

FAMILY AND CONSUMER SCIENCES

FRANKLIN COUNTY
COOPERATIVE EXTENSION
MARCH 2025 NEWSLETTER



Finding motivation to stick to your exercise resolutions

Source: Katherine Jury, Extension Specialist for Family Health

You may have a goal of becoming more active this year but might be finding it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic.

Physical activity has a ton of benefits including aiding in weight loss, boosting your immune system, relieving stress and helping to lower your blood pressure. The goal is to get 150 minutes of physical activity each week.

While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

- Make it manageable. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day.

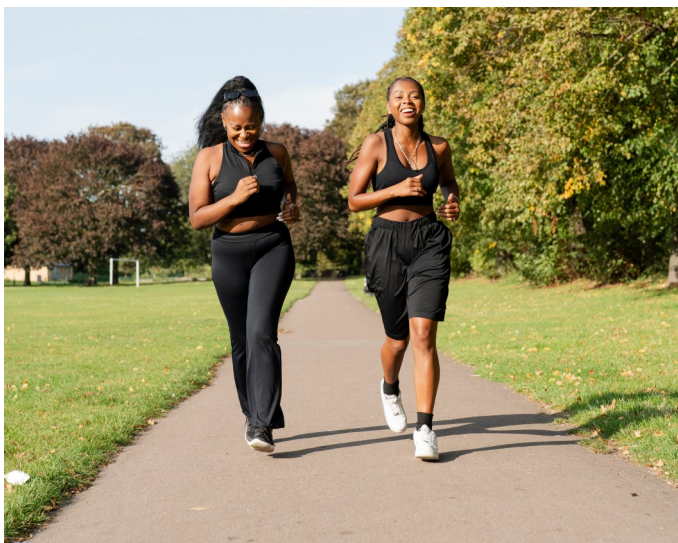
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- Make a plan. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit in. Once you have an exercise schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.
- Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Your activity does not have to be difficult. It could be as simple as walking around your neighborhood or dancing to music each day.
- Find ways to make it social. Some people find it helpful to have an exercise partner or join a gym class for motivation. Get a workout buddy while you are doing the activity find a virtual exercise class. You can also make it a family activity by encouraging them to be active with you.



Capital City Activity Center
Senior Citizen

Vaccination Clinic

Let's stay well together

Capital City Activity Center is partnering with Capital Pharmacy of Frankfort to offer Flu, Pneumonia, Covid, RSV, Shingles vaccinations

Date: March 11, 2025

Time: 9:30am-11:00am

**Location: Kings Daughters Apartments
220 Hanna Place
Frankfort, Kentucky**

Capital City Activity Center
202 Medical Heights Drive
Frankfort, Kentucky
502-223-5794
Ask for Robin, Grant Administrator/Membership Coordinator

Seniors Shine!

Franklin County 4-H

SUMMER CAMP

**5 DAYS, 4 NIGHTS OF 4-H FUN!
FOR AGES 9-14**

Cooperative Extension Service

Dates:
Monday June 16-
Friday June 20

Cost

\$250

Camp Registration begins March 3!

Scholarships Available & Yes Card Eligible

Call Our Number
502-695-9035

Visit Our Website
<https://franklin.ca.uky.edu/4-h-camp-2025>

ADULT HEALTH BULLETIN



MARCH 2025

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

Franklin County Cooperative Extension Office
 101 Lakeview Court
 Frankfort, KY 40601
 (502) 695-9035
franklin.ca.uky.edu

THIS MONTH'S TOPIC

THE POWER OF POSITIVE LANGUAGE AROUND FOOD



The way we talk about food can have a big impact on how we feel about it and how we take care of our bodies. When we use positive, respectful language around food, it helps us build a healthier relationship with what we eat. A healthy relationship with food means not feeling guilty or stressed about what we eat but instead enjoying food as something that nourishes and energizes us.

Words have a lot of power. The language we use can shape our thoughts and feelings. If we call food “bad” or “unhealthy,” we might start feeling bad about eating it. For example, saying things like, “I shouldn’t eat this,” or “this is so unhealthy,” can make us feel guilty when we enjoy our favorite foods. But when we use words like “balanced” or “nourishing,” it reminds

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Cooperative Extension Service

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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.



While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad.

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us that food is not the enemy — it's something our bodies need to stay strong and healthy.

We often talk about food in ways that make it seem like some foods are “good” and others are “bad.” While it's important to make choices that provide our body with the nourishment it needs most of the time, it's not helpful to label food as all good or all bad. All foods can be good for us in one way or another. Whether it's the nutrients it provides us or the enjoyment we get from eating it. The key is to focus on balance, not perfection. If we can learn to talk and think about food without judgment, it can help us feel more relaxed and less stressed about eating.

Talking about food in a mindful way can also help us enjoy it more. Mindful eating means paying attention to what we're eating, how it makes us feel, and how much we're eating of it. When we use words like “enjoying,” “savoring,” or “appreciating,” we remind ourselves to slow down and notice the flavors, textures, colors, and smells of our food. This helps us be more aware of when we're full and prevents overeating. Instead of rushing through a meal or eating while distracted, we can focus on the experience of eating and truly enjoy it.

Language around food is also important in the way we talk about it with others. If we constantly talk about dieting, weight loss, or food rules, it can create stress and pressure around food. Instead, focus on how food makes us feel good, how it helps our bodies grow, and how it brings people together. When we talk about food in a positive, relaxed way, it can help create a more supporting environment for everyone.

The words we use around food matter. They can help create a healthy, positive relationship with food. By avoiding judgment, focusing on balance, and practicing mindful eating, we can build a better relationship with food.

REFERENCES:

- Satter, E. (n.d.). Are you feeling bad about your eating? Ellyn Satter Institute. <https://www.ellynsatterinstitute.org/family-meals-focus/96-are-you-ready-to-stop-feeling-bad-about-your-eating>
- Ellyn Satter Institute. (n.d.). The joy of eating: Being a competent eater. Ellyn Satter Institute <https://www.ellynsatterinstitute.org/how-to-eat/the-joy-of-eating-being-a-competent-eater>

ADULT
HEALTH BULLETIN

Written by:

Anna Cason, RDN

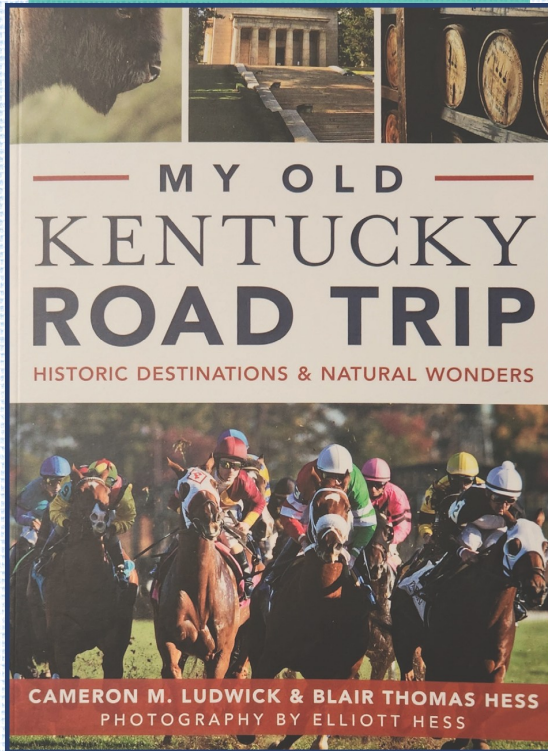
Edited by: Alyssa Simms

Designed by: Rusty Manseau

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BIG BLUE BOOK CLUB

Big Blue Book Club is going on the road, to visit off-the-beaten path locations across Kentucky. The first session features the books authors, Cameron Ludwick and Blair Hess, sharing their favorite Kentucky destinations and a presentation about the Kentucky Historical Marker Program. This session will be **LIVE** at the Thomas D. Clark History Museum in Frankfort on **March 13 at 11 am** and available via Zoom. The remaining five **LIVE** sessions will be recorded.

Visit the **NEW Big Blue Book Club Website** to register:

<https://ukfcs.net/BigBlueBookClub>

TO OUR FELLOW PROUD KENTUCKIANS - YOUNG AND OLD, NATIVE AND TRANSPLANT - WHO HAVE NOT YET BEGUN TO EXPLORE THE GREAT BLUEGRASS STATE. WE ARE HONORED TO BE YOUR TOUR GUIDES ON THIS EXTRAORDINARY JOURNEY



CHECK OUR SOCIAL MEDIA & WEBSITE TO FIND OUT HOW YOU CAN WIN A FREE BOOK!

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities accommodated with prior notification.

UPCOMING events



HERB GARDEN MASTERY
From Planting to Plate
MARCH 13, 2025
5:30PM

FRANKLIN COUNTY EXTENSION OFFICE
101 LAKEVIEW COURT
FRANKFORT, KY 40601

RSVP 502-695-9035 or pamela.holbrook@uky.edu

Adam Leonberger
Franklin County Extension Agent for Horticulture
Pamela Holbrook
Nutrition Education Program Assistant





KAKES FOR KIDS KIT-TOGETHER

It is going to be a creative party!! Join us and help kids celebrate their birthday!!

You are invited to a crafty fun time on March 10th at the Franklin County Extension Office from 3:00 to 7:00 PM. We will learn more about Kakes for Kids at 5:00 PM.

Tell a friend and bring them too. First time guest can attend for just \$5.00.

There will be a make n' take kit you can do and other kits you can buy. Or bring your own craft project and enjoy meeting other creative friends.





SEED STARTING WORKSHOP

JOIN US SATURDAY MARCH, 8TH 10 AM


FREE!

CALL TO REGISTER: 502-695-9035 OR EMAIL: FRANKLIN.EXT@UKY.EDU

**FIRST CORINTHIAN BAPTIST CHURCH
214 MURRAY ST.
FRANKFORT, KY 40601**



Learn more about this program here



HOOK and COOK

Learn the basics of fishing, including rod and reel setup, fish cleaning and how to cook fish.


Franklin County Cooperative Extension Office,
101 Lakeview Court, Frankfort, KY 40601.

Frankfort, KY
March 3rd
March 10th
March 17th



Scan here to register using the camera on your smart device

More Info: Easton.Copley@ky.gov or 502-330-1411





Spring Evening on Canvas

March 14, 2025
 \$25 per person
 5:30 p.m.

Register by March 10, 2025
 Supplies and refreshments included.
 Space is limited.
 101 Lakeview Court
 502-695-9035



Homemakers Learn Pickleball

Pickleball is fun and interactive for ALL ages and a GREAT way to move your body! Join us for a hands on explanation of how to play!

Tara's leader lesson will be available as a video on the Fort Harrod FCS YouTube OR you can join her at the Mercer County Office on March 24th to learn how to play Pickleball HANDS ON! RSVP IS REQUIRED 859-734-4378

3/24/2025
At 10.00AM
Mercer County Extension Office
 1007 Lexington Road, Harrodsburg



DIAMOND DOT ART

OUR ORGANIZATION FOCUSES ON SUPPORTING AND DEVELOPING ARTS EDUCATION FOR FRANKLIN COUNTY RESIDENTS.

TWO CLASSES ON
APRIL 10, 2025
 11 AM - 1 PM OR 6 PM - 8 PM

\$10 PER PERSON FOR A LARGE CANVAS OR \$5 FOR A SMALL CANVAS. CHILDREN ARE WELCOME BUT MUST BE ACCOMPANIED BY AN ADULT. SPACE IS LIMITED.

Call to register: 502-695-9035 or email: franklin.ext@uky.edu
 101 LAKEVIEW COURT



MOVE YOUR WAY

with **BINGO**size

Exercise for Everybody

Learn about non-impact exercises to help improve balance, posture, muscular strength, and ability to perform daily living activities.

Date: April 24, 2025
Time: 10am
Location: Franklin Co. Extension Office
 101 Lakeview Court, Frankfort KY
 Please call (502) 695-9035 to register.
 Registration deadline is April 17th.

Amazing Pancakes



This material was funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

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- 1 cup self-rising flour
- ½ cup whole-wheat flour
- 2 tablespoons sugar
- 1 teaspoon cinnamon
- ¼ cup chopped nuts (optional)
- 1 cup sweet potatoes, cooked and mashed
- 3 eggs, beaten
- 1 cup fat-free milk
- 2 tablespoons olive oil
- 1 tablespoon vanilla
- Cooking spray

1. In a medium bowl, combine flours, sugar and cinnamon. Add ¼ cup nuts, optional.
2. In a separate medium bowl, mix sweet potatoes, eggs, milk, oil and vanilla.
3. Pour liquid mixture into the flour mixture and stir until the dry ingredients become wet. Be careful not to over stir.
4. Preheat a griddle or skillet over medium-high heat. Spray with cooking spray. Drop batter mixture onto the prepared griddle by heaping tablespoon. Cook until golden brown, turning once with a spatula when the surface begins to bubble. Continue

cooking until the other side is golden brown. Repeat process, making 12 pancakes.

Prep time: 10 minutes
Cook time: 15 minutes
Makes 6 servings
Serving size: 2 pancakes
Cost per recipe: \$3.45
Cost per serving: \$0.58

Nutrition facts per serving:
260 calories; 8g total fat; 1.5g saturated fat; 0g trans fat; 95mg cholesterol; 320mg sodium; 39g carbohydrate; 3g fiber; 10g sugar; 9g protein; 170% Daily Value of vitamin A; 10% Daily Value of vitamin C; 15% Daily Value of calcium; 10% Daily Value of iron.

**Nutrition facts do not include nuts*

Source: Brooke Jenkins-Howard, Curriculum Coordinator for Kentucky Nutrition Education Program, University of Kentucky Cooperative Extension Service

Be sure to follow our Facebook page for all the up-to-date information and articles.



@FranklinCountyKyCooperativeExtension

Carla A. Carter

Carla A. Carter
County Extension Agent for
Family and Consumer Sciences

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Lexington, KY 40506



Disabilities
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