

SWAIN COUNTY EXTENSION

HEALTHY AT HOME

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Attitude of Gratitude

How to avoid holiday stress

The good news is that holiday stress can be minimized. Having an attitude of gratitude can help us build emotional resilience. Gratitude can provide a sense of balance, and helps put things into perspective.

Expressing gratitude can improve your physical and mental health. By recognizing good things in your life, it allows you to momentarily step away from problems. You can better serve your families and improve your health if you change your mindset to be more positive or constructive.

Focusing on what you do have increases your self-esteem and brings more satisfaction and joy to your life. By feeling gratitude, your thoughts are free of negative emotions such as envy, frustration, resentment and regret.

Staying positive doesn't mean you ignore challenges or tough times, you just see the bright side as much as possible. What can you do to start living a more grateful life?

- Write down your dreams and goals.
- Say thank you to all the people who helped you through the week.
- Take the time to slow down - slowing down allows you to think clearly about what is really important.
- Keep a gratitude list and set aside time each day to write down at least three things for which you're grateful.

Don't stagnate in worry - move forward in gratitude!

Staying Active All Winter

Indoor Physical Activities for Adults

During the winter months, when there are few daylight hours, keeping active while being indoors can be a challenge. Here are few ideas to keep you moving that keep you close to home.

Stretching. It is important to take breaks and move our bodies, especially if we are at a computer or in the same place all day long. Standing and reaching hands above your head can offer relief. Slow, deep breaths while stretching help to rejuvenate the body with oxygen. If you have access to the internet, check out free yoga videos and learn to stretch properly.

Stairs. If you have access to them, stairs can be a great resource for physical activity. Start slow with one trip up or down. Over time and depending on your comfort level, you can build up to several passes to keep yourself challenged.

Laps Around the House. This can be done inside or outside depending on the weather and the amount of time you have. If you have pets, they might enjoy a quick trip outside for a walk.

Lift Weights. If you don't have access to weights, you can use canned foods as weights. If you're new to weight lifting, start with 5-10 repetitions. As you feel more comfortable, you can add multiple rounds of repetitions.

HIIT Workouts. High intensity interval training workouts are popular. Don't be intimidated by the name. You can start with doing only 5 minutes of HIIT. HIIT consists of alternating timed high intensity activities and low intensity activities. For example, do 40 seconds of jumping jacks (high intensity) and 20 seconds of walking in place (low intensity) for a total of five minutes to start with.

Always work at a pace that is a comfortable challenge and safe for your body.



Join the Walkie Talkies



Do 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 increase balance and strength and can help to reduce the pain and discomfort of arthritis.

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
Wednesdays beginning January 12th
11:00 a.m. Meet at the Deep Creek picnic area
(weather permitting)

Tai Chi for Fall Prevention

Being active is essential for good health. Tai Chi consists of moving from one stance to another in a slow, coordinated, and smooth way. It combines slow movements and breathing exercises that can be done while sitting or standing.

Tai Chi for Arthritis and Fall Prevention can help improve posture, muscle strength, flexibility and prevent falls. The program is appropriate for people with mild, moderate and severe joint involvement and back pain. It is also suitable for adults without arthritis who have a higher risk of falling.

**For more information, call the Swain Extension at (828) 488-3848
or email dee_decker@ncsu.edu.**



Tai Chi for Fall Prevention

Thursdays at 10:00 a.m.
January 13 through February 24

Wear comfortable clothes
and flat, well-fitting shoes.

*Swain County Senior Center
125 Brendle Street*

Here are a few tips to help you enjoy and progress throughout your Tai Chi practice.

- Wear loose, comfortable clothing and flat, well-fitting shoes.
- Do not practice Tai Chi when you are hungry, immediately after a meal, or when you are upset.
- Begin each session with a warm-up and end with cool-down.
- Listen to your body and rest when you start to feel tired, are in pain or lose concentration.
- Slow down and take extra care to move with awareness.
- Breathe, slowly, naturally and easily.



Eat Smart & Live Strong The Mediterranean Way

Good intentions and knowledge about health are not enough to make people healthier. If we think about it, we are reminded daily to make nutritious food choices, to be more active and to get plenty of sleep. We know what we are suppose to do.

Unless we put our knowledge into action, our health status is not going to improve. Changing our habits can be hard.

In this 6-week class, participants are encouraged to explore healthy and delicious recipes. By concentrating on changing two simple behaviors, we can improve our health.

Eating like those who live in the Mediterranean region has been shown to promote health and decrease risk of many chronic diseases.

Adding more fruits and vegetables to your meal plan and choosing to be more active can help you maintain a healthy weight.

If you're interested in:

- having a chance to try delicious recipes based on the "Mediterranean Way"
- finding that you have the confidence to change two simple behaviors
- joining a supportive group to share recipes, learn easy exercises to do at home and have a chance to socialize
- setting goals to start new habits, have the tools to track your success and gain a sense of accomplishment
- learning how to overcome potential obstacles with strategies and solutions.

**Then you're ready to sign up for
Eat Smart & Live Strong!**



Eat Smart & Live Strong
Tuesdays Jan 11 - Feb. 15 at 1:00 p.m.
Swain Senior Center

Line Dancing at the Swain Extension

***Line dancing classes will resume after the
holidays on
Thursdays beginning January 6th @ 6:30 PM***

***Join Cheryl Thomas, dance instructor, as she
leads you through energetic and fun dances.***

Why should you join the line dancing class? It 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.

**Call the Swain County Extension at
(828) 488-3848 or email dee_decker@ncsu.edu
for more information on these programs.**

L.I.F.T. Strong and Move More

Are you wanting to learn and practice exercises that are designed to help improve strength, flexibility and balance?

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

Strength training offers physical, mental, and emotional benefits including:

- increased muscle mass and strength
- improved bone density
- reduced risk for osteoporosis and related fractures
- reduced risk of diabetes, heart disease, arthritis, depression, and obesity
- improved self-confidence, sleep, and vitality
- improved balance

If you would like to learn more about improving your health, vitality, and well-being, or to register for L.I.F.T. Strong & Move More call (828) 488-3848

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.



L.I.F.T. STRONG & MOVE MORE

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

Beginning March 8 through April 21

Classes will be held at the
Swain Extension at the SCC-Swain Center
60 Almond School Rd.
Registration required
Limited to 8 participants

A Few Tips for L.I.F.T. Strong and Move More

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.

Each class includes a five-minute warm-up, eight to 12 strength training exercises, balance exercises, easy to use nutrition information, a five minute cool-down along with support and positive encouragement from the instructor.



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Stay Connected

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swain.ces.ncsu.edu/

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events and important news.



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