Message from the Agent: Health Matters

As we (hopefully) get ready to have warmer days, I challenge you to become more active. Sitting inside, watching TV, or playing video games is not staying active. Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. Enclosed in this newsletter you will find information about the Get Moving Challenge that could help encourage you to begin the process of putting more activity into your daily routine. Physical activity is anything that gets your body moving. According to the 2008 Physical Activity Guidelines for Americans, you need to do two types of physical activity each week to improve your health—aerobic and muscle-strengthening. Also enclosed is the conversion chart so that you can participate in the challenge by moving in any activity you wish to keep you active. Participation in the challenge is not required. If you would like to participate you must register.

County Extension Agent for Family & Consumer Sciences
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Spring Safety Checklist

With the beginning of spring, many of us resume outdoor activities. To guarantee a safe start to the season:

- Helmets and wheeled vehicles – ensure that helmets still fit and that wheels and tires are safely and properly inflated or attached.
- Play equipment – make sure that nuts and bolts are tight and chains haven’t been ruined by harsh winter weather. Clean well and allow to air dry.
- Outdoor Toys – confirm that ball and nets are in good working condition and wooden bats are free from splinters. Repair or replace as necessary.

For information about family outdoor fun, visit your local Extension Office.

Get Physical Challenge a new six-week walking program offered to get Boyd County healthier by increasing daily physical activity. The Boyd County Cooperative Extension Service is offering a fun program that we hope to see great results from the participants.

Enclosed is a flyer briefly explaining the Get Physical Challenge program. This program is for any Boyd County resident. The individual is to report weekly on an activity log. Weekly prizes will be awarded based on various criteria. End of program prizes will be awarded once all the final paper work is complete.

If you are interested in participating, please call the Boyd County Extension Office to register at (606) 739-5184.

For additional information, please contact me at (606) 739-5184, or email at eugenia.wilson@uky.edu.

What’s Inside

Homemaker Matters...........................................2
Calendar of Events............................................3
Library Reading Program......................................4
Embracing Aging (Leader Lesson).....................INSERT
Get Physical Challenge.................................INSERT
Hey Ladies! We just returned from one of the best annual meetings we have ever attended. It was held at the Northern Kentucky Convention Center in Covington, Kentucky and we got to stay right on the river front!

The annual meeting was not only educational, but also very entertaining. The first day, now don’t be jealous, two of us traveled to Augusta, Kentucky, and visited Rosemary Clooney’s house. If you haven’t been there, it is a trip worth taking. Her historical home is located on the river and is filled with memorabilia from her life and career. We were also lucky enough to meet Nick and Nina Clooney, who are the parents of, yes GEORGE CLOONEY. I am pretty sure that if you want to know what George is going to look like later in life, all you would have to do is meet Nick.

During this same outing, the area Homemaker’s also made available to us a wonderful historian, Mr. Baker. He gave us a tour of his town, providing historical information along with a cd with much more historical information. He was remarkable and very entertaining with his wealth of knowledge of the history of Augusta, Kentucky.

During the week, there were many interesting classes, both crafty and educational to attend. Beautiful hand crafted items were submitted for the Cultural Arts presentation, Quilt Squares which are bid upon with the money going to Ovarian Cancer research, and a Trade Show. There was never a dull moment and everyone had a great time. Also, for the first time in many years, a Homemaker Chorus was formed and they did their first time performance at the Convention Center. And yes! One of our own is a member! Kathy King, our County President, performed with the group. They sounded fabulous, especially when you consider the members are from all over Kentucky and had only practiced together about 3 times prior to their performance. We want to thank the ladies participating and hope they continue for many years to come.

For the record, congratulations to the Boyd County Homemakers! We increased our Membership last year by recruiting 10 new members and for our Ovarian Cancer donations from our county we exceeded the 100% minimum.

Hope more of our members can make next year’s annual meeting which will be in Owensboro, Kentucky, May 1 - 4, 2017! Looking forward to seeing you there!
May 2016

May 3rd
• 11 AM FCS Advisory Council Plan of Work update
May 4th
• Muffins with Mom • Green Cleaning, Fairview Elementary
May 6th
• FCS Agents Meeting, Carter County
May 11th
• Extension Agents Meeting
May 12th
• 1-3 PM Community Baby Shower, First Christian Church, Ashland
• 6 PM County Extension Council Meeting, Extension Office
May 21st
• 10 AM Garden Shed Herb Day, Franks Building
May 26th
• Office County Review
May 31st
• Grayson Lake Snack Facts, Fairview

Please notice that some programs may have “registration required”. This is to help us be able to make sure that there are enough supplies for the program. Also, if no one registers for the program, then the program may be cancelled due to lack of interest!

facebook.com/BoydCountyFamilyMatters/

June
• Intern Starts
• Vacation Scheduled
• Outreach with Library
• Picture in the Park, Library
June 9th
• 6 PM County Annual KEHA Meeting, Franks Building
  Registration Required. Open to current KEHA members.
June 22nd–25th
• National AAFCS Meeting, Seattle, Washington
June 27th–July 1st
• Kids Can Cook, Franks Building. Registration Required.

July
• Boyd County Fair (July 12-16)
• Food Preservation Workshops
• Picture in the Park, Library
• Kids Can Cook, Franks Building. Registration Required.
### SUMMER READING PROGRAMS – JUNE

**Boyd County Public Library**

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>Teen Olympics</td>
<td>Teen Just Dance Party</td>
<td>Storywalk</td>
<td>Storywalk</td>
<td>Toddler Time: Dance</td>
<td>Kick Off Party</td>
<td>2 p.m. Central Park</td>
</tr>
<tr>
<td>6 p.m. (K)</td>
<td>6 p.m. (M)</td>
<td>2 p.m. (M)</td>
<td>2 p.m. (K)</td>
<td>11:30 a.m. (M)</td>
<td>2 p.m.</td>
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<td>13</td>
<td>14</td>
<td>15</td>
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<td>17</td>
<td>18</td>
<td>19</td>
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<tr>
<td>Teen Mini Golf</td>
<td>Phil Clark Martial Arts</td>
<td>Phil Clark Martial Arts</td>
<td>Phil Clark Martial Arts</td>
<td>Toddler Time: Karate</td>
<td>6 p.m. (K)</td>
<td>20</td>
</tr>
<tr>
<td>6 p.m. (K)</td>
<td>2 p.m. (C'Burg Elem.)</td>
<td>2 p.m. (M)</td>
<td>2 p.m. (K - Summitt Elem.)</td>
<td>11:30 a.m. (M)</td>
<td>2 p.m. (K)</td>
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<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
<td>27</td>
</tr>
<tr>
<td>Giant Board Games</td>
<td>Giant Board Games</td>
<td>Giant Board Games</td>
<td>Toddler Time: Mother Goose Games</td>
<td>Toddler Time: Mother Goose Games</td>
<td>6 p.m. (K)</td>
<td>28</td>
</tr>
<tr>
<td>2 p.m. (C'Burg Elem.)</td>
<td>2 p.m. (M)</td>
<td>2 p.m. (K)</td>
<td></td>
<td>11:30 a.m. (M)</td>
<td>2 p.m. (M)</td>
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<tr>
<td>29</td>
<td>30</td>
<td></td>
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<tr>
<td>Mobile Dairy</td>
<td>2 p.m. (M)</td>
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</table>
Attitude Is Everything...Be Positive

Amy F. Hosier, Assistant Professor of Family Sciences, University of Kentucky
LaVona S. Traywick, Associate Professor of Gerontology, University of Arkansas
Erin Yelland, Doctoral Student, Family Sciences, University of Kentucky

Because the connection between the mind and body is so strong, an overall positive attitude, including an upbeat outlook on life, can affect overall happiness, health and well-being. Similar to eating well and getting plenty of exercise, good health practices should be a habit that starts early in life (Phillips and Ferguson, 2013). A positive attitude can impact mental health and physical functioning including the ability to fight disease and infection. Attitude can also affect relationships and social networks and can help make success in life more likely. The bottom line: being more positive across the lifespan causes less stress and enables people to live healthier, happy lives (Lawson, 2009; Mayo Clinic, 2011; White, 2012).

Attitude affects:
- How successful you are in achieving your academic, work and personal goals.
- How you feel and look mentally and physically.
- What you do and say.

Do you have a positive attitude?
- Are you optimistic, easygoing or extroverted?
- Are you willing to learn no matter how difficult it is?
- Do you laugh a lot or have a sense of humor by not taking yourself too seriously?
- Do you express emotions rather than bottle them up?
- Do you do your best when studying/working and try to improve how you do your work?
- Do you demonstrate enthusiasm in whatever you say and do?
- Do you welcome challenges, experiments or try new ideas?

DEVELOP A POSITIVE ATTITUDE
- Be confident.
- Be positive.
- Be patient.
- Be a goal setter.
- Be a hard worker.
- Be fun (don’t take yourself too seriously).
- Be accepting of change.

ACCEPTING CHANGE
Being able to accept and adapt to change plays an important role in having a positive attitude (Levy et al., 2002), especially as life is filled with ups and downs. A positive attitude allows you to meet such challenges – both the good and bad – with less resistance. In this position, you are much more open to learn from mistakes, research what it is you may want or see the possibility of new and/or better opportunities. When you approach change with rigid thoughts or feelings of apprehension, strain and stress are more likely to result, leaving you overwhelmed and more susceptible to a sense of failure and even depression.
**DO THINGS THAT MAKE YOU HAPPY**

According to Martin Seligman, Ph.D., the creator of positive psychology, everybody has a right to be happy. Dr. Seligman also believes that happiness helps provide a sense of purpose in life because it is something that we can create and nurture. The Pursuit of Happiness organization has identified seven habits of happy people. Happy people:

- Build close relationships
- Care for others
- Engage in healthy, active lifestyles
- Embrace spirituality
- Practice positive thinking
- Embrace a hobby or activity
- Identify strengths

**ATTITUDE AND AGING**

A positive attitude about growing old throughout the lifespan can help you live longer, yet we grow up in a society that constantly reinforces negative stereotypes of old age and aging. We grow up thinking that old age is terrible. We associate “old” with senility, crankiness and frailty. When primed with such negativity throughout life, we are more likely to believe such stereotypes and live up to those low expectations, thus performing at lower functioning levels in old age. It is therefore important that we recognize and value the contributions, accomplishments and wisdom of senior adults. Such a societal change in attitude towards aging will affect both today’s and tomorrow’s seniors for the better. When armed with a sense of happiness and purpose, older adults are more apt to suppress negative thoughts and carry on as competent and productive members of society, regardless of age or ability.

**CONCLUSION**

Everyone has a bad day, but in general, a positive attitude and happy outlook can help pull you through life’s challenges. Such an upbeat and proactive outlook on life, over time, can contribute to better health, optimal aging and longevity.

**REFERENCES**


White, D. K., et al. (2012). When it hurts, a positive attitude may help: Association of positive affect with daily walking in knee osteoarthritis. Results from a multicenter longitudinal cohort study. *Arthritis Care and Research, 64*(9), 1312-1319.
## Activity Converter

For your convenience we have provided you with a simple way to convert the other activities you do into steps. Look below and find an activity and see how it converts to **steps per minute**.

### NUMBER OF STEPS/MINUTE FOR DIFFERENT ACTIVITIES

<table>
<thead>
<tr>
<th># OF STEPS</th>
<th>ACTIVITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>31</td>
<td>Horseback riding, walking leisurely</td>
</tr>
<tr>
<td>49</td>
<td>Swimming, treading water</td>
</tr>
<tr>
<td>49</td>
<td>Canoeing, leisurely</td>
</tr>
<tr>
<td>51</td>
<td>Cycling at 5.5 MPH</td>
</tr>
<tr>
<td>51</td>
<td>Housework</td>
</tr>
<tr>
<td>73</td>
<td>Gardening, weeding (seated, kneeling)</td>
</tr>
<tr>
<td>78</td>
<td>Painting outside (houses, fences, etc.)</td>
</tr>
<tr>
<td>89</td>
<td>Stacking firewood</td>
</tr>
<tr>
<td>90</td>
<td>Stair climbing at 26 stairs/minute</td>
</tr>
<tr>
<td>93</td>
<td>Cycling at 10 MPH</td>
</tr>
<tr>
<td>93</td>
<td>Dancing socially (rock, disco, etc.)</td>
</tr>
<tr>
<td>96</td>
<td>Hoeing in a garden</td>
</tr>
<tr>
<td>102</td>
<td>Horseback riding, trotting</td>
</tr>
<tr>
<td>102</td>
<td>Tennis, competitive doubles</td>
</tr>
<tr>
<td>113</td>
<td>Sawing wood with a hand saw</td>
</tr>
<tr>
<td>118</td>
<td>Aerobic dancing, low impact</td>
</tr>
<tr>
<td>129</td>
<td>Basketball, playing recreational</td>
</tr>
<tr>
<td>133</td>
<td>Stair climbing at 39 stairs/minute</td>
</tr>
<tr>
<td>140</td>
<td>Aerobic dancing (strenuously)</td>
</tr>
<tr>
<td>144</td>
<td>Soccer, recreational</td>
</tr>
<tr>
<td>167</td>
<td>Skipping rope, 120-170 turns/minute</td>
</tr>
<tr>
<td>173</td>
<td>Roller skating, competitively</td>
</tr>
<tr>
<td>176</td>
<td>Carrying logs</td>
</tr>
<tr>
<td>180</td>
<td>Stair climbing at 52 stairs/minute</td>
</tr>
<tr>
<td>218</td>
<td>Soccer, playing competitively</td>
</tr>
<tr>
<td>224</td>
<td>Stair climbing at 65 stairs/minute</td>
</tr>
<tr>
<td>300</td>
<td>Chopping wood rapidly</td>
</tr>
</tbody>
</table>
Get Physical WALKING CHALLENGE

Boyd Co. Cooperative Extension Service encourages Boyd County Residents to sign up.

FREE 6 WEEK WALKING PROGRAM

Get co-workers active again!
Involve your family and friends!
Sign up today!

Eligibility for weekly prizes requires weekly progress through e-mail or drop off activity log at the office.

* Weekly prizes given
* Top three steppers at end of challenge will be given a prize

Registration is open until May 30th, 2016
Walking Program: Begins June 6th - Ends July 16th

For details, call: Boyd County 739-5184
or email: eugenia.wilson@uky.edu

Keeping track of steps using:
• Smart Phone Apps
• Walking pedometers
• Activity wristband

First 50 registered participants can have a free pedometer if needed.
Must be at least 18 years old