are a few more benefits of line dancing:

- **Line dancing burns 200 to 375 calories an hour, depending on how fast you dance and how much floor you cover.**
- **Line dancing can improve your heart health, breathing and overall quality of life.**
- **Line dancing requires a lot of fast movement and good posture, so frequent dancing will help you stabilize and gain better control of your body.**
- **Line dancing offers an opportunity to be more social. Being socially engaged leads to increased happiness, reduced stress and a stronger immune system.**
- **Line dancing builds confidence and boosts memory by learning complex dance sequences.**
- **The more energy you put into a dance, the more vigorous your workout will be.**
- **A weekly dance program can increase your energy level.**

As with any new exercise routine, start slowly. With line dancing, doing a few steps at first is better than nothing. In time and with practice, you can work up to a faster pace, while adding new steps and memorizing more complicated routines.

Join Cheryl Thomas, dance instructor, on Thursdays from 6:30 p.m. until 7:30 p.m. at the SCC - Swain Center, 60 Almond School Road.

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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Ice Cream Social

Swain Senior Center

Bring creative ideas for
activities and educational
programs at the Senior
Center and enjoy an ice
cream.

Thursday, June 24th @ Noon



Coming to the Swain Senior Center in August!



Exercise can help prevent chronic diseases and falls in older adults, but unfortunately, less than 15% of older adults exercise regularly. Many older adults report that traditional exercise programs are not enjoyable, leading to inactivity and related health issues. Bingocize® offers a unique and fun solution that mixes exercise, health education, and bingo.

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*Engage in
summer
shenanigans*

