

INSIDE GRUNDY COUNTY
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Support for New Year Resolutions

The New Year is a great time to make a new start. Many of us set New Year's resolutions with high hopes and expectations to make the New Year better than the last. Often times, those resolutions involve exercising more, losing weight, taking a class, volunteering, etc. For those interested in improving health, I want to guide you to resources you can access through Iowa State University Extension.

As in past years, ISU Extension and its partners offer a program that will help support those resolutions. Live Healthy Iowa, founded by the Iowa Sports Foundation, provides the annual, team-based Live Healthy 100-Day Wellness Challenge. Participants can choose to form a team with friends and family or to join a group team.

Team sign up for the tenth annual 100-Day Challenge began December 15. The 100-Day Challenge begins January 20, 2011 and continues through April 29, 2011. Participants can sign up throughout the length of the challenge. More than 600,000 pounds have been lost and almost 500 million activity minutes have been tracked by participants over the past few years. It is recommended that participants make long and short term goals and break them down into daily choices to increase the likelihood of success.

As part of the Iowa Sports Foundation, Live Healthy Iowa began in 2002 as a friendly competition encouraging Iowans to "Lighten Up" and adopt healthier lifestyles through increased physical activity and healthier nutrition choices. For the past nine years, Live Healthy Iowa has been making an impact on people across Iowa. To learn more about the Live Healthy 100-Day Wellness Challenge go to the following website: <http://www.livehealthyiowa.org/default.aspx>.

Eating healthy is also a key component in improving health and following through on New Year resolutions. There are additional resources available through ISU Extension to help you along the way. For instance, the publication, *Healthy Meals in a Hurry*, contains recipes for fourteen main dishes that can be prepared ahead of time and frozen for ready-to-use convenience. Each of the featured recipes has "Eat now" and "Eat later" directions. In addition, each recipe includes a nutritional analysis. Most recipes also satisfy the U.S. Department of Agriculture (USDA) Dietary Guidelines, as well as the DASH (Dietary Approach to Stop Hypertension) Diet recommendations.

ISU Extension recipes and blogs offer new and healthy ideas in the kitchen. Check out the *Food, Recipe and Activity of the Week* column to get weekly ideas and recipes. *Spend Smart Eat Smart* and *Holiday Food Safety Tips* give a direct reference for cooking and handling leftovers.

The *Spend Smart Eat Smart* website: <http://www.extension.iastate.edu/foodsavings/> can also help you with financial-based New Year's resolutions with tips and strategies to spend less on food and groceries. ISU Extension materials like the *Take Control of Your Money Web* course and *Financial Topics for a New Year* can help you with your household budget as well.

For more information, contact the Grundy office of ISU Extension at 319-824-6979. Good luck as you work on your new year resolutions! Have a happy, healthy and prosperous New Year!