

SHAWANO COUNTY
STRONG BONES PROGRAM
SPRING 2015
STRENGTH TRAINING PROGRAM



FAMILY LIVING EDUCATION

Working for Wisconsin Families

Nancy Schultz, Family Living Education
Shawano County UW-Extension

March/April 2015

Zion Lutheran Church

Monday and Wednesday
8:30 AM

Monday and Thursday
2:30 PM

Tuesday and Thursday
7:30 AM

Total Fitness

Shawano

Monday and Wednesday
Noon

All Monday
classes will
start on
March 30th

Tuesday class
will start on
March 31st

St. Paul Lutheran Church

Bonduel

Monday and Friday
7:30 AM

St. Francis Solanus

Gresham

Monday and Thursday
5:15 PM

Sacred Heart Catholic Parish

Shawano

Tuesday and Thursday
3:45 PM

'Bite into a Healthy Lifestyle' during National Nutrition Month® by Including Physical Activity in Your Daily Routine, Says Academy of Nutrition and Dietetics

February 10, 2015

CHICAGO - Make physical activity a part of your daily routine as you "Bite into a Healthy Lifestyle" during National Nutrition Month®.

Each March and throughout the year, the Academy of Nutrition and Dietetics encourages everyone to return to the basics of healthy eating by adopting a healthy lifestyle focused on consuming fewer calories, making informed food choices and getting daily exercise. The goal is to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

"Daily physical activity is a crucial part of everyone's healthy lifestyle, but unfortunately most of us don't include enough movement in our daily routines," says registered dietitian nutritionist and Academy Spokesperson Jennifer McDaniel. "Regular physical activity strengthens bones and muscles, reduces the risk of chronic illness and fosters overall well-being."

Regular Physical Activity is a Must

Most health benefits come from at least 150 minutes a week of moderately intense physical activity, with added advantages from increased exercise and intensity. Endurance and muscle-strengthening activities like lifting weights, working with a resistance band or doing pushups are also beneficial.

"A physically active lifestyle offers you many rewards, from a slimmer body to a healthy heart," says McDaniel, who is also a board certified sports dietitian. "And these physical benefits are only the beginning. Additional advantages include stress relief, better sleep and even a more positive mental outlook."

Everyday Ways to get Moving

Physical activity is important for everyone at every age. "The key is to find activities that are both sustainable and enjoyable. For some, this may mean a light yoga class, while for others it may mean training for a marathon. Bottom line: Find manageable ways to move more," McDaniel says.

McDaniel offers ways to get moving:

- Use the buddy system: Join a walking group or attend fitness classes.
- Participate in social and competitive sports like soccer or flag football.
- Plan a hiking or canoeing trip instead of a beach vacation.
- Sign up for a 5k run/walk with friends or family.
- Sneak in exercise at your desk like leg lifts and calf raises – or even buy a desk that allows you to stand while working.
- Take a 15-minute walk on your lunch break (or walk up and down the stairs when weather's bad).

Find an activity monitor to assess movement through the day – gadgets are very motivating for some!

**Only a 11 Week
Commitment!**

If you would like to be on our mailing list for the Spring 2015 class please fill out the bottom and return it to the Shawano County UWEX offices.

Evidence based training programs developed by the Hancock Center at the Friedman School of Nutrition Science and Policy at Tufts University.



Nancy Schultz
Family Living Educator

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Class Fee

Enrollment fee \$25
To make financial arrangements contact
Nancy Schultz

University of Wisconsin, U. S. Department of Agriculture and Wisconsin counties cooperating. UW Extension provides equal opportunities in employment and programming including Title IX and ADA.

Please make requests for reasonable accommodations to ensure equal access to educational programs as early as possible preceding the scheduled program, service or activity.



Enrollment form for the "Strong Bones Program" 2015 Spring Sessions

Zion Lutheran Church

M/W 8:30 AM
M/Th 2:30 PM
T/Th 7:30 AM

St. Paul Lutheran Church

Bonduel
M/F 7:30 AM

St. Francis Solanus

Gresham
M/Th 5:15 PM

Total Fitness

Shawano

M/W Noon

Sacred Heart

Shawano

T/Th 3:45 PM

Name	
Phone Number	
Address	

If you have any questions please call the office at 715-526-6136

EDUCATIONAL OPPORTUNITIES

For more information on these programs or to register call the Shawano County UW-Extension office at: 715-526-6136 or 866-526-2128.

March is National Nutrition Month®

Food is Vital for Energy

To maintain a physically active and healthy lifestyle, stay nourished before, during and after exercise. "Before exercise, look for foods high in carbohydrates, adequate in protein and moderate in fat and fiber, like oatmeal with bananas, almonds and fat-free milk," McDaniel says.

"Drink water before, during and after physical activity since dehydration can cause fatigue and impair performance," McDaniel says.

Visit the [National Nutrition Month Media page](#) for the full press kit and downloadable resources including the National Nutrition Month graphic and audio public service announcements. Also, follow National Nutrition Month on the Academy's social media channels including [Facebook](#) and [Twitter](#) using the #NNM hashtag.

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All registered dietitians are nutritionists – but not all nutritionists are registered dietitians. The Academy's Board of Directors and Commission on Dietetic Registration have determined that those who hold the credential registered dietitian (RD) may optionally use "registered dietitian nutritionist" (RDN) instead. The two credentials have identical meanings.

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving the nation's health and advancing the profession of dietetics through research, education and advocacy. Visit the Academy at eatright.org.

Card Party

The Country Korner 4-H Club will both be holding a card party on Saturday, March 21st at the Bonduel High School Commons starting at 6:00 pm (doors open at 5:30). Admission is \$2 and this includes a meal. There will be raffle ticket prizes, 50/50 raffle, bingo, Smear, Sheepshead, Face painting and Kids Games. Come and have fun while supporting our local 4-H clubs.

A Public Thing!

A monthly workshop series about local government which is open to all! This workshop is held 3/16 & 4/20 at the Shawano County courthouse held on Mondays in rooms A/B from 6:30 to 8:30 pm. There is no fee for these seminars.

For more information on the WWF: Contact the Shawano County UW-Extension Office, Room 101—311 North Main Street, Shawano

• 715-526-6136 • <http://shawano.uwex.edu/> •

Parenting Class

Are you "Raising a Thinking Child"? On March 3rd Nancy Schultz will once again be instructing parents on how to raise a thinking child. The 8 week course has been very popular. This session will be held at the Glenbrook Elementary School, 145 W Green Bay St., Pulaski from 6-7:30 pm. The cost for the 8 week sessions is \$15, which is returnable if you complete the sessions. If you are interested in attending the class please call the office as soon as possible, space is limited.

Shawano Community Education

The Shawano Community Education will be offering 5 preservation classes starting in May and running through October. The fee for the preservation classes will be \$8 per session. Instructors will be Linda Olson and Sandi Kane both of whom are Master Food Preservers and Nancy Schultz, Shawano County UWEX Family Living Educator. Topics will include:

- Intro to Canning and Food Preservation
Wednesday, May 20th, 6 to 8 pm
This class will provide an overview of canning procedures and the science behind them. Learn the difference between water bath and pressure canners and when to use each. A brief overview of pickling and dehydrating will also be discussed. This is a great "introduction" class for new canners or those who may need a refresher.
- Jams and Jellies
Wednesday, June 17th, 6 to 8:30 pm
This class will provide information and tips for making jams, jellies, preserves, conserves, and marmalades. These are all fruit products that are jellied or thickened. These soft spreads are fun to prepare and add class, as well as character, to any meal. They also make excellent gifts anytime of the year.
- Pickling Vegetables
Wednesday, July 22nd, 6 to 8:30 pm
You will be making Dilly Beans. This boiling water canner method preserving green beans is a quick, fun food preservation method.
- Canning Tomato Products
Tuesday, August 18th, 6 to 8:30 pm

University of Wisconsin-Extension, U.S. Department of Agriculture and Wisconsin counties cooperating. UW-Extension provides equal opportunities in employment and programming, including Title IX and ADA. To ensure equal access, please make requests for reasonable accommodations as soon as possible prior to the scheduled program, service or activity. No Wisconsin tax dollars were used in the printing of this publication.

Tomatoes are probably the most popular home canned food. Canned tomatoes are excellent for preparing chili suppers, spaghetti sauces, casseroles and an endless variety of meal accompaniments. Information will be shared on canning tomatoes and salsa.

- Canning Meats, Poultry and Fish
Thursday, October 1st, 6 to 8:30 pm
Ever thought about canning this year's venison? Learn how to pack using either hot or raw pack method for meats, poultry and fish. Learn how to use a pressure canner.

All classes will be held at the SCMS in Room 1001.

Local Food Business Planning Seminar

Working with A Distributor—March 3rd—\$10

Hear first hand from producers on their experiences working with distributors, and how they've built relationships with them. A broadline and a regional distributor will share their point of view, and you'll learn what a services a food broker can supply. Great for businesses looking to expand their market reach.

Finding the Dollars—March 17th—\$10

Paul Dietmann from Badgerland Financial and Tera Johnson of UW Extension Food Finance Institute will help you determine how much and what kind of money you'll need to start business, how to ask for money and what conventional lenders look for when evaluating a loan application. Ideal for startup and businesses looking to expand.

HCE Spring Fling

Have you often wondered what HCE is? HCE stands for Home and Community Education. On May 4th, the Shawano County HCE clubs will be holding their Spring Fling at the Shawano County Park Pavillon. Ticket price is \$15. If you are interested in find out more about the Spring Fling and HCE Please call the UWEX offices at 715-526-6136.

