

March 2022

A monarch caterpillar with yellow, black, and white stripes is perched on a thin brown branch. The background is a soft-focus green, suggesting foliage.

FAMILY AND COMMUNITY HEALTH

Happy March!

This March, spring begins on Sunday the 20th. With spring's arrival, a sense of new beginnings is ever present. This is a wonderful time to start some new healthy seasonal habits. Remember that your psychological health is just as important as your physical health. Slow down and focus on your family, your faith, and your health. Find activities that are just for you, where you can meditate and focus on your mental health. Take long walks in the warm spring sunshine with your spouse. This is an excellent way for you to become closer and strengthen your bond. Children need little coaxing to catch spring fever. Your children and grandchildren will love simple activities that get them active and outside. Here are some spring activities that you may not have tried before.

- Plant a garden
- Build a bird feeder
- Take a nap outside
- Visit the zoo
- Go for a run
- Go kayaking
- Ride a bike
- Have a picnic
- Build a birdhouse
- Watch the sunrise
- Visit a farmer's market
- Go canoeing
- Take a hike
- Run a 5K
- Take a long walk

Parenting:

Parents and children alike need proper sleep to reduce weight, maintain peak performance at work and school, communicate with others and prevent disease. Here are three recommended practices to help obtain the rest your body requires to function healthily.

- ✓ **Stick to a schedule:** Our brain determines our times for day and night depending on our sleep routine and sleep cycles. When we disrupt those time frames by significantly altering our sleeping patterns for a few days, we might spend the remainder of the week off our schedule.
- ✓ **Limit caffeine intake:** Those who consume four or more caffeinated drinks per day are more prone to sleeplessness, so be mindful of coffee, tea, sodas, energy drinks, and their serving sizes.
- ✓ **Exercise:** Regular exercise throughout the week may help boost the production of the hormone melatonin, termed the "sleep hormone." Simply ensure that your activity does not take place too close to bedtime, or it may have the opposite effect.



Six Tips For Quality Sleep

TURN OFF ALL ELECTRONICS

LOWER THE TEMPERATURE

READ BEFORE BED

AVOID LOOKING AT THE CLOCK

AVOID NAPPING DURING THE DAY

VISUALIZE THE THINGS THAT MAKE YOU HAPPY

Nutrition:

Spring is here this month! With the warmup, it's finally time to start enjoying fresh produce from the garden once more. Greens like lettuce, broccoli and cabbage will be the first plants harvested this month. Now it's time to break out those recipes that use the bounty of our spring gardens. Here is a recipe you are sure to enjoy.

Buffalo Chicken Salad

Servings	Prep Time	Cook Time
4	5 min	20 min

Ingredients

- 1Lb boneless, skinless chicken breast cubed
- 2 tsp olive oil
- ¼ tsp pepper
- 2 Tbsp Louisiana style hot sauce
- 1 bunch romaine lettuce chopped
- 3 ribs celery chopped
- 1 cup shredded carrots
- ½ cup fat-free ranch salad dressing



Instructions

1. In a large nonstick skillet, sauté chicken in oil over medium high heat until the chicken reaches an internal temperature of 165 degrees.
2. Drain the chicken and stir in hot sauce and pepper.
3. Coarsely chop one bunch of romaine lettuce.
4. Coarsely chop 3 ribs of celery.
5. Shred carrots to equal one cup (about 3 medium size carrots).
6. Divide romaine among four plates.
7. Top with chicken, celery, and carrots.
8. Serve with Dressing

Physical Fitness:

Do you remember riding a bike as a kid? Most of us would take off on Sunday afternoon and ride until the wheels fell off. For many, it was your first taste of freedom. Fortunately, the joy that comes with riding a bike does not fade with time. In fact, cycling has become

increasingly popular, and the quality of the equipment is much better than you probably remember. If you don't

know where to start, there are several local bike shops that can tell you exactly what kind of bike you need for your body type and fitness level. Cycling is an excellent choice in exercise due to its ease of use and low impact on joints.

Cycling may also help you lose weight, gain strength, boost mental health, reduce the risk of cardiovascular disease, and

improve balance and posture. Cycling is also a very environmentally friendly transportation option. If you don't want to make a large investment in new equipment, there are many affordable options, including secondhand equipment that will work great for beginners. Whether you want to brave the trails of Palo Duro Canyon State Park or leisurely cruise your neighborhood streets, you will never forget the joy that a simple bike ride brings.



Did you know?

- March 13th is the start of Daylight Saving Time.
- The name March comes from Mars, the Roman god of war.
- March is the equivalent of September in the Southern Hemisphere.
- Most years, spring begins on March 20th, however, it's sometimes on the 19th or 21st.



Coming Events:

I will be offering the following classes in the coming weeks. Call me at 806-894-3159 or email me at heath.johnson@ag.tamu.edu to register for the classes.

1. ServSafe (Food Manager Certification)
2. Food Handler Certification
3. Walk N Talk Program

Visit us on [Facebook](#), [YouTube](#) or the [AgriLife Website](#).

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