

Powell County Extension News

May, 2024

Powell County Girls on the Run

Girls on the Run is a national physical activity-based positive youth development program for girls. Powell County Family and Consumer Sciences Agent worked to bring Girls on the Run to Powell County in 2019 starting with Bowen Elementary. The program has since expanded to other schools. Clay City Elementary and Powell County Middle School joined in 2023.

Each season, girls gain a better understanding of who they are and what's important to them, the value of teamwork and healthy relationships and how they can have a positive impact on the world. The Girls on the Run curriculum is designed to help girls build confidence, character, and connections to become caring and competent individuals who will contribute to their communities.

Girls also make a meaningful contribution to their community through a team-organized Community Impact Project. Physical activity is woven into the program to inspire an appreciation for fitness and healthy habits and teach life skills including treating others with care, practicing gratitude, and managing emotions.



The season culminates with a Girls on the Run 5K event. This celebratory, non-competitive event provides girls with a sense of accomplishment and instills the value of goal setting at a young age. Since beginning in 2019, 73 girls have completed the Girls on the Run program. This program is possible through donations from community sponsors. These contributions go to helping empower girls to face new challenges which will inspire them to activate their limitless potential.

For more information on Girls on the Run, contact Kendyl Redding, Powell Co. Agent for Family and Consumer Sciences, 663-6405.

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

This month at the Extension Office

Tuesday, May 7th

4-H Cooking Club at 4:30 p.m.

4-H Poultry Club at 5:30 p.m.

Monday, May 13th

Homemakers Quilt Club at 11 a.m.

Tuesday, May 14th

4-H Livestock Club at 5:30 p.m.

Thursday, May 16th

Homemakers Annual Mtg. at 5:30

Monday, May 20th

Cloverbud Camp Orientation

Tuesday, May 21st

4-H Art Club at 5:30 p.m.

Monday, May 27th

Memorial Day
Extension Office Closed

Tuesday, May 28th

Cloverbuds at 5:30 p.m.

Friday, May 31st

Date Night Cooking at 6 p.m.

*Stop and see County Agents,
Kendyl Redding and Emilee
Bryant at the Red River Museum
Homecoming, May 11th, and Red
River Fest, May 18th and 19th.*



A vibrant poster for the Red River Fest. At the top, it says 'FREE EVENT' in white letters on a dark purple background. Below that, a large illustration of a blue heron with a green and yellow striped body is shown in flight. The text 'WILD & SCENIC' is written in a small, yellow font above the main title 'RED RIVER FEST', which is in large, bold, yellow letters. To the right of the title, the dates 'MAY 18TH & 19TH' are written in yellow. Below the title, the location 'CLAY CITY PARK' is listed in yellow. On the left side, a list of activities is shown: 'ROCK WALL', 'FOOD VENDORS', 'YOGA', and 'WORKSHOPS', each on a separate line. At the bottom, it says 'LIVE MUSIC ALL DAY' in white. Below that, a list of bands is provided: 'LUNA & THE MOUNTAIN JETS • DARK HOLLOW MOON • JOHN HAYWOOD BAND', 'WIDELY GROWN • POSSUM QUEENS • ROBERT OVERBEE'S VULGAR MOVEMENTS', and 'KARLY DAWN & HILL FOLK • TAYLORS 'N' TURINOS • PERFECT STRANGERS • RENEGADES • STRING THEORY • GRAM DUBBIN'. At the very bottom, it says 'FILM SCREENING & LIVE MUSIC PREPARTY MAY 17TH AT SKY BRIDGE STATION'. A QR code is located in the bottom left corner, with the text 'SCAN ME FOR MORE INFO & PADDLE REGISTRATION' below it. The poster is decorated with white clouds and green foliage.

Volunteer Spotlight



Kevin Babcock

What is your role in Extension?

4-H Council member and Secretary for the Powell Co. Extension District Board.

How did you first get involved with Extension?

My children were in 4-H and they needed volunteers..

Which quality do you most like in a person?

Honesty

What do you enjoy most about volunteering?

The smiles of children and family members as they enjoy the programs we offer.

What are some of your hobbies?

I don't really have any. Church, family, community service, and work keep me busy.

What is a fun fact about yourself?

I've been to over 40 countries when I was in the Navy, and I continue to travel with my family. .

As a child, what did you want to be when you grew up?

A member of the US Armed Forces. I'm retired Navy :).

FAMILY AND CONSUMER SCIENCES

Building strong families. Building Kentucky. It starts with us.



Kendyl Redding

Powell County Agent for Family & Consumer Sciences

Kendyl Redding

606-663-6405

 Kendyl.Redding@uky.edu

 Powell County FCS Extension

 powell.ca.uky.edu/fcs

Powell County FCS Extension



Powell County Extension Service



Powell.Extension



Instagram



An equal opportunity university.

UK Cooperative Extension Service



NOW on Talking FACS!

Engage Your Brain

with Elizabeth Rhodus, PhD
Sanders-Brown Center on Aging
and Amy Kostelic, PhD
UK Cooperative Extension | Family and Consumer Sciences



ukfcs.net/talkingFACS6-41



UK Cooperative Extension Service

It's canning season!

Pressure Gauge Testing

Do you have a dial gauge pressure canner? Have you had it tested recently? We recommend having it tested annually to ensure accuracy. Contact the Powell County Extension Office to schedule a FREE gauge testing!

CONTACT POWELL COUNTY FCS EXTENSION AGENT, KENDYL REDDING, AT 663-6405 OR KENDYL.REDDING@UKY.EDU

EXTENSION HOMEMAKERS



EVENING HOMEMAKERS

Evening Homemakers will meet in June.

QUILT CLUB

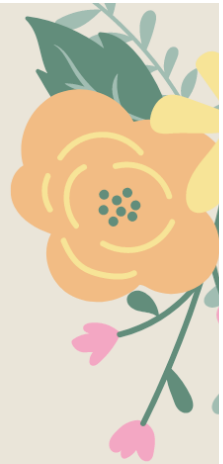
will meet 11 a.m., May 13th at
the Extension Office.

For more information on Homemaker
programs or to join Homemakers, contact
Kendyl Redding, Family and Consumers
Sciences Agent, 663-6405.



POWELL COUNTY

Homemaker Annual Meeting



THURSDAY, MAY 16TH

5:30 PM - 7:30 PM

POWELL COUNTY EXTENSION OFFICE

**Celebrate the end of the year with fellowship
and a potluck dinner!**

**We will be joined by guest speaker, Rita
Hardman, to share about the Dresses for Africa
International Project.**



NUTRITION WORKSHOP

B I N G O *cize*[®]

**BINGO + EXERCISE =
BINGOCIZE**

FREE PRIZES!

**A 10-WEEK HEALTH
PROMOTION PROGRAM
THAT COMBINES EXERCISE
WITH INCLUSIVE EXERCISE!**



When

Every Wednesday, beginning May 1st

Where

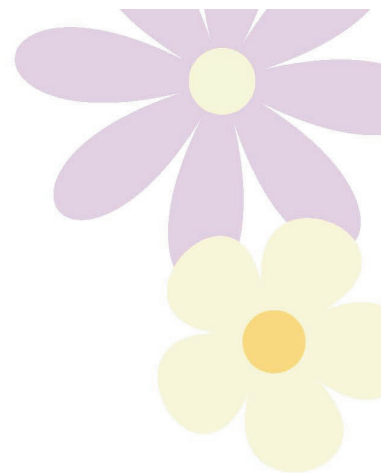
Stanton Senior Citizen Center

Time

10:30 a.m.

UK Martin-Gatton
College of Agriculture,
Food and Environment





May Date Night Cooking

GRAB YOUR SPOUSE, PARTNER, FRIEND, OR OTHER LOVED ONE ON THE LAST FRIDAY OF EACH MONTH AND SPEND AN EVENING COOKING TOGETHER! LEARN WAYS TO MASTER THE KITCHEN AND PREPARE HEALTHY, DELICIOUS DISHES FOR TWO.

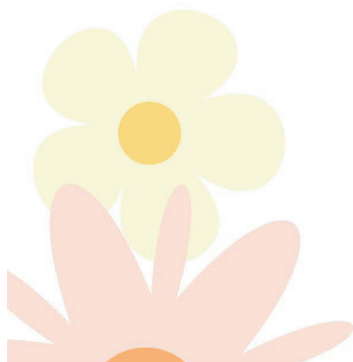
FRIDAY, MAY 31

POWELL COUNTY EXTENSION OFFICE

6:00 - 8:00 PM

Registration required!

Space is limited



ADULT

HEALTH BULLETIN



MAY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins:
<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC

MENTAL HEALTH AWARENESS



May is Mental Health Awareness Month in the United States. This is a time to draw attention to the importance of mental health and highlight resources that are available to help with mental well-being. Mental illnesses are brain-based conditions. All humans have brains, so everyone is susceptible to having a mental illness at some point in life. Being aware of what signs and symptoms are and what to do if you start to recognize those signs in yourself or someone you know, can make a big difference in getting help and feeling better.

Continued on the next page ➔



Cooperative Extension Service

Agriculture and Natural Resources
 Family and Consumer Sciences
 4-H Youth Development
 Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time.

➔ Continued from the previous page

Everyone goes through things in life that can affect mental health — stress from a job, the loss of a loved one, or life changes like having a baby or getting divorced. All of these things and more can cause us to feel and act differently for a short period of time. A mental health concern becomes a problem when the symptoms make it difficult to do daily tasks or you feel unlike yourself for more than 4 weeks.

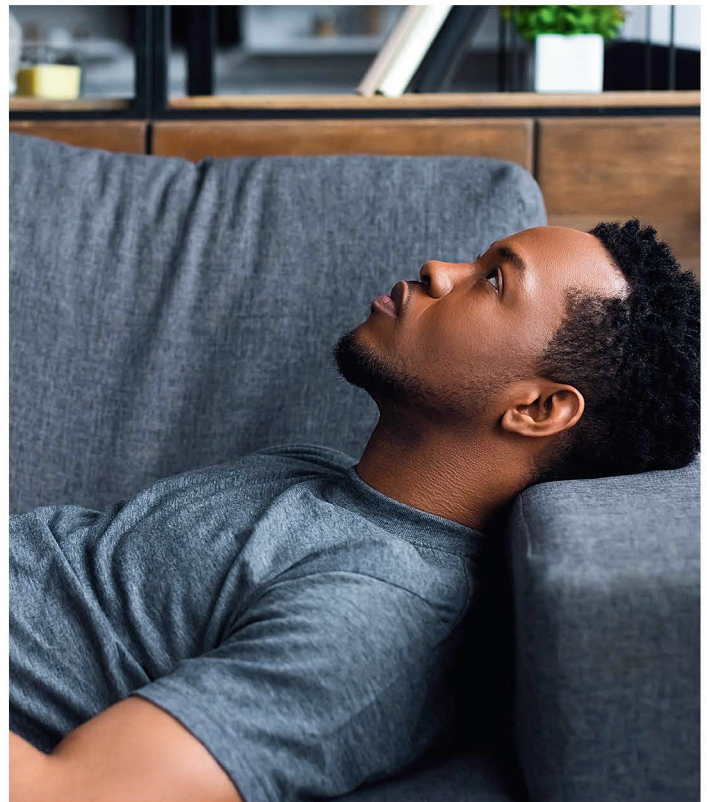
Common signs of mental illness include:

- Feeling sad or down
- Confused thinking or reduced ability to concentrate
- Excessive fears or worries, or extreme feelings of guilt
- Extreme mood changes of highs and lows
- Withdrawal from friends and activities
- Significant tiredness, low energy, or problems sleeping
- Detachment from reality (delusions), paranoia, or hallucinations
- Inability to cope with daily problems or stress
- Trouble understanding and relating to situations and to people
- Problems with alcohol or drug use
- Major changes in eating habits
- Excessive anger, hostility, or violence
- Suicidal thinking

Sometimes signs of mental illness are also physical problems, like ongoing stomach pain, back pain, headaches, or other unexplained aches and pains along with other signs listed above.

Most mental illnesses do not get better on their own. If untreated, they might get worse over time and cause serious problems. You can use the list above to talk to your doctor or other health-care provider about how you are feeling and the many options available for treatment.

If someone you know shows signs of mental distress, talk openly with them about your concerns. You cannot force someone to get professional



care, but you can offer encouragement and support. You can also help your loved one find a qualified mental health professional and make an appointment. You could even offer to take them or go along to the appointment if they would like.

If you or someone you know is struggling or in crisis, help is available around the clock. Call or text 988 or go to 988lifeline.org to live chat with a counselor at any time. You can use this resource for yourself or to discuss your concern for someone else.

REFERENCES:

- <https://www.samhsa.gov/mental-health-awareness-month>
- <https://www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968>

**ADULT
HEALTH BULLETIN**

Written by: Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images: Adobe Stock



Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

INVEST IN YOURSELF: WHICH RETIREMENT PLAN IS RIGHT FOR YOU?

Have you ever considered when you will be **financially** ready to retire? For working consumers, how they choose to invest their hard-earned money will make a difference in determining how financially ready they are. There are several types of retirement plans designed to help you save money for retirement while working. These fall into two major groups: *defined benefit plans* and *defined contribution plans*.



DEFINED BENEFIT PLANS

A **defined benefit plan** specifies a fixed monthly amount of money a person will receive upon retirement. The fixed amount (aka, the “defined benefit”) is usually calculated from your salary and how long you worked. It may be listed as a predetermined amount of money or a percentage of your monthly salary. The most common form of defined benefit plans is a **pension**. Pensions require that workers contribute a certain amount of money from their paycheck into a pool of money that their employer then redistributes upon retirement. Other types of defined benefit plans include cash balance plans, annuities, and lump-sum payment plans.

DEFINED CONTRIBUTION PLANS

A **defined contribution plan** does not promise

a set amount of money for retirement. In this plan, the employee, the employer, or both contribute. There are several types of defined contribution plans such as a 401(k), 403(b), and an IRA.

A **401(k)** is a type of defined contribution plan in which the employer sponsors the plan. Employees often can select how to invest their money. Money invested into 401(k) plans has pre-tax benefits, which means contributions can reduce an employee’s current taxable income. The amount you contribute is typically a percentage of your salary. Another type of defined contribution plan is a **403(b)**, which is designated for public school teachers, nonprofit employees, and charitable organizations. They work very similar to a 401(k).

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities
accommodated
with prior notification.

RETIREMENT SHOULD BE A TIME OF MINIMAL FINANCIAL STRESS



An **IRA**, which stands for Individual Retirement Account, is also considered a defined contribution plan. The earnings on a traditional IRA are not taxed until they are paid out or withdrawn. A **Roth IRA** works in reverse – the consumer pays taxes before contributing, which can be beneficial since tax rates tend to rise over time.

HOW MUCH DO YOU NEED TO RETIRE?

The answer to this question varies for everyone. Knowing how your salary has changed over time can be a key consideration for determining when you want to retire. Also, knowing the amount of money you need to maintain a certain lifestyle into retirement is important. For a more concrete number, there are several online calculators you can use, such as this one provided by FINRA: <https://retirementcalculator.nga.finra.org/calculator/>.

WHY IS THIS IMPORTANT?

You may imagine retirement as a time to finally have financial freedom. However, unexpected expenses may come up – from medical emergencies to home repairs to

inflation. Ask yourself questions like: “Do I want to travel?” “What do I want to splurge on in retirement?” “Am I prepared for unexpected expenses that may arise?” “Will I need to provide for a loved one?” Thinking about specific retirement goals helps you to be more prepared financially.

Retirement should be a time of minimal financial stress. Starting to plan for retirement early makes these goals possible. It is important that you understand how to invest so that as retirement age approaches, you can be more financially secure.

REFERENCES:

Consumer Financial Protection Bureau. *Planning for Retirement*. <https://www.consumerfinance.gov/consumer-tools/retirement/>

U.S. Department of Labor. *Types of retirement plans*. (2023). <https://www.dol.gov/general/topic/retirement/typesofplans>

Contributing Author: Jared Borders, Family Financial Counseling Student, University of Kentucky

Co-authored by: Kelly May | Edited by: Nichole Huff and Alyssa Simms | Designed by: Kelli Thompson | Images by: Adobe Stock

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu



Become a fan of **MONEYWISE** on Facebook! [Facebook.com/MoneyWise](https://www.facebook.com/MoneyWise)



Supplemental Nutrition Assistance Program



April Tipton

Powell County NEP Program
Assistant Senior



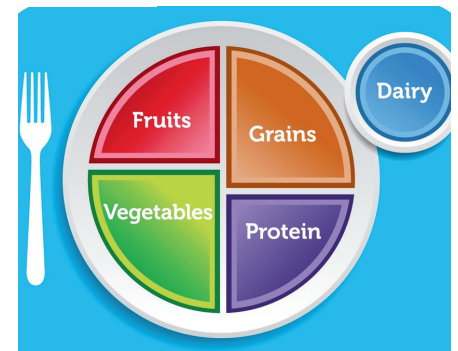
606-663-6405



april.tipton28@uky.edu



Powell County Nutrition Education



USDA
Supplemental
Nutrition
Assistance
Program

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition

- This dish is an example of a balanced MyPlate meal. The onion, tomato sauce, and beans represent the vegetable food group. Ground turkey and beans are part of the protein food group. Dairy is included from the cheese and the whole-wheat tortillas are part of the grains group. Serve this dish with fruit for dessert and all of the food groups are covered. When eating a balanced MyPlate meal, pay attention to how it makes you feel. Eating balanced meals helps keep you feeling fuller for a longer period of time. See if this taco pie does just that!

Cooking Tips

- Add more veggies to this meal by including a mixed variety of frozen vegetables such as bell peppers, zucchini, and mushroom.
- With all recipes, think about ways to change the dish that would make your family most likely to eat it. For this recipe, serve it with typical taco toppings so everyone can customize their own serving to their liking.
- Make this dish meatless by using a second can of black beans and omitting the ground turkey or beef.
- You can use an 8-by-8-inch square baking dish if a round baking dish is not available.
- To easily scoop the meat mixture from the pan to the baking dish, consider using a dry measuring cup.



Taco Pie

- 1 small white onion, chopped
- 1 pound lean ground turkey or ground beef
- 3 tablespoons reduced-sodium taco seasoning
- 1 can (15 ounces) unsalted tomato sauce
- 1 can (15 ounces) black beans, drained and rinsed
- 2 (8 inch) whole-wheat tortillas
- 1/2 cup shredded cheddar or Mexican blend cheese
- **Optional:** serve with taco toppings such as salsa, cilantro, jalapeno, onion, low-fat sour cream

1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
2. Wash fresh produce under cool running water, using a vegetable brush to scrub veggies with a firm surface. Dry and cut to prepare for this recipe.
3. Preheat oven to 375 degrees F.
4. Over medium-high heat, add onion to a large skillet. Sauté 1-2 minutes until slightly softened.
5. Lower the heat to medium. Add ground turkey to the skillet, allow it to fully cook and reach an internal temperature of 165 degrees F using a food thermometer, about 7 to 8 minutes.
6. To the skillet, add taco seasoning, tomato sauce, and black beans. Stir to combine and allow to simmer for about 2 to 3 minutes until heated through. Remove from heat.
7. Using a 9-inch round glass baking dish, add one-third of the meat mixture. Place one tortilla on top of mixture. Next, add the same



amount of meat mixture. Place the second tortilla on top of mixture. Finally, add the remaining meat mixture on top of tortilla.

8. Bake for 20 minutes. Remove from the oven, top with cheese and bake for an additional 5 minutes or until cheese is melted.
9. For best results, allow it to cool 5 minutes before serving. Slice and serve alone or with your favorite taco toppings.
10. Refrigerate leftovers within 2 hours.

Makes 6 servings
Serving size: 1/6th of pie
Cost per recipe: \$10.20
Cost per serving: \$1.70



This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

Nutrition facts per serving:

300 calories; 5g total fat; 2g saturated fat; 0g trans fat; 45mg cholesterol; 600mg sodium; 34g total carbohydrate; 7g dietary fiber; 6g total sugars; 0g added sugars; 28g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium

Source:

Kristi Shive, Warren County Agent for Family and Consumer Sciences, University of Kentucky Cooperative Extension Service





4-H Youth Development



Emilee Bryant

Powell County Agent for 4-H Youth Development

Emilee Bryant



606-663-6405



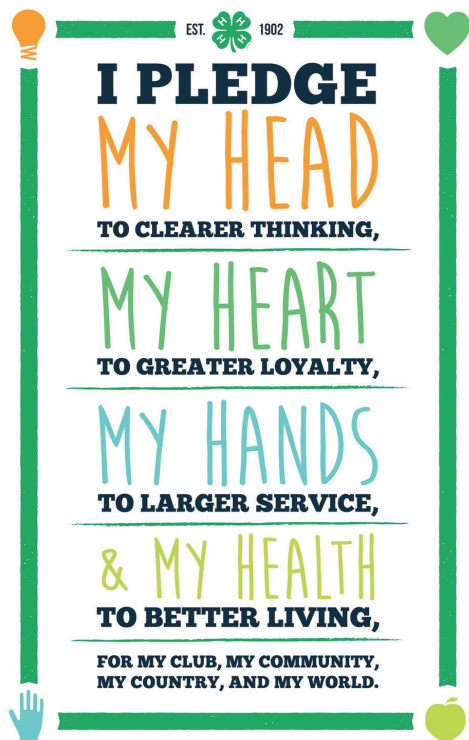
Emilee.Hager@uky.edu



Powell County 4-H



powell.ca.uky.edu/4H_Youth_Development



Kentucky 4-H Teen Conference

2024



100th ANNUAL

ILLUMINATE 4-H
LEXINGTON, KENTUCKY

June 11 - June 14



Explore college, future career paths, and gain leadership skills with 4-H

LOCATION

University of Kentucky
Lexington, KY

PRICE \$250

Open to students currently in 8th - 12th grade

Contact your county 4-H Agent for more info



4-H LIVESTOCK CLUB

Meets the 2nd Tuesday of each month at 5:30 p.m. at the Powell Co. Extension Office, 169 Maple St.

The next meeting will be **May 14th**

All youth showing small animals should attend for important validation information

For more information on the Livestock Club or any 4-H programs, contact Emilee Bryant, 663-6405

4-H POULTRY CLUB



Meets the 1st Tuesday of each month at
5:30 p.m. at the Powell Co. Extension Office

Join us at our next meeting

May 7th

Open to ages 5-18



4-H Cooking Club

May 7th at 4:30 p.m.

Open to ages 9-18

Cooking Club meetings are
the first Tuesday of each month and are held at the Powell
Co. Extension Office
169 Maple St., Stanton.

For more information contact Emilee Bryant, Powell Co.
Agent for 4-H Youth Development, 663-6405.



UK Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

The College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to economic or social status and will not discriminate on the bases of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to Equal Opportunity Office, College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building, North Lexington, Kentucky 40546, the UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032 or US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

4-H ART CLUB

Meets the 3rd Tuesday of each month
at the Powell County Extension Office

Open to ages 5-18 years old

The next
meeting will
be May 21st

FUN & CREATIVE ACTIVITIES
**4-H CLOVERBUD
CLUB**

OPEN TO YOUTH
Ages 5-8 years old

Tuesday, May 28th
5:30 to 6:30

EXTENSION OFFICE
169 MAPLE STREET
STANTON, KY

For more information contact Emilee at 663-6405

AN EQUAL OPPORTUNITY ORGANIZATION

 **Martin-Gatton**
College of Agriculture,
Food and Environment
University of Kentucky. 





Under the Big Top

BE THE STAR OF THE SHOW



4-H Camp 2024

July 15 - 19, 2024

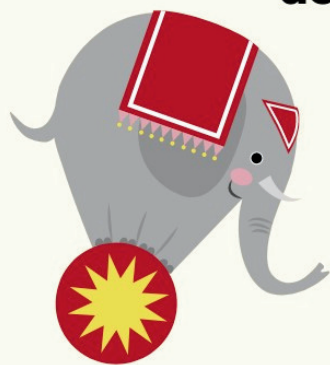
JM Feltner 4-H Camp London, KY

Cost: \$300

Includes lodging, food,
t-shirt, activities & class fees

Applications are now available

**Help send a child to camp by making a
donation any amount is appreciated!**



Scan the code to donate online
Or

Mail Checks to:
Powell Co. 4-H Council
169 Maple Street
Stanton, Ky. 40380



YOUTH

HEALTH BULLETIN



MAY 2024

Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

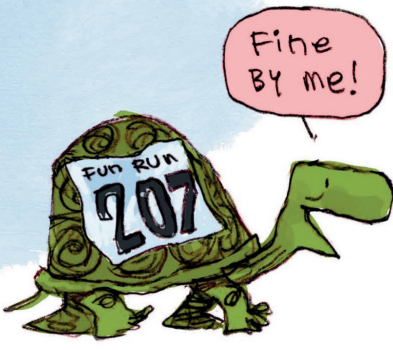
Powell County Extension Office
169 Maple St.
Stanton, KY 40380
(606) 663-6405

THIS MONTH'S TOPIC

START SMART: WARM UP AND STRETCH!



nothing like a nice **SLOW** WARMUP.



Fine BY me!

Playing sports and doing other activities are great ways to get exercise and have fun! It is important though, to start off by getting your body ready to play. You do this by warming up and stretching. Warming up gets your muscles, heart, and lungs ready to do extra work. When you play sports or do other exercise, you move your muscles more and make them work harder than normal. That is a good thing, but if they aren't ready for it, you can get hurt or feel bad. Stretching helps your body loosen up and be ready to move and bend quickly.

Continued on the next page →



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



➔ Continued from the previous page

How do I warm up?

It is important to warm up your body before starting to play a sport or do heavy exercise. Warming up for five to 10 minutes helps to focus your mind and prepare your body for doing extra work.

Activities that move your whole body or as much of your body as possible at once, get your blood pumping. These can be things like jumping jacks or squat jumps (bending down to touch your toes, and then jumping up into the air with your hands above your head).

Another way to warm up is to start with the activity you are about to do but do it slower. For example, if you are going to swim, start out doing a few slow warm-up laps. Focus on your form instead of speed. If you are going for a run, warm up with a few minutes of fast walking or a light jog. If you play a sport, focus on the muscles that you are going to use the most. For example, if you play baseball, you might warm up your shoulder by throwing the ball softly first, focusing on the movement instead of using all of your power.

Stretching the right way

You want to stretch muscles that you have already spent a few minutes warming up, so that they are ready to be flexible.

When you stretch, you want to feel your muscles reach as far as they can go in a certain direction,



but not hurt. When you can feel that your muscles can't go further, do not try to make them. Hold your stretch right there for 15 to 30 seconds. Try to hold your stretch still and not bounce.

You can count out loud while holding your stretch if it helps you stay focused, or you can count in your head.

Always stretch both sides of your body. If you do a right-side stretch, always do a left-side stretch, too.

When you are stretching, remember to breathe! You want to make sure your muscles are able to get plenty of oxygen, too.

Practice to play

Besides warm-ups and stretches, practice sessions are important for many sports or activities. If you belong to a team, go to as many team practices and games as you can. This will help you and your teammates work together.

Although you should practice regularly, don't overdo it. Allow for a day off for rest between days of activity or switch up your activities. If you run a lot one day, try swimming or strength training the next day. Your doctor or coach can help you make a training plan that's right for your age, skill, and goals.

REFERENCE:

<https://kidshealth.org/en/teens/sport-safety.html>

ADULT HEALTH BULLETIN

Written by:

Katherine Jury, MS

Edited by: Alyssa Simms

Designed by: Rusty Manseau

Cartoon illustrations by:

Chris Ware (© University of Kentucky School of Human Environmental Sciences)





2024

RED RIVER MUSEUM

HOMECOMING & OLD ENGINE SHOW

Friday, May 10th & Saturday, May 11th 10AM-3PM

4541 Main Street Clay City, KY

Local Arts

Crafts

T-Shirts

Breakfast

Lunch



EXHIBITS & DEMONSTRATIONS

Millstones Native American & Archaeology Displays
 Blacksmith Seed Swap Flower Sales Quilting
 Flint Knapping Wood Carver Weaving & Spinning
 Oral History

For more information, contact:

Ovie Hollon
 606-521-3471
 ohollon@gmail.com

Josie Hollon
 606-359-0719
 josie.hollon@gmail.com

Tim Abner
 859-556-9485
 timothy.abner@gmail.com