

February 2018

Workout Ideas

How many of you made a New Years Resolution to be healthier or to start exercising more? Have you fallen behind on your resolution or losing interest? No worries! Here are some Workout Ideas provided by the Academy of Nutrition and Dietetics to help keep you on track to meet your goals for 2018.

“30-Minute Workouts for Any Schedule” by Heather Mangieri, MS, RDN, CSSD, LDN

- “10-Minute Mini-Workouts”
- “Involve the Family in Daily Fitness”
- “Clean with Purpose”
- “Look for Opportunities to Walk”

To read more about these tips please visit:

<http://www.eatright.org/resource/fitness/exercise/workout-ideas/30-minute-workouts-for-any-schedule>

~Source: Academy of Nutrition & Dietetics

www.eatright.org

Reference

Mangieri, H. (2018, January 10). 30-Minute Workouts for Any Schedule. Retrieved January 30, 2018, from <http://www.eatright.org/resource/fitness/exercise/workout-ideas/30-minute-workouts-for-any-schedule>



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Walk Across Texas!

It is not too late to join the Walk Across Texas! program! This is an 8 week program to help individuals become more physically active. Registration is FREE! First 50 people will

receive a FREE pedometer donated by the LMH Hospital. Individuals may join on a team up to 8 people or may walk as a “solo” or by yourself walker.

Kick-Off Event is Feb. 5th at the LMH Wellness Center from 11:00 a.m. —1:00 p.m.

Start counting steps on

Feb. 6th



WALK
ACROSS TEXAS!

Food Handlers Class on Feb. 12th at 2:00 p.m. at Civic Center

Please call to RSVP!



Pumpkin Cupcakes with Greek Yogurt Frosting

Recipe Provided By: Dinner Tonight

Ingredients:

- 1 15 ounce box spice cake mix
- 1 15 ounce can unsalted pumpkin
- 1 cup water
- 2 cups plain Greek yogurt
- 2 teaspoons vanilla extract
- 1 cup powdered sugar

Instructions:

1. Preheat oven to 350 degrees. Line 24 cupcake tins with paper liners.
2. In a large bowl, combine first 3 ingredients. Mix well. Evenly distribute batter into cupcake liners.
3. Bake for 20-25 minutes or until toothpick comes out clean. Remove from oven and cool completely.
4. In a medium bowl, combine remaining ingredients. Refrigerate for 30 minutes. Spread frosting on cupcakes and garnish with ground cinnamon.

To view a demonstration of this recipe please visit:

<https://dinnertonight.tamu.edu/recipe/pumpkin-cupcakes-with-greek-yogurt-frosting/>



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