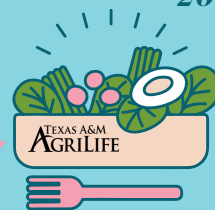




FABLOW AgriLife



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Atascosa, Bandera & Wilson County.

GOOD VIBES INTO 2022

Happy
New Year
2022

Good
Vibes
Only

Cheers

TO THE NEW YEAR

The New Year comes and goes, but our bond will last a lifetime. Excited to see what 2022 has in store for us!

HEALTHY START TO A NEW YOU

Eat healthy foods- Eat plenty of fruits and vegetables every day. Doesn't matter if they are fresh, frozen or dried, just eat the ones you enjoy. Include a variety of protein, replace butter with heart healthy oils like olive oil, or canola oil. Look for foods with whole grain and low-fat dairy. Consume no more than a teaspoon of salt a day.

Stay Hydrated- Most adults should consume eight 8oz of water per day! If you are physically active, pregnant or breastfeeding more should be consumed.

Be Physically Active- Try getting 30 minutes of physical activity at least 5 days a week. this can improve mood, blood sugar, blood pressure and blood cholesterol levels.

Improve Mental Health- Manage your stress and emotional wellbeing, practice mindfulness, and get enough sleep all of these are very important to maintain good mental health.



HEALTHY START TO A NEW YEAR

- ♥ Eat Healthy Foods
- ♥ Stay Hydrated
- ♥ Be Physically Active
- ♥ Improve Mental Health
- ♥ Manage Health Conditions

TEXAS A&M
AGRI LIFE
EXTENSION

Manage Health Conditions- Untreated or poorly managed health conditions like obesity, diabetes, heart disease or hypertension can severely impact the quality of your life. Take care of yourself!

HEALTHY CARBOHYDRATES!

The Healthy Carbohydrates series is a four-session series intended for audiences wanting to learn more about how to prevent chronic disease (specifically diabetes and obesity) through nutrition practices.

Feb 7th Healthy Carbohydrates Starts!



**Join the Facebook Group:
2022 FABLOW AgriLife**



Episode :46

*Good Vibes
Only*



With the fabulous FABLOW Team



New Year Goals

Check out our Good Vibes Podcast Episode, FABLOW talks about the New Year, how we are staying positive, and 5 things we want to do in 2022.

Let us know what your 5 things are for the new year? Share with #FABLOWAgriLife

Start small... pick one goal and add-on through out the year.

FRIO



Jocelin Villarreal
Birthday Girl Month

ATASCOSA



Dru Benavides - FCH Ext. Agent

County Events & Programs on
<https://atascosa.agrilife.org/>

BANDERA



Jessica E. Faubion - FCH Ext. Agent

County Events & Programs on
<https://bandera.agrilife.org/>

WILSON



Nicole Demmer - FCH Ext. Agent

County Events & Programs on
<https://wilson.agrilife.org/>

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our "FABLOW -US" content:

- **Podcast:** FABLOW AgriLife is on 11 different platforms (find us!)

