

STRENGTHENING OKLAHOMA FAMILIES



**GARFIELD COUNTY
EXTENSION**

Kickstart the Year With Realistic Health Goals

With the last few notes of Auld Lang Syne still echoing through the air, many Oklahomans are planning to start the new year with goals of better health and self-improvement. From exercise videos to health-tracking apps, many forms of assistance and support are available.

To best set oneself up for success, set specific measurable, achievable and relevant goals, said [Janice Hermann, Oklahoma State University Extension](#) nutrition specialist.

“Everyone has lofty goals at the beginning of the year, but are they attainable? If they aren’t, it will be easy to get off track and give up,” Hermann said. “Instead, set smaller, intentional goals such as losing 10 pounds in three months. This is an achievable goal. When you have success with your goals, it makes it easier to continue on the right path.”

Weight-loss programs based on restrictive diets and unrealistic weight goals have largely been shown to be unsuccessful. Most people who lose weight on restrictive diets tend to regain the weight. No single food plan is magical, and no specific food must be included or avoided to achieve your goals. Remember, the best approach is a moderate reduction in dietary calorie intake combined with a moderate increase in calories expended through physical activity.

What is reasonable weight loss for adults? Over a year, it’s about 10% to 15% of body weight. For someone weighing 250 pounds, a 10% loss is 25 pounds, or about a half pound per week for a year.



Even modest weight loss can improve blood glucose, blood pressure and blood lipids, all of which can reduce the risk of cardiovascular disease and type 2 diabetes.

“The people most successful at weight management have fully incorporated healthful eating and physical activity into their daily lives,” she said. “Staying on task and being organized helps, too. Plan and schedule exercise time. Also, meal planning and prepping can help ensure you’re making healthier food choices.”

People who combine healthy eating with regular physical activity typically lose more fat, retain more muscle and regain less weight. Even if your eating habits aren’t the healthiest, participating in regular physical activity can reduce abdominal obesity, lower blood pressure, lower insulin resistance and improve cardiorespiratory fitness.

Hermann said weight management is a matter of calories in vs calories out. If calorie intake is the same as calorie usage, a person’s weight will stay the same. If fewer calories are taken in than are burned, weight loss occurs.

Garfield County OSU Extension

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And, if calories consumed are more than calories burned, weight gain occurs.

Check out the USDA's [MyPlate](#) for tips on healthy eating. There is so much information for various stages of life, including infants, toddlers, preschoolers, kids, teens, young adults, women who are pregnant or breastfeeding, adults, older adults and families. Information is also available in Spanish. In addition, OSU Extension offers [health-related information](#) online.

Hermann said it's important to remember to never give up on your goals.

"You're going to fall of the wagon from time to time. Don't worry because you can get right back on track," she said. "Managing weight isn't a sprint – it's a steady, life-long journey. Remember to focus on healthy eating and activity instead of losing weight."

Med Instead of Meds

Med instead Meds will be starting Friday May 2, 12 noon at the Garfield County OSU Extension office for 5 sessions through May 31. Each class will focus on eating a healthy Mediterranean style eating pattern (a.k.a. eating the Med Way) as well as a food demonstration/lunch at each session. Recipes and steps to incorporate this style of eating will be shared. The class size is limited, cost for the 5 sessions is \$40 and includes a lunch at each meeting. Enroll by calling 580-237-1228 by April 16.



Stay Strong, Stay Healthy

Classes will be offered at the Garfield Extension Office, 316 East Oxford, Enid each Monday and Wednesday starting February 3 through March 26, 2025, from 12:30-1:30 each day. This eight-week program can help you get started on the road to better health in time for spring. The Stay Strong, Stay Healthy program is built on simple strength-building exercises that will improve balance, health and state of mind. There is room for a few more participants, so call now to reserve your spot. To register, please call the Extension office at 580-237-1228 or stop by the office. There is no charge for the class.



Barn Quilt Classes

February 28 and March 1

9-4

Sign up now for the next Barn Quilt class. You will complete a 2' x 2' suitable for indoor or outdoor use. Cost is \$40 and includes all supplies, patterns as well as lunch and snacks. Sign up before February 20 to save your spot.



Diamond Art Class

Diamond art is a fun way to create beautiful pictures. Class will be March 27th, from 10 to noon. Cost is \$15 with all supplies provided. RSVP by March 20th. Make checks out to Shirley Clark.





2025

West District OHCE Meeting

(North Region)

March 22, 2025

Watonga High School

1200 Eagle Lane, Watonga OK 73772



*Please join us at
Cindy Conner's
retirement celebration
Tuesday, February 11, 2025
2-4 p.m.
Oakwood Country Club
1601 N. Oakwood Rd, Enid*



AARP Driving Class

Looking for an opportunity to lower your auto insurance premiums for participants 50 years old and older and update yourself on changes in the driving landscape, automobile technology, and motoring rules. This course includes the latest information as well as strategies for driving safely longer.

Garfield County OSU Extension and AARP are sponsoring this "Smart Driving Course" beginning 9 am Tuesday, March 18, 2025, at the Garfield County OSU Extension Office - Conference Room; 316 East Oxford; Enid, OK. The course will last until 4 pm with a break for lunch. The course is open to the public. Younger participants are welcome to attend. Sign up by contacting the Garfield County OSU Extension center at 580-237-1228 or Kevin Hackett at 405-714-1002 for questions or more information. Cost is \$20 for AARP Members (bring your card) or \$25 for non-AARP members. Bring your Driver's License. Participants will receive a guidebook as part of the course.



**IMPORTANT
MESSAGE!!!**

Due to postage costs and a limited postage budget, we will combine the February and March FCS Newsletter. Be sure and save this newsletter for reference.

Education Workshops for February/March

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

West District (North Region) Meeting

Included in the newsletter is a flyer about the upcoming meeting Saturday, March 22 at Watonga High School with registration at 8:30 am. Registration of \$25 is due by February 24th so that one county check can be submitted for the meeting. (High School is located on 11th Street-turn left onto 11th off HW 8 and travel east. School is on the left)

Cookies for Vance Air Force Base

Thank you to all our Garfield County Extension groups for working together on this project. A reminder for 2025 is in our yearbooks with each group donating a total of 10-12 dozen cookies for their assigned month. The cookies should be delivered to the Extension Office by the second Monday of each month and bagged in groups of 2-3 cookies (depending on size) in small snack size baggies. To make it easier, cookies can be delivered during business hours before the second Monday if that works for your group. They will be frozen until picked up by our liaison-Don Johnson. February 2025 group is Kremlin Home Culture and for March 2025 Pioneer Wheathearts are responsible.



Lessons for March and April OHCE Meetings

The lesson for your March meetings will be presented **Wednesday February 26, 2 pm**, our topic is “40 Gallon Challenge and Water Conservation”. Lindy will be presenting this lesson.



The lesson for April meetings are from the District meeting and will be either “**How Walkable is your Community or Working with Food Pantries**”. Lessons will be shared on **Wednesday**



March 26, 2 pm, by Joy. Let the office know which one your group would prefer so handouts can be prepared.



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Joy Rhodes
Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or joy.rhodes@okstate.edu at least two weeks prior to the event.



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Dates to Remember

- Feb. 3—Stay Strong Stay Healthy
- Feb. 11—Cindy Conner Retirement
- Feb. 26—Leader Lesson
- Feb. 28—Barn Quilt Class
- March 1—Barn Quilt Class
- March 18—AARP Driving Class
- March 22-2025 District OHCE Meeting
- March 26—Leader Lesson
- March 27—Diamond Art Class
- May 2—Med Instead of Meds Class



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