WTNS Radio OSU Extension Update for February 3, 2025
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about heart health, and as always look at some upcoming programs from OSU Extension.

Now that February is here, the snowflake and snowman decorations are being replaced with hearts of all shapes and sizes. Therefore, it just makes sense that February is Heart Health Month. When it comes to our heart health, little every day habits make a big difference over time. The National Institute of Health has some great reminders to reduce the risk of heart disease.

1. Get Enough Quality Sleep

It may seem like a strange place to start, but getting enough sleep, and sleeping well, is important to prevent many medical conditions. Create the habit of going to bed at the same time and getting up at the same time. Eliminate screen time at least an hour before bed. It may require some extra discipline, but your heart will appreciate it.

2. Be More Active

Every activity truly adds up, even if you are active for 10 minutes at a time. Anything that gets your heart beating faster contributes to the combined 150 minutes of physical activity adults should get each week for heart health. And don't forget the importance of muscle-strengthening activities like lifting weights, working with resistance bands, doing sit-ups and pushups, or some form of yoga.

3. Stop Smoking

To stop smoking, vaping, or using any form of tobacco is one of the best things you can do to improve your health and add years to your life. If you've ever wondered whether it is worth quitting now, here are some encouraging statistics.

- After three to six years of quitting: your risk of coronary heart disease is reduced by 50%.
- After five to 10 years of quitting, your risk of cancer of the mouth, throat and voice box is cut in half.

- After 10 years of quitting, your risk of lung cancer drops by 50%.
- After 15 years of quitting, your risk of coronary heart disease is almost the same as a non-smoker's

This Friday is Wear Red Day. It is observed the first Friday in February to bring greater attention to heart disease as the leading cause of death for Americans. I'll be wearing red to honor my mom and grandma and others who had or have heart disease. I encourage you to wear red and spread the word.

And now let's see what else is new from OSU Extension.

The ServSafe® Manager Food Safety Training course will be offered on Tuesdays March 4-18, with the proctored exam Tuesday, March 25. Registration information is now available at coshocton.osu.edu.

OSU Extension and Coshocton Regional Medical Center collaborate to teach Dining with Diabetes, which is a cooking school and nutrition education program designed for people with diabetes, pre-diabetes, and their family members. Dining with Diabetes will be held on Thursday evenings April 10 through May 1.

And registration is now open for the East Ohio Women in Agriculture Conference on Friday, March 21 in Wooster. The conference will feature break-out sessions related to Plants, Animals, Business & Marketing, Home & Family, Special Interest, and Personal Development. We are thrilled to have international speaker, author, and farm coach, Elaine Froese, at our conference this spring. She's on a mission to guide farm families, across North America, to get unstuck, communicate better, find harmony through understanding, and secure a profitable farm legacy. Find registration on our Facebook page.

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