



# Living Well Williamson

Volume 2, Issue 3

Fall Newsletter

## 6 Tips for Healthy Living

### 1. Eat Clean

- Eat real, whole foods
- Eat brain-boosting foods
- Think the rainbow
- Choose high quality lean proteins
- Buy chemical-free foods
- Drink 6-8 glasses of water/day
- Cook more

### 2. Exercise

- Choose something fun
- Create a S.M.A.R.T. plan
- Track your progress
- Pick a time that works for you

### 3. Sleep

- Get 7-8 hours/night

### 4. Think Positive

- Start off on a positive note
- Listen to inspirational music
- Focus on your blessings
- Reframe situations

### 5. Give more

- Verbalize thankfulness
- Help someone in need

### 6. Love

- embrace supportive relationships
- wean unhealthy relationships



*Apples*

*Garlic*

*Pears*

*Bananas*

*Ginger*

*Pumpkins*

*Beets*

*Grapes*

*Radishes*

*Brussels Sprouts*

*Green Beans*

*Raspberries*

*Broccoli*

*Kale*

*Rutabagas*

*Cabbage*

*Lettuce*

*Spinach*

*Carrots*

*Mangos*

*Sweet Potatoes*

*Cauliflower*

*Mushrooms*

*Swiss Chard*

*Celery*

*Onions*

*Turnips*

*Collard Greens*

*Parsnips*

*Winter Squash*

*Cranberries*

*Peas*

*Yams*



## TIME FOR A WALK

Start your walking program in the Fall by gradually increasing length and pace as you get used to it. Walking is an excellent form of exercise for people of all ages and abilities. The following suggestions may help you to incorporate regular walking into your lifestyle.

- **Warm-up activity** – start slowly, do a few warm-up exercises and stretches first. Don't walk immediately after a big meal.
- **Build activity slowly** – start with a 20 minute walk then increase gradually. Try to walk at least three times per week.
- **Use the correct technique** – walk at a steady pace, swing your arms freely and stand as straight as you can. Your feet should step in a rolling action from the heel to the toe.
- **Shoes and socks** – wear thick comfortable cotton socks. Sensible, comfortable and lightweight shoes with support are best.
- **Water** – drink water before and after your walk. Take water with you on your walk, especially in warm weather.
- **Cool down** – make sure you cool down after a long fast walk. Do a few stretching exercises.



# HALLOWEEN SAFETY TIPS!!!

Courtesy of Centers for Disease Control and Prevention



**H**old a flashlight while trick-or-treating to help you see and others see you.  
Always WALK and don't run from house to house.

**A**lways test make-up in a small area first. Remove it before bedtime to prevent possible skin and eye irritation.

**L**ook both ways before crossing the street. Use established crosswalks wherever possible.

**L**ower your risk for serious eye injury by not wearing decorative contact lenses.

**O**nly walk on sidewalks whenever possible, or on the far edge of the road facing traffic to stay safe.

**W**ear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.

**E**at only factory-wrapped treats. Avoid eating homemade treats made by strangers.

**E**nter homes only if you're with a trusted adult. Only visit well-lit houses. Never accept rides from strangers.

**N**ever walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.

BOO!



*Together Against Violence*

## EARLY DETECTION PLAN STARTS WITH A MAMMOGRAM

### What is a mammogram?

A mammogram is an x-ray that allows a qualified specialist to examine the breast tissue for any suspicious areas. The breast is exposed to a small dose of ionizing radiation that produces an image of the breast tissue.

### Why do I need a mammogram?

Mammograms can often show a breast lump before it can be felt. They also can show tiny clusters of calcium called micro calcifications. Lumps or specks can be caused by cancer, fatty cells, or other conditions like cysts. Further 1 in 8 women will be diagnosed with breast cancer in her life-time tests are needed to find out if abnormal cells are present.

### When do I need to do a mammogram?

Women 40 and older should have mammograms every 1 or 2 years. Women who are younger than 40 and have risk factors for breast cancer should ask their healthcare professional whether mammograms are advisable and how often to have them. Even women who have no symptoms and no known risks for breast cancer should have regularly scheduled mammograms to help detect potential breast cancer at the earliest possible time.



## COMMUNITY SERVICE

### WHY BE A VOLUNTEER?

People become volunteers because they can make a difference where someone or something needs help. The government and professionals try to meet everyone's needs, but it's impossible for them to do it all. So when we volunteer our time, money, or talents, we help make our planet a better, happier home where people work together to make life easier for all.

### HOW CAN YOU HELP?

- Call programs based in your community and ask if they need help.
- Visit your town's website. It may list volunteer opportunities in your area.
- Contact a local museum or other cultural institutions.
- Ask libraries, religious organizations and community colleges if they sponsor any volunteer groups.

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Save  
the  
Date

- EEA Homemade Holidays– Oct. 12
- EEA Applebee's Breakfast– Nov. 12
- Dinner Tonight! Healthy Holiday Cooking School— Nov. 15

An Ounce of Prevention is  
Worth a Pound of Cure  
- Benjamin Franklin -

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