

September 2020 PSA's

Walk Across Texas—coming soon!

Panola County- it's time to bust out your walkin shoes! That's right, Walk Across Texas is just around the corner and I want YOU to be part of this team challenge! Walk Across Texas is an 8-week physical activity challenge for people of all ages and fitness levels. Over the course of the challenge, you and seven friends will collectively walk 832 miles- the distance across the state of Texas. Join in a little friendly competition amongst yourselves, or just sign up as an individual and I'll connect you with a team. Hurry and sign up today on HowdyHealth.org - the challenge begins September 13.

September- Cholesterol Education Month

Hey Panola county did you know September is Cholesterol Education month? I'm Clarissa Moon, here with 5 tips on what you need to know about high blood cholesterol.

About 13% of Americans have high cholesterol. This is a waxy substance that circulates in your blood. Too much LDL cholesterol causes buildup in your arteries that could eventually lead to a heart attack or stroke.

- 1- Work with your health care provider. Ask what she recommends to help lower cholesterol and talk with her about dietary supplements or other complementary health practices.
- 2- Change your diet. Saturated fat is a huge component of raising your LDL.
- 3- Manage your weight. Losing weight can lower your LDL and triglycerides while raising your HDL (or good cholesterol)
- 4- Get moving. Just as losing weight can help lower LDL and triglycerides while raising HDL- physical activity does the same thing! Shoot for 150 minutes/week.
- 5- Educate yourself on dietary supplements marketed for improving cholesterol. According to the NCCIH, there is not a great deal of evidence validating these product claims.

For more information on cholesterol and healthy living, visit nccih.nih.gov or panola.agrilife.org

It's Apple Season!

Happy Fall, Y'all! Let's take a moment to celebrate one food that's a hallmark of the fall season: the apple! I'm Clarissa Moon, your FCH agent with Texas A&M AgriLife Extension; here to share some fun facts about the apple.

Apples are a staple fruit here in America, possibly because of their vibrant colors and crisp, tart, sweet taste. However, does an apple a day really keep the doctor away? Well, maybe. These snackers are loaded with fiber and vitamin C, while still low in saturated fats. The only drawback is that this fruit delivers a fair bit of carbohydrates from sugars.

Nevertheless, let's raise our apple cider glasses as a toast to this wonderful fruit! Check out some apple-ific recipes (Including apple nachos and bread pudding!) on our website: Panola.agrilife.org or visit heart.org for more information.

<https://www.heart.org/en/healthy-living/healthy-eating/add-color/meet-the-apple-family>