

WTNS Radio OSU Extension Update for January 18, 2021
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about caring for your amazing heart and some upcoming programs from OSU Extension.

It is too easy to take for granted all that our heart will do throughout our lifetime. For instance, listen to these comparisons. Your heart pumps 2,000 gallons of blood each day. In comparison, the average Ohio resident uses 66 gallons of water per day in and around their home. That blood travels about 12,000 miles throughout your body each day. Driving from Seattle, Washington to Miami, Florida would only be 3,300 miles and would take you two days. And during an average lifetime, a heart will pump one million barrels of blood. The average oil well will produce between 100 and 3,000 barrels of oil per day.

Because heart disease is the most common cause of death in the United States (about 1 in 4 deaths), there is continual research to reduce the risk of heart disease. Some of the latest research shows that getting at least 8,000 steps per day is significantly associated with lower mortality risk from all causes. The intensity did not have a significant difference on the reduction of risk. The takeaway message? Being active, even with moderate walking, can make a huge difference in longevity.

One of my primary responsibilities as an educator is teaching adults. I have discovered over the years that though things may change, they often don't change much. Most of the time I am not teaching adults things they have never known; I am reminding them of things they once knew or are choosing to ignore.

Eat your vegetables. Wear sunscreen. Don't watch too much TV. Save money for a rainy day. A vast majority of the time, we know what we should do. It's not the knowing. It's the doing. The most challenging part of education is motivation. Stirring up a desire in someone else's heart to choose to be the best version of themselves. Convincing someone they are worthy of healthy living.

With all our heart is expected to do, we should show it some appreciation. There are many things we can do each day to improve heart health through our physical activity, the food choices we

make, and the ways we choose to respond to the stress in our lives. If you need someone to come along side to remind you of what you already know- who will tell you that you are worthy of healthy living - then I encourage you to join the OSU Extension “Strong @ Heart” Email Wellness Challenge.

This email challenge connects you with six weeks of resources and practical advice based on research to help lead a heart-healthy life. At the end of January, all participants will receive a welcome email. Beginning February 1 participants will receive emails twice a week until March 15 written by Extension educators just like me from across Ohio. Participants will have access to a tracking log and other resources available on the OSU Extension Live Healthy Live Well Blog and Facebook page.

Some of the topics that will be covered include heart disease prevention, signs and symptoms, physical activity, sleep, fats, sodium, dining out, hobbies and laughter. This is a free program and any adult with an email account may sign up. Register at our website coshocton.osu.edu by January 27.

I also want you to know about some upcoming programs from OSU Extension. A “Beating the Winter Blues” webinar series continues this Friday, January 22 from 11:00-11:30 AM with Beat the Blues with Exercise and next week’s final webinar will be Beat the Blues with Humor. This is a free online program, and you can sign up on our website coshocton.osu.edu.

And the “East Ohio Women in Agriculture Program Series” continues next Thursday with a Cooking with Cast Iron. A total of 10 webinars and 3 field days will be held January through May on a variety of financial, production, and home-related topics to help women in agriculture. Attend one or all programs in the series! Visit our website to register for one or more of these free programs.

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!