

WTNS Radio OSU Extension Update for February 3, 2020
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about how you are doing with your new year's resolutions and some upcoming programs from OSU Extension.

According to U.S. News & World Report, the failure rate for New Year's resolutions is close to 80 percent, and most lose their resolve by mid-February. Though I now choose a word of the year rather than making New Year's resolutions, I do set goals for myself. I learned as a teenager through the FFA that goal setting is critical for long-term achievement.

Inspired by my husband, my son, and other friends, I have set a goal to run a 5K race each month in 2020. It has been fun to investigate just how many 5K opportunities are out there. We ran the "First on the First 5K" at Otterbein University the morning of January 1. It's encouraging to feel like you've accomplished something on the very first day of a new year. The February 5K is a bit whimsical. We'll be running the Circle City Donut Dash 5K where the optional challenge is to eat a dozen donut holes halfway through the race. We'll just see how that one goes!

There are lots of strategies when it comes to goal setting. Research has shown that to be successful with our goals for the long haul, it takes success in the small steps. The University of Rutgers Extension has developed 25 different strategies for taking "Small Steps to Health and Wealth." One of the strategies researchers identified is to think balance, not sacrifice.

The Rutgers researchers say, "It's no wonder that many people quickly ditch New Year's resolutions to improve their health and increase their wealth. One reason is the negative feelings associated with words like 'diet' and 'budget.' Immediately we think of the three C's (cut back, cut out, and can't) or the three D's (denial, deprivation, and don't) and resist making a change. This is unfortunate because positive behavior changes aren't about making big sacrifices, they're about balance and trade-offs."

That's part of the reason for entering the Donut 5K. I want these races to have some balance of fun. My goal is not to win. My current goal is to finish each race. Last time I only slowed down to walk one time. By March, I'd love to run the entire race without walking. And I definitely want to be faster in June than in January, and faster by December than I was in June.

Sometimes it's good to have perspective. The average weight for an American man has increased by 32 pounds in the last 60 years. And in the same time period the average weight for a woman has increased by 30 pounds. This isn't about looking like a super model. This is about the health implications that often accompany extra weight, such as high blood pressure, heart disease, and diabetes.

Each pound of stored body fat is equivalent to 3,500 calories. You can burn this stored energy if you eat fewer calories or increase physical activity. If you consume just 100 fewer calories a day, then you could lose 10 pounds in a year. This can be as easy as passing on that spoonful of mayonnaise, eating 7 fewer French fries, skipping the coffee creamer, or eating one less slice of bread. You can also burn 100 calories with a brisk 15-minute walk (one mile at 4 mph). Choosing one of these small steps every day can add up to a healthier you.

If you are looking for ways to learn more about healthy lifestyle choices while managing diabetes, then OSU Extension has some great resources available. I am pleased that we will be partnering with the Coshocton Regional Medical Center this April to offer Dining with Diabetes. This is a cooking school and nutrition education program designed for people with diabetes and their family members or caregivers.

Dining with Diabetes will be held the four Monday evenings of April from 5:30-7:30 pm at Coshocton Regional Medical Center. The cost of the program is \$20 per person and includes all four classes, educational handouts, and small sized meals that feature a variety of recipes. You are encouraged to also register a support person to attend with you for an additional \$5 total. You can find more details and registration information at coshocton.osu.edu.

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!