



THE FOURTH H



Quarterly Newsletter January- March 2017

Welcome!

The Fourth H is a healthy lifestyles newsletter that will highlight and celebrate the successes of healthy living programs throughout 4-H.

The Golden Rules of Goal Setting

The Five Golden Rules Author: MindTools.com

1. Set Goals that Motivate You

When you set goals for yourself, it is important that they motivate you: this means making sure that they are important to you, and that there is value in achieving them. If you have little interest in the outcome, or they are irrelevant given the larger picture, then the chances of you putting in the work to make them happen are slim. Motivation is key to achieving goals.

2. Set SMART Goals

You have probably heard of SMART goals already. But do you always apply the rule? The simple fact is that for goals to be powerful, they should be designed to be SMART. There are many variations of what SMART stands for, but the essence is this – goals should be:

- Specific.
- Measurable.
- Attainable.
- Relevant.

3. Make an Action Plan

This step is often missed in the process of goal setting. By writing out the individual steps, and then crossing each one off as you complete it, you'll realize that you are making progress towards your ultimate goal.

4. Stick With It!

Remember, goal setting is an ongoing activity not just a means to an end. Build in reminders to keep yourself on track, and make regular time-slots available to review your goals. Your end destination may remain quite similar over the long term, but the action plan you set for yourself along the way can change significantly. Make sure the relevance, value, and necessity remain high.

Bonus Tips:

1. To make sure your goal is motivating, write down why it's valuable and important to you.
2. Post your goals in visible places to remind yourself every day of what it is you intend to do. Put them on your walls, desk, computer monitor, bathroom mirror or refrigerator as a constant reminder.

https://www.mindtools.com/pages/article/newHTE_90.htm

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Announcements

Healthy Living Advisory Council

The Healthy Living Advisory Council is looking for new members to join their council. If you have an interest or have any youth with a passion in Healthy Living please send an email to Salim Oden at Salim_Oden@ncsu.edu

Upcoming Dates

Monday, January 30th -

Health Rocks! Poster Contest Kick-Off

Saturday, February 11th -

Health Rocks! TRY-IT Training Cleveland County

Saturday, February 25th -

Health Rocks! TRY-IT Training Edgecombe County

Friday, April 28th - 30th -

NC 4-H Healthy Living Summit - Eastern Center

Take 5 Curriculum Pilot

A special thanks to Avery, Bertie, Brunswick, Cabarrus, Guilford, Jones Counties for participating in NC 4-H Take 5 curriculum pilot. Take 5 is a healthy living curriculum intended to help youth learn how to identify, manage and decrease stressors in their lives and the lives of their friends and families. The Take 5 curriculum approaches stress relief by introducing youth to different ways they can take a break from life's stressors and maintain control of their lives.

Grants

The State 4-H team is actively pursuing a number of grants focused on expanding Healthy Living programs in NC 4-H. Stay tuned for new opportunities to get you county and youth involved.

Food and Nutrition



Here is a great recipe for chili recommended by Sydney Johnson FCS Agent Duplin/Sampson Counties; from *The Everything Vegan Cookbook*:

Black Bean Butternut Squash Chili

Ingredients

- 1 onion, chopped
- 3 cloves garlic, minced
- 2 Tbsp olive oil (can omit if putting in crock pot)
- 1 medium butternut squash, cubed
- 2 15oz cans of black beans, drained
- 28oz can of stewed or diced tomatoes, undrained
- 3/4 cup vegetable broth
- 1 Tbsp chili powder
- 1 tsp cumin
- 1/4 tsp cayenne pepper



[Heijo Reinl. Unsplash.com](https://unsplash.com/photos/HeijoReinl)

Directions

1. Add all to crockpot and cook on low, about 6 hours.
2. If not using a crockpot, heat oil in a heavy large pot on medium-high heat. Add onions and garlic, saute until tender. Add squash, stir 2 minutes. Add remaining ingredients; bring to a boil. Reduce heat and simmer, uncovered, until squash is tender, about 15 minutes. Ladle into bowls and enjoy!

Fitness Corner



Stay Active to Avoid Stress

Written by Salim J. Oden

The popular saying goes “when life gives you lemons, you make lemonade.” Sometimes that is easier said than done. Stress comes in many different forms and a lot of times it comes at a time that really isn’t convenient for our lives. There are many ways to cope with stress; exercise and other types of physical activity are just one way to combat life’s stressors. Check out the list below for some great ways to be physically active and help yourself, you friends, and your family conquer stress.

- Take a Hike – North Carolina has many trails that are good for hiking, walking, or biking. Go with a group to make the experience more exciting.
- Start a Challenge – Physical Activity challenges are growing in popularity. Start a challenge with co-workers or with you family to provide everyone with extra motivation to Move More.
- Begin a new Hobby – A new hobby allows you to step outside of your comfort zone and try something new. Ice skating, salsa dancing, archery are all fun physical activities that give you the challenge of learning something new while taking time to distress.
- Attend a Fitness Class – Having a set time to exercise makes staying active easier. Zumba, Yoga, Taekwondo are all great ways to get moving and shake stress away.



[Matt Heaton. Unsplash.com](https://unsplash.com/photos/MattHeaton)

It is recommend that adults do at least 150 minutes of physical activity every week. Spreading out you physical activity makes it less of a burden and provides you more opportunities to distress.

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