

# Newsletter

Spring 2023



# Purdue Extension

## Carmen Fortney/Jasper County Heath & Human Sciences Educator



### DINING WITH DIABETES



Dining with Diabetes is a cooking school for people who are living with diabetes, at risk for diabetes, or is caring for someone with diabetes. This 4-week class focuses on diabetes and how food plays an important role in management of diabetes. A food demonstration will be conducted each week to give participants an idea how to prepare food that is both tasty and healthy. Class sessions will be held at the Jasper County Extension Office on Mondays beginning on May 1 and concluding on May 22. Class time starts at 5:30 pm and will last approximately 2 hours. The cost of the class is \$40/person and \$65/couple. This includes all materials for the class. Registration will open March 27, 2023. Sponsorship may be available for qualified participants. Follow me on Facebook or contact me at the office for more information.

### GET WALK-IN

Get Walk-IN will be launched this Spring starting Tuesday April 4th. Get WalkIN is a 12-week email-based program. You will receive two emails per week for the first four weeks and then one per week for the remaining eight weeks. This year I will be partnering with Franciscan to offer a short lesson before we walk around Brookside Park. For more information or to sign up for the program, call me at the Extension Office or email me at [cfortney@purdue.edu](mailto:cfortney@purdue.edu).

### FINANCIAL LITERACY

Do you think you'll benefit from financial literacy? I am offering classes monthly to discuss spending and budgeting. The next three class sessions are: Saturday March 11 at 10 am, Friday April 21 at 5pm, and Saturday May 20th at 10 am. Registration is required for these class sessions. To register, call the Extension office and ask for Carmen.

Virtual options are available.



**PURDUE EXTENSION**

# WEIGHT LOSS THE HEALTHY WAY

We all know the too much weight can have a detrimental effect on our health. We've heard our doctors say lose weight. We've looked in the mirror at ourselves hoping and wishing the weight would go away. We've had family members and friends try to encourage us to lose weight or get healthy. Or maybe you know someone who needs to lose weight and no matter how hard they tried; they didn't succeed. So why is losing weight so difficult for some people? There are a number of factors that go into our weight, but lifestyle is the biggest one. How many of you have said "I'm doing the Keto diet" or "I'm going to start walking more." That is great, and will even work for most. However, these things are not diets and should be looked at as a lifestyle change.

Changing your lifestyle will guarantee success where dieting will only give you temporary success. As you continue reading, we will discuss weight loss the healthy way. When losing weight, it is important to remember that it's not going to happen overnight.

Strive to lose one to two pounds per week. It paves the way for long term success and it equals to four to eight pounds a month! Still don't think that's a lot; visualize a pack of ground beef of the same weight and imagine it as fat in your body. That is successful weight loss! Losing weight is not, by any means, an easy task. It takes commitment and determination. There may be times the scale doesn't move, but maybe your clothes fit a little looser.

That is called a non-scale victory, and it is important to embrace those during your weight loss journey. They can help you stay motivated. Making healthy food choices and engaging in physical activity will help you not only lose weight, but will lower your risk of developing certain chronic diseases. People who already has a chronic disease, losing weight can help improve their numbers.

These benefits can start with just a 5-10% weight loss of your total body weight. For example, if you weigh 250 pounds, 5 to 10% weight loss is 12.5 to 25 pounds.

When it comes to exercise, getting as little as 30 minutes a day for most days of the week is all we need to reap the benefits of exercise. Some benefits of exercise include reduced: blood pressure, arthritis pain, risk for osteoporosis, symptoms of depression and anxiety, risk for type 2 diabetes, heart attack, stroke and certain cancers. If you don't engage in any physical activity currently, consider starting slow and working your way 150 minutes of moderate intensity, 75 minutes of vigorous intensity or a combination of both per week.

Before starting a new regimen, the most important thing I can tell you is to talk to your doctor about what's best for you. Create a plan with your health care team and set SMART (specific, measurable, attainable, realistic, time-bound) goals to help you be successful. For more resources, you can call me at 219-866-5741 and I will be more than happy to answer your questions or lead you to a source or person who can. On a personal note, if you want an accountability partner, I am willing to be that for you. I have a membership at Anytime Fitness if you need a gym partner.

Let's use this Spring to become a healthier Jasper County and remember... slow and steady wins the race.

**SERVSAFE** 

If you are in need of a ServSafe food manager certificate, I am offering ServSafe bimonthly at the Jasper County Fairgrounds. The next scheduled class is April 10th. Register by March 27th to avoid late registration fees and to ensure that you receive your materials in a timely manner. To see more dates and to register, visit our website [purdue.edu/servsafe](http://purdue.edu/servsafe).



*Community  
Baby Shower*



**Community Baby Shower**  
Purdue Extension Jasper and Newton Counties and Franciscan Health are partnering to bring you a Community Baby Shower. This shower is intended for families who are currently pregnant or had a baby in the past year. The purpose of the shower is to provide families with child and family resources and provide a small gift to attendants. The first 100 registrants will receive a large gift such as a car seat or high chair. Registrants must be in attendance to receive their gift! The shower is on May 6, 2023 at the Jasper County Fairgrounds from 9am-12pm CST. To register, visit <https://franciscanhealthcare.formstack.com/forms/jnbabyshower>, or use the QR code above.

If you have any questions, call (765) 449-5133.

