



EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Small steps can lead to big changes for better health in 2026

New year. New you. At the dawn of a new year, many people plan goals they want to achieve, and living a healthier lifestyle is often part of the plan.

However, these goals don't necessarily mean making drastic changes or starting over. The focus should be on consistency, said Nila Pradhananga, Oklahoma State University Extension food and nutrition security specialist.

"While we're excited for the new year and have high hopes for achieving the big goals we've set for ourselves, sometimes those goals lose their luster after a few weeks," she said. "This is why it's important to focus on staying consistent with achievable goals and outline the steps it takes to get to the finish line."

Pradhananga suggests setting SMART goals – Specific, Measurable, Achievable, Relevant and Specific:

•**Be specific with the goals** – make sure they're clearly defined. Instead of setting a goal to eat healthier, be more specific. For example, set a goal to eat a healthy breakfast five days a week.

•**Measurable:** Goals must be measurable to track progress effectively. Indicate how many days or minutes of exercise are attainable.

•**Achievable:** Goals should be realistic and within reach to support successful outcomes. Consider current schedules and



resources to help make goals a reality. Plan to do meal prep on Sunday to ensure healthy meals throughout the week.

•**Relevant:** Make smaller plans that are relevant to what matters most. Each smaller goal should clearly connect to the bigger picture. For example, if the overall goal is better stress management, setting a goal to take short walking breaks during the day would be relevant.

•**Time-bound:** While long-term goals are great, set a goal for shorter time frames and then reassess. This is a time when changes can be made to make goals more attainable.

"If eating healthy and meal-planning are your goals, but your schedule is hectic, look at resources that can help," Pradhananga said. "For example, for someone, grocery shopping could be time-consuming, so maybe grocery delivery or curbside pickup would be beneficial.

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Take advantage of available resources that can help achieve your goals.”

Also, identify patterns that hinder goal achievement. Is it a lack of planning, fatigue, lack of direction or some other cause?

“Once you understand the ‘why’ behind specific behaviors, it makes it easier to set realistic, meaningful goals and plan small, achievable steps toward change,” she said.

She also suggests replacing behaviors with healthier alternatives. Consider what can be done differently instead of focusing on what behaviors need to stop. Small substitutions and gradual changes are often more sustainable than drastic overhauls.

“Don’t give up if you fall short of your goals. It’s a new, clean slate each day,” she said. “Taking your plan one day at a time will help ensure a healthy 2026.”

OSU Extension offers additional information on health, nutrition and wellness. The American Heart Association has information on setting fitness goals, and the National Institutes of Health provides additional information on health and lifestyle changes.

The Oklahoma Conference on Volunteerism

June 26 – 27, 2026

The conference is designed to empower and equip Extension volunteers and educators to serve their communities effectively. Multiple workshops and educational offerings will be shared with the participants to help volunteers be energized to engage with youth and adults in their counties. Registration details will be announced soon with the conference being located on the OSU Campus.



L. E. A. D. - Diabetic Class

March 4, 11, 18 and 25

12 noon-1

Cost is \$40 and includes lunch at each of the 4 lessons as well as all handouts and recipes. Must have 6 enrolled to hold the class. Registration is due Feb 25 with payment.

The 4-week program includes information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Sessions will include demonstrations on how to prepare recipes that are healthy and use less fat, salt and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack and dessert recipes. Join us and learn how to eat healthier in 2026.

Garfield County OSU Extension will hold an Open House Friday May 8, 2026. We will be celebrating the 112th Anniversary of the beginning of Extension at our land grant university Oklahoma State University and the division of Extension. Stay tuned for more details.



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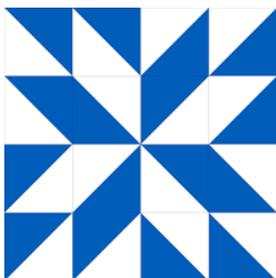
**OHCE District Meeting
Saturday, March 28
Seiling High School**

Cost is \$30 and due to our treasurer Linda Kenedy by February 20. Registration fees may be dropped here at the office for your convenience.

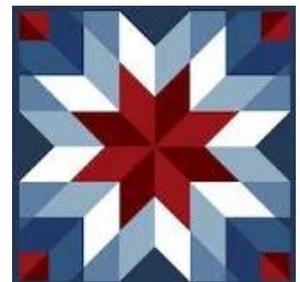


Barn Quilts

April 10 and 11



Cost is \$50. Each day begins at 9 and will continue until approximately 3 pm. Cost includes all supplies, patterns and lunch for the day. Call or stop by the office to enroll and pay for the classes by April 3. Class size is limited but also won't be held unless there are 6 enrolled.





Spring Garden Tips

With David Hillock, OSU Horticulturist
Tuesday, March 17
1 pm

Garfield County OSU Extension
316 E. Oxford • Enid, OK

Come join us

~Hints & tips to get your garden off to a great start~

Table Topper Workshop Feb 17, 10 - 2

Sign up and receive the materials list. Limited to 10 Participants. Pattern is Spring Bloom. This pattern uses a charm pack of spring colors. Bring a dish to share for a quick lunch or a sack lunch. Drinks will be provided.

The last Table Runner in the series of 4 classes is tentatively scheduled for April 21, with a summer theme. Call in to reserve your space and receive the list of materials needed to complete this runner. Class is limited to 10 participants.

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

OHCE Executive Board Meeting

March 2, 2026

9:30 am

Will be planning the Spring meeting and other business including the upcoming district meeting fundraiser. All officers, committee chairs, and local officers are welcome to attend.

Achievement Day/Spring Association Meeting

Tuesday, April 21

Achievement Day was cancelled due to the snowstorm. It was decided to have both the Achievement Awards and Installation of Officers presented at the Spring Association meeting. This will be held April 21, 6 pm is registration, starting at 6:30. Hostesses are Casa La Mia. Plans will be finalized at the March Executive Board Meeting to schedule a new day or roll in with the Spring Association meeting.

OHCE Week Celebration and Tour

May 3 - 8

Activities are already being planned for the upcoming OHCE Week Celebration. Along with the Open House, May 8, OHCE members are invited to participate in a series of tours on Route 66. This is the 100th anniversary of Route 66 and Shirley has planned the first tour to head east from Edmond to Sapulpa with great stops along the way.

We will head out Tuesday, May 5 on this great adventure. Look forward to 1 or 2 more tours of this iconic historical landmark.



Leader Lesson

February 25

2 pm

The lesson for March will be held Wed. February 25, 2 pm at the Conference Room. Lindy Peterman will be the presenter for our topic "Aging with Purpose". Lessons from the District Meeting are for your April meetings. Please select from either Air Fryer Basics or Relax Your Way to Better Blood Pressure. Lessons will be held at 2 pm March 25.

Cookies for Vance Air Force Base

February cookies are provided by True Honest Workers, March cookies are the responsibility of Casa La Mia. Cookies should be delivered to the Extension Office by the second Monday of the month. Each group should bring 10-12 dozen cookies divided into individual packages of 2-3 cookies each. them until our liaison is ready to deliver to the base.



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Joy Rhodes

Extension Educator, FCS/4-H Youth Dev.

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316 E. Oxford
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- Feb. 17 – Table Topper Workshop
- Feb. 25 – Leader Lesson
- March 2 – Board Meeting
- March 4-25 – L.E.A.D. Classes
- March 17 – Spring Garden Tips
- March 28 – District Meeting
- April 10 & 11 – Barn Quilt Workshop
- April 21 – Ach. Day/Spring Assoc. Mtg.
- May 3-8 – OHCE Week & Tour
- May 8 – Extension Open House
- June 26-27 – Volunteerism Conference



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