

Family & Community Health

Healthy Lifestyle

January 2024

Texas A&M AgriLife Extension Service Starr County Family & Community Health

Welcome to the January 2024 issue of "Healthy Lifestyle". This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Starr County.



Set SMART Goals



Goals are part of every aspect of life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals, you are providing yourself with a target to aim for. A **SMART** goal is used to help guide goal setting. **SMART** stands for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imely. Therefore, a **SMART** goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.

Healthy Start to a New Year

A KINDER NEW YEAR'S RESOLUTION

- Set an attainable weight loss goal, like 5 pounds.
- Examine your habits without judgement to determine where YOU can make the best change.
- Notice that another 5 pounds is still attainable.
- Prepare yourself for the long game....you're worth it!



SOUTHWEST BEAN BURRITO

Eat Well for Life

Southwest Bean Burrito

by Dinner Tonight Healthy Cooking School

This delicious burrito is a refreshing and filling meal. You can eat the bean mixture in a burrito or add it to a bowl of steamed rice. Don't be afraid to add a few other flavors like lime juice! Enjoy!

**Did you know you can often cut back on the amount of meat in a recipe by using beans? Also, half cup of black beans provides 16% of the daily value for protein and is a good source of dietary fiber!*

click below for the Recipe:
[Southwest Bean Burrito](#)



Healthy Weight Week

Celebrate January 18th-24th with these tips:

- Talk with your doctor about weight.
- Practice slow, deep breathing to reduce stress.
- Be mindful about daily choices.
- Grab a healthy snack.
- Take the stairs when you can.
- Get moving with dancing, house cleaning, or brisk walking.
- Drink water!

5 Tips to Reduce Stress

Eat healthy
Exercise
Practice mindfulness

Sleep restfully
Take time to relax & practice self-care



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Starr County

Family & Community Health Programs

- Cooking Well for Healthy Blood Pressure
- Cooking Well with Diabetes
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Walk Across Texas
- Food Handler Certifications

For more information on our programs, please contact me at
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