

Health & Wellness Newsletter

April 2022

FOOD for Thought



Be Active & Move More In April

Every April, we encourage the entire community to get up and Move More. April is National Move More month and it was created by the American Heart Association to improve the health of Americans encouraging people to get 10,000 steps per day.

There are so many benefits of being physically active. In addition to weight loss or weight management, it makes you feel better, helps you relieve stress, helps you sleep better, improves your mood, improves your cognitive function, and so much more. No matter the type of exercise, we just want you to move more, be more physically active and less sedentary. Going for a simple walk is one of the healthiest things that you can do each day.

Back in November 2022, the Person & Granville County Extension Office joined forces with Extension Offices from 8 other states to help create an online "Walk-A-Weigh" Facebook group to offer daily posts, weekly workshops, and support for participants to post daily walking/exercise ideas. This group has continued and we are always looking for new members.

Visit our Facebook group page at tinyurl.com/30for30WAW and click to join. You can post pictures of you each day getting in your steps or exercise and receive encouragement from participants from all over the country as well as learn new ideas of how to be healthy, get in your exercise, and start a new routine of making physical activity more of a priority.

April Workshop Dates:

"Healthy Living for Your Brain and Body" (1) In-Person Lunch N' Learn: Tuesday, April 12th at 12pm at Person County Office - \$5 fee (2) Virtual Zoom: Tuesday, April 26th at 12pm for free. Register at go.ncsu.edu/fcsregistration

"Healthy Eating On a Budget" workshop Tuesday, April 19th at 10:30am for free at the Person County Senior Center

Virtual Home Food Preservation Series bi-weekly Thursdays, April 14- June 23 from 6:30pm - 8:30pm Register at go.ncsu.edu/foodpreserving



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Salad with Vinaigrette Dressing Serves 6

- 1 Tbsp finely chopped onion*
- 2 Tbsp oil
- 1 Tbsp apple cider vinegar
- 1/2 tsp mustard
- 1/4 tsp salt
- 1 pinch black pepper
- 1/2 tsp honey
- 8 cups mixed greens
- 1 tomato, cored and diced
- 1 cucumber, peeled and sliced
- 1 apple, scrubbed well, cored and diced
- 1/4 cup shredded cheese, low-fat

Wash tomato, cucumber, apple, and salad greens. Peel and slice the cucumber. Dice the apple and tomato. Make the vinaigrette dressing using the first 7 ingredients. Mix the salad with the vinaigrette dressing. Serve and enjoy.

* You can replace onion with 1/4 tsp onion powder
**You can also add 1 Tbsp herbs for seasoning

Source - USDA Team Nutrition fns.usda.gov/tn/cooks