

HOPKINS COUNTY COOPERATIVE **EXTENSION SERVICES**

75 CORNWALL DRIVE MADISONVILLE, KY 42431 (270) 821-3650

NEWSLETTER

Following us online is an easy way to keep up with **Hopkins** County Extension Family and Consumer Sciences

> AMANDA DAME County Extension Agent for Family and Consumer Sciences

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Finding motivation to stick to your exercise resolutions.

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SHOPPING

Upcoming Dates

On Facebook Live:

Meal Magic April 5th-12PM

Facebook Handle: Hopkins County Nutrition Education Program

At the Extension Office:

Homemaker Council

March, 18th - 9AM

Extension District Board

March, 20th - 11:30AM

County Extension Council

March, 20th- 4:30pm

On PodBean, Spotify,

Amazon Music, &

iHeartRadio:

Life Simplified New episodes

every Tuesday!

https://lifesimplified podcast.podbean.com/

Cooperative **Extension Service**

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating Lexington, KY 40506





APRIL 7TH - 10AM

In person at the Extension Office

OR 12PM VIA Zoom

"ESTATE PLANNING FOR NON-TITLES PROPERTY"



APRIL 14TH - 10AM

In person at the Extension Office

"WHAT IS FAIR"

APRIL 21ST - 10AM

In person at the Extension Office

"WHO GETS WHAT"

APRIL 28TH - 10AM

In person at the Extension Office

"HOW CAN WE **COMMUNICATE** WITHOUT CONFLICT"





75 Cornwall Drive Madisonville, KY 42431



hopkins.ca.uky.edu

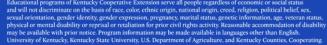


270-821-3650



Cooperative **Extension Service**

munity and Economic Development



MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT







Winner receives a
FREE Month Pass
to the
Hopkins County YMCA!

MARCH 10 - MAY 25, 2025

Start Slow, Start Small, Start with Us!

Register at your local Extension Office or online at https://bit.ly/WalkYourWay2025

Ready, set, conquer the challenge for a chance to snag an awesome prize!

Hopkins County Extension Office 75 Cornwall Drive Madisonville, KY 42431 270-821-3650













Finding motivation to stick to your exercise resolutions:

You may have a goal of becoming more active this year but might be finding it difficult to stay motivated. You are not alone. According to a study by the University of Southern California's Center for a Digital Future, 32% of Americans say they are exercising less than before the pandemic.

Physical activity has a ton of benefits including aiding in weight loss, boosting your immune system, relieving stress and helping to lower your blood pressure. The goal is to get 150 minutes of physical activity each week.

While it can be hard to get and stay motivated, here are some tips to help you meet your physical activity goals.

FINDING MOTIVATION TO STICK TO YOUR EXERCISE RESOLUTIONS....

- Make it manageable. Figure out when you can incorporate physical activity into your week. The 150 minutes of weekly recommended physical activity can be broken down into 30 minutes over five days or even smaller increments throughout the day.
- Make a plan. The important thing is to move, even if it is for 10 minutes at a time. If you are not sure how to fit physical activity into your schedule, log how you spend your time each day, so you can see where exercise might fit in. Once you have an exercise schedule, develop a backup plan to help you catch up in case you cannot exercise at your regular time. Activities such as walking or climbing stairs require no equipment and can be done indoors, if the weather is not cooperating.
- Find something you enjoy doing. Research has shown that people who enjoy their physical activity have a better chance of sticking with it. Your activity does not have to be difficult. It could be as simple as walking around your neighborhood or dancing to music each day.
- Find ways to make it social. Some people find it helpful to have an exercise partner or join a gym class for motivation. Get a workout buddy while you are doing the activity find a virtual exercise class. You can also make it a family activity by encouraging them to be active with you.
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FOR MORE INFORMATION ON WAYS TO GET AND STAY ACTIVE, CONTACT THE HOPKINS OFFICE OF THE UNIVERSITY OF KENTUCKY COOPERATIVE EXTENSION SERVICE.

SOURCE: KATHERINE JURY, EXTENSION SPECIALIST FOR FAMILY HEALTH