

HOPKINS COUNTY
COOPERATIVE
EXTENSION SERVICES

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

April

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*

In this issue

Finding motivation to stick to your
exercise resolutions.

Upcoming Dates

Transferring Cherished Possessions

Walk Your Way Challenge

Health Bulletin: ENCOURAGE
OUTDOOR PLAY

MoneyWi\$e: AVOID BUYER'S
REMORSE WHEN CLOTHES
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/](https://lifesimplifiedpodcast.podbean.com/)



Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English.
University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities
accommodated
with prior notification.

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”



TRANSFERRING CHERISHED POSSESSIONS



75 Cornwall Drive
Madisonville, KY 42431



hopkins.ca.uky.edu



270-821-3650



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WALK YOUR WAY CHALLENGE

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



 Cooperative
Extension Service
An equal opportunity organization

 HOPKINS COUNTY
FAMILY YMCA



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