

September 2023

9/5/23: Cholesterol Education Month!

Hey KGAS land, 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](https://www.nccih.nih.gov) or panola.agrilife.org

<https://www.nccih.nih.gov/health/tips/tips-what-you-should-know-about-high-blood-cholesterol>

9/12/23: Habit Stacking- Every Practice Counts

Do you ever wonder why you do what you do and why you don't do that you still want to do? If so, you're not alone. Human behavior is a science and you have to think like a scientist in order to change your habits. I'm Clarissa Moon here with a basic intro to building good habits.

- 1) Start Small. Don't set out to run two miles every day when you haven't ran in two years. Start by taking a one minute walk and build from there.
- 2) Build positive habits on top of preexisting habits. This way you have a reliable prompt and don't have to think about fitting something brand new into your day.
- 3) Here's an example. Every time you turn on the shower to warm up, try taking a few deep breaths. Or do one minute of stretching every morning when you first get out of bed.

Living a healthy life doesn't happen overnight. Give these tips a try and learn more at [mondaycampaigns.org](https://www.mondaycampaigns.org) or panola.agrilife.org

<https://www.mondaycampaigns.org/destress-monday/habit-stack-your-way-to-a-more-relaxedmonday>

9/19/23: Weight Training for Beginners

Years ago, weight training was thought to be just for bodybuilders and athletes. However, nowadays we know that anyone can benefit from it! I'm Clarissa Moon here with a list of reasons why and how you should start a strength training regimen.

First, pumping iron can help with so many things! Like blood pressure, blood sugar, brain health, bone density, cholesterol, chronic pain, heart disease, depression, metabolism, self-confidence, cognitive skills and weight management. Phew, that's a long list! Ok, so how to get started? Here's ten tips:

1. Choose your equipment, or choose to use body weight instead.
2. Warm up beforehand.
3. Start light.
4. Increase weight slowly
5. Watch out for pain
6. Lift slowly
7. Build in days of rest.
8. Seek variety in your exercises.
9. Focus on one set at a time.
10. Breathe. It's okay to scrunch up your face, just make sure you actually breathe while doing so.

There you have it, ten reasons and ten tips to begin weight training today! For more information visit mayoclinic.org or panola.agrilife.org. Thanks for listening to the Moon Minute!

<https://newsnetwork.mayoclinic.org/discussion/weight-training/>

9/26/23: 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 apperific 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>

More details on what variety of apple works for what purpose:

[https://www.pickyourown.org/applevarietiestochoose.htm#:~:text=That%20said%2C%20sweeter%20and%20softer,eaten%20fresh%20\(like%20Honeycrisp\).](https://www.pickyourown.org/applevarietiestochoose.htm#:~:text=That%20said%2C%20sweeter%20and%20softer,eaten%20fresh%20(like%20Honeycrisp).)