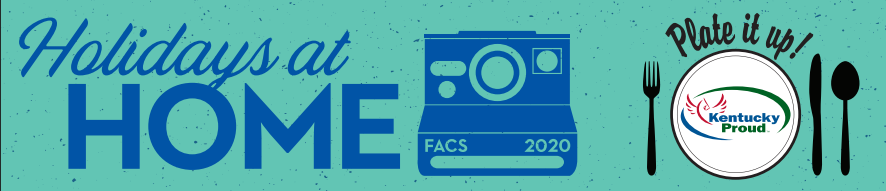





DECEMBER 2020

HEALTHY AT HOME

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Learn about different cultures and religions and the various traditions associated with them. Consider celebrating a tradition different from your own with various activities, decorations, and/or foods.</p> <p>Gather a group and walk around a nursing home singing holiday carols outside the windows.</p>	<p>2</p> <p>Use your imagination. Make up a game using a football, a hula hoop, jumping jacks, squats, and running.</p> <p>Snowball fight! No snow? Be creative and use marshmallows, wiffle balls, or wadded white tissue paper. Divide into teams and equal piles of snowballs, create a playing field with teams on each side and a line that can't be crossed, set a timer for one minute and throw!</p>	<p>3</p> <p>Make a memorable meal using a new Plate it Up! Kentucky Proud recipe featuring local winter fruits and veggies.</p> <p>Get movin' to some favorite holiday music. Try some new tunes. Dance while you make dinner.</p>	<p>4</p> <p>Schedule a holiday movie night with friends or family. Use video conferencing if you cannot be together to watch.</p> <p>Go ice-skating – indoors or out.</p>	<p>5</p> <p>Make fun healthy holiday snacks and share them with neighbors.</p> <p>Build a snowman outside someone's window who needs cheering up. No snow? Get creative! Use round stumps, old tires, cardboard, re-dress a scarecrow, etc.</p>
PUTTING THE PIECES TOGETHER: BUILDING YOUR FAMILY HEALTH PORTRAIT						
<p>6</p> <p>Take a moment to be quiet. Listen to the sounds around you. How do those sounds make you feel?</p> <p>Underhand Toss Target Practice. Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>7</p> <p>Think of someone you haven't seen for a while. What do you like (love) about that person? How does it make you feel when you are with that person? Now, send them a note to let them know you are thinking of them.</p> <p>Stairs. Run up stairs in your house or apartment as fast as you can. Walk down and repeat. Try skipping a step for a challenge.</p>	<p>8</p> <p>Positive Talk Tuesday. Be sure to talk to yourself today like you would talk to someone you love.</p> <p>Jump rope to music! Can you jump to an entire song without stopping?</p>	<p>9</p> <p>If you can't walk and talk, at least pick up the phone and call a family member to talk about your family health history.</p> <p>Walk and Talk. Take a walk with a family member and talk about your family health history.</p>	<p>10</p> <p>A Gratitude Attitude. Write down something you are grateful for and why.</p> <p>See how many times you can run around the outside of your house without stopping. Check your pulse when finished.</p>	<p>11</p> <p>Is there someone in your family who "stretches" you; encourages you to do things you might not do otherwise? Supports your efforts to be more? Share with that person your appreciation for them being in your life.</p> <p>Cardio and Stretch. Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times.</p>	<p>12</p> <p>RELAX. Take a few minutes to calm and center yourself. Clear your mind. BREATHE.</p> <p>Muscle Relaxation. Laying down, start at your head and squeeze all the muscles in your face. Hold, then relax. Next, move to your shoulders, squeeze and relax. Repeat all the way down your body.</p>
HAPPY HOLIDAYS FROM OUR FACs FAMILY TO YOURS!						
<p>13</p> <p>Put a new twist on an old tradition if the pandemic has altered your plan. Think positive, and think outside the box.</p> <p>Go "plogging," a Swedish craze that means picking and jogging. Get out and jog (or walk) and pick up litter at the same time.</p>	<p>14</p> <p>Give yourself grace and be flexible.</p> <p>Read and Move. Pick a book to read and select an "action word" that will be repeated often. When you read the "action word," stand up and sit down.</p>	<p>15</p> <p>Go through gently used toys, and organize or participate in a toy drive to deliver them to a shelter with children.</p> <p>Brush Your Teeth and Shake. While brushing your teeth, move your hips in the same motion as your toothbrush.</p>	<p>16</p> <p>Make or plan a homemade gift, such as the gift of time or experience.</p> <p>Ice Skaters. Hop to your right bringing your left foot behind you with knees bent and body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>17</p> <p>Acknowledge the people for whom you are thankful and let them know.</p> <p>Bowling! Set up some empty bottles or cans in a hallway and try to knock them down. Can you get a spare? A strike?</p>	<p>18</p> <p>If you are wrapping gifts, think good thoughts about each person as you wrap their gift.</p> <p>Watch a holiday movie with the family! Jog in place during the commercials.</p>	<p>19</p> <p>Is there someone you need to "patch things up" with? Today's as good as any to extend an olive branch.</p> <p>Cleanup Race! Set a timer or put on a song and see how quickly you can clean up a room in the house. Have a family member or sibling?</p>
<p>20</p> <p>Take stock . . . For what (or who) are you grateful this holiday season? Share with someone else.</p> <p>Bundle up! Take a night-time stroll with the family and look at all the amazing holiday lights and decorations!</p>	<p>21</p> <p>Make paper snowflakes and send them to someone in the mail who does not get snow.</p> <p>Shovel snow for someone in need.</p>	<p>22</p> <p>Lower your expectations. Things might be special, but not extravagant this year.</p> <p>Enjoy a day sledding or building a snowman. No snow? Make up a game!</p>	<p>23</p> <p>Fold fun napkins for holiday place settings. You could even make it a contest!</p> <p>Popcorn Pushups! Put a small bowl of popcorn on the floor. Each time you lower yourself down in a pushup, stick out your tongue and take a bite!</p>	<p>24</p> <p>Hang a stocking. Either a family favorite or a new one you make yourself.</p> <p>Limbo. Grab a broom stick, and have two people hold it. Take turns going under the stick arching backward. Lower the stick after each successful pass. How low can you go?</p>	<p>25</p> <p>Deliver a stocking to someone who needs holiday cheer.</p> <p>Dance, Dance, Dance. Put on your favorite holiday music or turn on the radio. Dance however you like during the entire song!</p>	<p>26</p> <p>Host a family holiday talent show. Video conference with people who cannot be there in person.</p> <p>Play Mother May I. Some suggestions include galloping three times, leaping twice, skipping four times, sliding three times, and running for three seconds.</p>
<p>27</p> <p>Start preparing for fun New Year's Eve activities. Tell people to dress up, organize games, plan a festive meal with New Year traditions, including grapes and beans.</p> <p>Take a brisk walk and observe nature – the sights, sounds, and smells.</p>	<p>28</p> <p>A holiday weekend can wear a body out! Take some time to rest and recharge your mind!</p> <p>Put a piece of tape on the ground and jump back and forth as quick as you can for 30 seconds. Try jumping side to side. Repeat 3x.</p>	<p>29</p> <p>Whether you're near to retirement or it is many years off, what are some ways that you can "give back" to your community once you retire. Write down these plans and put them somewhere for safe keeping.</p> <p>Wall Strength. Challenge a friend or family member to a wall sit contest. Who can last the longest?</p>	<p>30</p> <p>What have you accomplished this year? Has the global pandemic derailed any of your plans or given you opportunities to do something you wouldn't have otherwise?</p> <p>Paper Plate Planks. Get into plank position with paper plates under your feet and complete 30 seconds of each exercise: mountain climbers, in and out feet, and knees to chest.</p>	<p>31</p> <p>Make a New Year's Resolution. Think about what is important to you and what you want. Understand why you want it. Be specific and committed. Write it down, and monitor your progress.</p> <p>Give your favorite activity this month another try. Write down 2 to 3 physical activity goals you would like to accomplish in 2021.</p>	<p>_____  Strength</p> <p>_____  Aerobic</p> <p>_____  Flexibility/Self care</p>	



Country Ham and Broccoli Grits

1 tablespoon olive oil	2 cloves minced garlic	6 ounces country ham, cut into ½ inch pieces
1 pound fresh broccoli florets	4 cups 1% milk	1 large egg, beaten
½ cup minced onion	1 cup uncooked quick grits	Salt and pepper to taste
¾ teaspoon crushed red pepper flakes	1 cup 2%, shredded cheddar cheese	

Preheat oven to 375°F. **Coat** 13x9x2 inch baking dish with cooking spray. **Heat** olive oil in a frying pan. **Sauté** broccoli, onion, garlic and red pepper flakes until vegetables are tender. About 5 minutes. **Set aside.** **Heat** milk to a boil in a large saucepan. Slowly, **whisk** in grits. **Reduce heat** and stir continuously until thickened. **Reserve** 2 tablespoons of the cheese. **Remove** from heat, stir in ham, broccoli mixture, cheese, egg, salt and pepper.

Mix until well blended. **Pour** into prepared baking dish. **Sprinkle** with reserved cheese. **Bake**, uncovered for 30 minutes, or until top is set and lightly puffed.
Yield: 16, ½ cup servings.
Nutritional Analysis: 120 calories, 3.5 g fat, 1 g saturated fat, 25 mg cholesterol, 370 mg sodium, 13 g carbohydrate, 1 g fiber, 4 g sugar, 9 g protein.

LINK: <https://fcs-hes.ca.uky.edu/recipe/country-ham-and-broccoli-grits>



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