

## START WALKING FOR EXERCISE

*Note: Doing a moderate amount of activity, such as brisk walking, is generally safe for most people. However, if you have any health concerns or medical conditions, be sure to check with your health-care provider for advice on starting your walking program.*

There are many benefits to leading an active lifestyle. Participation in regular physical activity decreases the risk of many chronic diseases, including heart disease, type 2 diabetes, osteoporosis, and breast, colon, bladder, kidney, and lung cancer. In addition, an active lifestyle can improve your cholesterol, lower your blood pressure, improve your sleep, and increase your energy. But you don't have to join a gym or buy expensive equipment to get these benefits. Walking is a great way to increase your physical activity.



### Why walking?

Walking is one of the best types of physical activities because it is accessible to almost everyone, doesn't require specific skills or equipment, is inexpensive, can be done in a variety of settings (in your neighborhood, at the mall, around a track), and can be performed at any chosen intensity.

### How much walking and physical activity do I need?

The current U.S. Physical Activity Guidelines recommend that adults get at least 150 minutes (2 hours and 30 minutes) each week of moderate intensity physical activity, such as brisk walking. This activity should be spread throughout the week.

### How to get started

- Start slow and easy. If you haven't gone for a walk in a while, walk 10 minutes to start.
- Do some gentle stretching before, during, and after your walk.
- Pay attention to your posture. Walk with your head lifted, eyes forward, and tummy pulled in.
- Focus on breathing. If you can't talk during your walks, you are trying to do too much. Slow down and take a few deep breaths. If you can sing, you are doing too little. Pick up your pace a bit.

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**Health & Human Science News**

**CALENDAR OF EVENTS**

**March 2022**

- 14 Extension Homemakers Executive Council, 2:00 PM, Comm. Center, 4-H Park
- 14 Extension Homemakers President’s Council, 3:00 PM, Comm. Center, 4-H Park
- 16 IEHA District Spring Meeting—Noble County
- 30 ServSafe One Day Class & Exam, Huntington



**April 2022**

- 15 Good Friday—County Offices Closed
- 18 Grand Rounds, Ball State University
- 21 Volunteer Community Support Work Day, Community Center, 4-H Park, 9:00 AM—11:30 AM
- 25 Senior Snippets—Train Your Brain: Ways to Keep Your Brain Healthy

**May 2022**

- 2 Senior Snippets—Physical Activity Across the Lifespan
- 8 Happy Mother’s Day!
- 9 Extension Homemaker’s Executive Council Meeting, 2:00 PM
- 9 Extension Homemaker’s President’s Council Meeting, 3:00 PM
- 9 Extension Homemaker Club Dues to County Treasurer—\$20 per member
- 16 Senior Snippets—Food Labeling” What’s in There Anyway?
- 19 Extension Homemaker’s Festival, 6:00 PM, Community Center, 4-H Park
- 30 Memorial Day—County Offices Closed



**June 2022**

- 19 Happy Father’s Day!

**Volunteer Community Work Day**



April 15, 9:00 AM—11:30 AM  
 Wells County Community Center  
 4-H Park, Bluffton

Come help us make fleece blankets. Bring your favorite scissors.

Invite a friend or neighbor and join the fun and fellowship.



# ServSafe Food Manager 1-Day Class & Examination

**ServSafe educates food service workers about food safety.**

ServSafe Food Protection Manager is their highest certification, and focuses on five aspects:

- Foodborne microorganisms and allergens
- Personal hygiene
- Purchasing, receiving, and storage
- Preparing, cooking, and serving
- Facilities, cleaning/sanitation, and managing pests

The full 1-day training includes a manual and proctored paper exam.

You must score 75 percent or greater to earn the certificate. The certification is valid for five years. A photo ID with signature is required to take the exam (driver license, state ID, student ID, military ID, employee ID, U.S. green card, or valid passport).

For more information go to [www.purdue.edu/servsafe](http://www.purdue.edu/servsafe)  
 Register online: <https://cvent.me/l7qXKP>



Event Date: **March 30, 2022**

Life Church, Cafe of Hope  
 900 E. State Street,  
 Huntington, IN 46750

Registration: **7:45 AM**

Class: **8:00 AM - 3:30 PM**

Exam: **4:00 PM**

*All Times Eastern*

Class, Exam, Book: \$165

Exam Only: \$65

Book Only: \$88

## Senior Snippets

Programs offered by Molly Hoag, Purdue Extension HHS Educator,  
in conjunction with the Bluffton Parks Department Senior Snippets Program

April 25, 2022 at 3:00 PM

### **Train Your Brain: Ways to Keep Your Brain Healthy**

The prevalence of dementia across the United States is staggering. The focus of this program is to understand dementia, the warning signs, benefits of early detection and diagnosis, and steps to better overall brain health. Participants will learn what healthy lifestyle choices may decrease their risks of cognitive decline and dementia.

May 2, 2022 at 3:00 PM

### **Physical Activity Across the Lifespan**

This presentation reviews terms, recommendations, and benefits of physical activity. Participants will learn creative forms of physical activity and an opportunity to set a personal movement goal.

May 16, 2022 at 3:00 PM

### **Food Labeling: What's in There Anyway?**

Food Labeling is about how to identify primary components of food labels, marketing claims and understanding how to make informed food decisions.

Call the Bluffton Parks Department to register at 824-6069. There is no cost for the classes and they will be held at the Washington Park Pavilion at 3:00 PM.

## Spaghetti & Spinach Pesto

### INGREDIENTS

- 1 pound whole wheat spaghetti, uncooked (or your favorite pasta shape)
- 1 package 10-oz frozen spinach, thawed, well drained
- 2 tablespoons canola oil
- 1/4 cup grated Parmesan cheese
- 2 tablespoons chopped parsley
- 2 cloves garlic
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 2 tablespoons tub margarine
- 1/3 cup water
- 2 ounces crumbled feta cheese



### DIRECTIONS

1. In a blender (or food processor), combine spinach, oil, Parmesan cheese, parsley, garlic, salt and basil. Mix at medium speed until finely chopped.
2. Melt margarine in water. With blender or processor running, gradually pour in melted margarine mixture until blended.
3. Cook pasta according to package directions.
4. Toss pesto with cooked pasta.
5. Sprinkle feta on top and serve.

*Source: myplate.gov*

Register Here



Extension - Health and Human Sciences

# GRAND ROUNDS 2.0

Professional development conference open to anyone who is interested in The Dimensions of Wellness.

## April 18, 2022

FREE conference at Ball State University Student Center—Cardinal Hall

### Schedule for the Day and Session Topics

- 8:00 AM Check-in Begins
- 8:45 AM Welcome
- 9:00 AM Physical, Mental, Emotional/Social Impact of Technology
- 10:00 AM Intersection of Disability & Addiction
- 11:00 AM Employee Engagement for Success
- 12:00 PM ***Lunch on Your Own***
- 1:00 PM Geocaching
- 2:00 PM Assisting Veterans Through Arts-Based Wellness
- 3:00 PM Digital Inclusion & Dimensions of Community Wellness
- 4:00 PM Relationship Currency

**Full conference details are available at:**  
[bit.ly/puextgrandrounds](http://bit.ly/puextgrandrounds)

**CEU's Available**  
**Register by April 1, 2022**  
**Virtual Option Available**



EAST CENTRAL INDIANA  
 AREA HEALTH EDUCATION CENTER

Purdue University is an equal opportunity/equal access/affirmative action institution.  
 If you are in need of accommodations to attend this program, please contact Caroline Everidge  
 at 260-358-4826 or [cneverid@purdue.edu](mailto:cneverid@purdue.edu) by April 1, 2022.

*Continued from page 1*  
*Start Walking for Exercise*

- Bring water and wear a hat on sunny days.
- In the cold, wear layers, a hat, and gloves. Your base layer should fit snugly to keep you warm and wick away moisture. Your outer layer should block the wind.
- Wear a comfortable pair of gym shoes. If your shoes are new, break them in before starting your walk.
- Slowly increase the pace, distance, and/or frequency of your walks.

### Set goals

- Set short-term and long-term goals. If you currently don't have a walking routine, try setting a short term goal of 10–15 minutes of walking 4–5 times a week. After you have met this goal for a few weeks, gradually increase the time and frequency of your walks.
- Set a long-term goal of walking 30-60 minutes, 5-7 days a week.
- Track your progress by recording how long and how far you walked each time and how you felt during your walks. This could be done with paper and pen or by using a smartphone app such as MapMyWalk or Walkmeter. Over time, you will see how your walks add up, and the next day's walk won't seem as intimidating when you see how much you've already done.

- Add your walks into your calendar or to-do list. This helps make your walks part of your daily routine instead of an extracurricular activity.

### Tips to add walking into every day

- Park farther away from your place of work, the grocery store, the mall entrance, etc.
- Walk during your lunch break.
- Instead of having coffee with friends, take a walk with them.
- While at work, instead of emailing a colleague, walk to that person's desk.
- Whenever you are on your cellphone, stand up and walk around.



Source: [purdue.edu/hhs/HHS-786-W](http://purdue.edu/hhs/HHS-786-W)

### For more information on walking for exercise

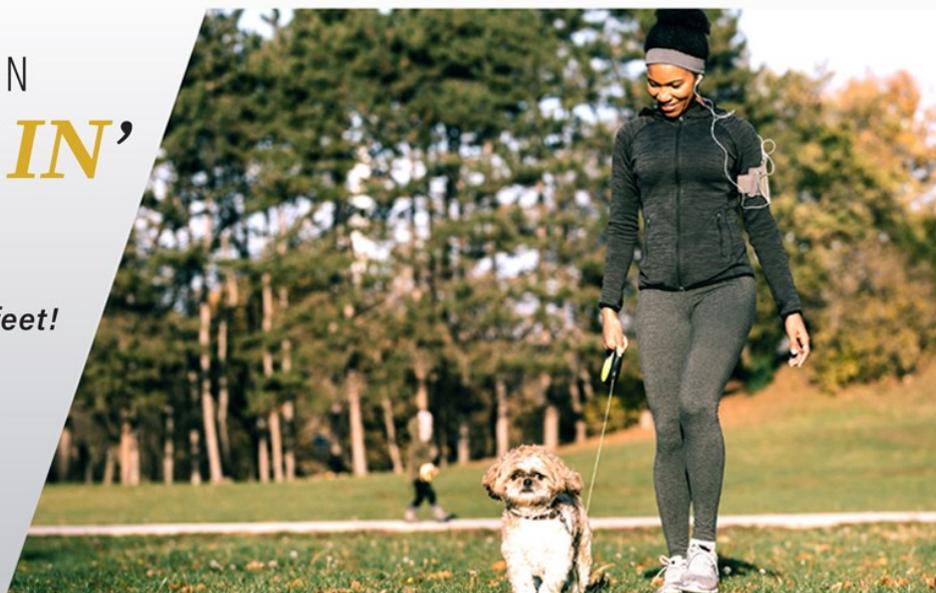
- U.S. Physical Activity Guidelines Resources: [www.health.gov/PAGuidelines/resources/#consumer](http://www.health.gov/PAGuidelines/resources/#consumer)
- USDA Choose MyPlate Physical Activity: [www.choosemyplate.gov/physicalactivity.html](http://www.choosemyplate.gov/physicalactivity.html)
- INShape Indiana: [www.inshapeindiana.org/](http://www.inshapeindiana.org/)
- American Heart Association: [www.heart.org/en/healthy-living/fitness/walking](http://www.heart.org/en/healthy-living/fitness/walking)
- WebMD Fitness and Exercise: [www.webmd.com/fitness-exercise/guide/walking-for-exercise](http://www.webmd.com/fitness-exercise/guide/walking-for-exercise)
- Mayo Clinic Walking Schedule: [www.mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20050972](http://www.mayoclinic.org/healthy-living/fitness/in-depth/walking/art-20050972)

# PURDUE EXTENSION GET WALKIN' PROGRAM

Helping Hoosiers get on their feet!



SCHOOL OF NURSING



**DON'T LET ANYTHING STOP YOU FROM SETTING & ACHIEVING YOUR GOALS! START WALKING MORE IN APRIL WITH PURDUE EXTENSION'S GET WALKIN' PROGRAM.**

Enroll in a free 12-week email-based walking program organized by Purdue Extension in Whitley County

<https://forms.gle/acHm3BNLbmC11tEQ8>

Register before March 29 by going to this link scanning the QR code



**BEGINS APRIL 1, 2022**



Extension - Health and Human Sciences

PURDUE UNIVERSITY IS AN EQUAL OPPORTUNITY/EQUAL ACCESS UNIVERSITY

The warmer weather will be here before we know it. Did you make it a goal to be more active this year? If you did, great... keep it up! If you didn't, Purdue Extension has a great opportunity for you to start moving your body more. Get WalkIN' is a free e-mail-based walking program that is being offered through Purdue Extension in Northeast Indiana.

Walking is accessible to almost anyone, doesn't require specific skills or abilities to perform, can be performed alone or with others, and is adaptable (i.e., can be performed at any chosen intensity, and is inexpensive). Walking can serve many purposes. It can be a way to exercise, have fun, or get to school, work, or other nearby destinations. Importantly, making walking easier can help communities by

improving safety, social cohesion, and local economies and reducing air pollution.

Do you know that you need to get more active but lack the initiative to get started? Do you make excuses like "I do not have time, I don't want to walk alone, or where would I walk?" Have you started to walk and lost interest or motivation? Get WalkIN' is just for you! You will receive e-mails that provide encouragement, motivation, provide information about health and wellness, and more! Participants will be asked to complete two short online surveys.

For more details, contact Brittney Schori at [bpender@purdue.edu](mailto:bpender@purdue.edu). Before you know it, you will be walking, feeling better, having more energy, and a new healthy habit!



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WELLS COUNTY

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# SAVE THE DATE!

**100th Annual Homemakers  
Festival  
May 19, 2022**



Registration 5:30 PM  
Program begins at 6:00 PM

Wells County Community Center  
4-H Park, Bluffton

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