



SWAIN COUNTY EXTENSION

# HEALTHY AT HOME

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## Pumpkin Power

**Fall is in the air with pumpkins**

Without a doubt a pumpkin, either whole or carved into a jack-o-lantern, is the most recognizable symbol that fall has arrived.

The pumpkin is a variety of winter squash and is a member of the cucurbita family that also includes cucumbers.

Did you know?

- Pumpkins are fruit and the flowers are edible.
- Pumpkins are 90% water.
- Pumpkins can be used to make bread, soup and pies.
- Pumpkins are used for feed for animals.
- The largest pumpkin ever grown weighed 1,140 pounds.
- Native Americans flattened strips of pumpkins and dried them to be used for mats.
- Eighty percent of the pumpkin supply in the U.S. is available in October.
- Pumpkin seeds taste delicious when they are roasted.

# NEAT: Non-Exercise Activity Thermogenesis

Sneaking in some movement with NEAT! NEAT is Non-Exercise Activity Thermogenesis and is the energy expended for everything we do when we're not sleeping or exercising.

Activities such as mowing the lawn, walking up a flight of stairs, cleaning house and walking your dog are all great examples. They all burn calories, and more than we would expect. Here are some ideas to get you moving more.

- Take a walk after each meal.
- Walk to a co-worker's desk instead of emailing.
- Use the rest room on another floor in your building.
- Do some yard work. Get the whole family involved!
- Don't let family members text each other from another room.
- When watching TV, move during each commercial break or every 15 minutes.
- When you can, walk or bike instead of drive.
- Take the stairs instead of the elevator and invite others to join you.
- Host a walking meeting rather than a sit-down version.
- Walk yourself out of a bad mood with a 10-minute walk.
- Go for a walk with your dog.
- Practice good posture.

## Join the Walkie Talkies

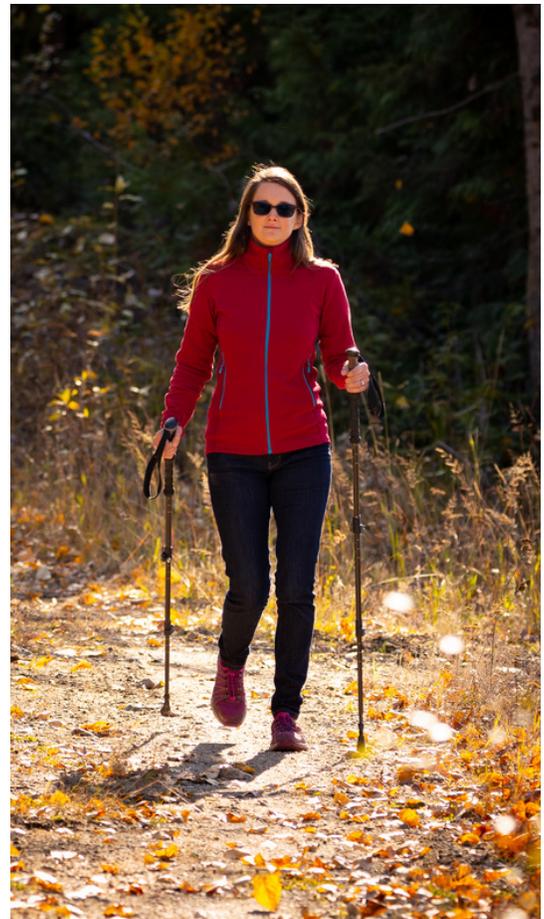
Would you enjoy walking? Do you want relief from arthritis or joint discomfort? Whatever your pace, either walking to observe and meander through nature or to get your heart rate up, Walkie Talkies can help support your walking goals.

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  
at the Deep Creek picnic area.  
(weather permitting)  
at 9:00 a.m. through Oct. 20th  
\*no class on Oct. 27th.**

**Beginning November 3rd, we will meet  
on Wednesdays at 11:00 a.m.**



# *The Importance of Choosing to Eat the Med Way*

The Mediterranean diet is a way of eating that's based on the traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea.

Plant-based foods, such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices, are the foundation of the diet. Olive oil is the main source of added fat.

Fish, seafood, dairy and poultry are included in moderation. Red meat and sweets are eaten only occasionally.

## **And, it's all backed by science:**

- Decreases the risks of some forms of cancer.
- Is more effective than a low-fat diet for weight loss in overweight and obese individuals.
- Protects against cognitive decline by protecting the small blood vessels in the brain. 40% lower risk of developing Alzheimer's when you eat the Med Way.
- May improve eye health including decreasing the risk of macular degeneration.
- Decreases the risk of Type-2 diabetes. In one study, the risk of developing Type-2 Diabetes was reduced by 52%, when eating the Med Way.
- Can help manage blood pressure.
- Can reduce the risk of cardiovascular disease from as much as 30-60%.

## *Quick Burrito Bowl*

### **Ingredients**

- 1 cup brown rice, cooked
- 1 cup frozen or fresh sliced onions and peppers, cooked
- ½ cup cherry tomatoes, halved
- 1 cup lettuce, chopped
- ½ cup black beans, rinsed and drained
- 2 Tablespoons salsa
- 1 Tablespoon nonfat, plain Greek yogurt
- 1 Tablespoon reduced-fat, shredded cheddar cheese
- Optional toppings: cilantro, lime wedges, green onions, red onion, hot sauce



### **Directions**

1. Measure cooked brown rice and place into a medium to large size bowl.
  - If rice is not cooked, cook according to package directions.
2. Preheat a small skillet over medium heat. Place sliced onions and peppers into skillet and cook for about 5 minutes, or until vegetables are slightly soft. Place on top of cooked rice.
3. Wash and rinse lettuce and cherry tomatoes. Chop or slice vegetables to your preference. Place on top of brown rice.
4. Drain and rinse a can of black beans. Place ½ cup on top of brown rice and vegetable mixture. Top with salsa, yogurt, and cheese.
5. Add desired toppings (*optional*): cilantro, lime wedges, green onions, red onions, and/or hot sauce.

***Find this recipe and more at [medinsteadofmeds.com](http://medinsteadofmeds.com)***

## 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?

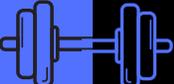
L.I.F.T. is the Lifelong Improvements through Fitness Together program designed by Virginia Tech. This program promotes team building and healthy lifestyle behaviors for adults of all ages and fitness levels.

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.

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.

**OCTOBER 12 - NOVEMBER 30**

*\*no class on November 11th*

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



## Line Dancing Continues

**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. Masks are required.**

# Tai Chi

for Arthritis & Fall Prevention



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*Slow, easy  
movements*

Being active is essential for good health. Tai Chi for Arthritis and Fall Prevention can help improve muscle strength and flexibility.

**Location:**

**Deep Creek Picnic Area**

**Wednesdays at 10:30 a.m. through October 20**

*\*no class on Wednesday, October 27th*

**Location:**

**To Be Determined**

**Wednesdays at 1:00 p.m.  
beginning November 3 - December 15**

*\*no class on Wednesday, November 10th*





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## 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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