

Concho Impressions

F A M I L Y & C O N S U M E R S C I E N C E N E W S
S P R I N G 2 0 1 1

Secrets for a Successful Garden

1. Prepare The Soil First .
2. Ensure Good Drainage .
3. Provide Lots of Sunlight .
4. Select varieties that are proven and well adapted to your area.
5. Plant At The Proper Time .
6. Buy good, healthy transplants that are actively growing.
7. Resist Overplanting.
8. Provide Plenty of Nutrients .
9. Detect Pests Early.
10. Stop Weeds Before They Start .

Great Garden Tools :

1. Spading Fork
2. Hoe
3. Watering Can
4. Rounded End Shovel
5. Good Bow Rake
6. Garden Shears

Don't buy the most expensive tools when you are just starting out.

READY FOR SPRING ?

I know that there are still several weeks until it is officially Spring, however, I am ready for it now! I know that we will have some days of extreme cold, why not take advantage of the beautiful days that are ahead. Here are some maintenance tips that you may need to do with-in and around your home.

- Replace your furnace filter
- Clean the kitchen exhaust hood and air filter
- Check your electrical system
- Always have a multi-purpose fire extinguisher accessible.
- Make sure the light bulbs in all your fixtures are the correct wattage
- Review your fire escape plan with your family
- Consider installing a lightning protection system on your home
- Protect all your electrical appliances from power surges and lightning
- Have a professional air conditioning contractor inspect and maintain your system as recommended by the manufacturer
- Check for damage to your roof
- Run through a severe-weather drill with your family
- Repair all cracked, broken or uneven driveways and walks to help provide a level walking surface
- Protect your home from sewer or drain back-up losses
- Check all the fascia and trim for deterioration
- Check your water heater
- Check the shutoff valve at each plumbing fixture to make sure they function
- Clean clothes dryer exhaust duct, damper, and space under the dryer
- Replace all extension cords that have become brittle, worn or damaged
- Inspect and clean dust from the covers of your smoke and carbon monoxide alarms.

SPRING CLEANING GETTING YOUR GARDEN READY TO GROW

Putting fresh homegrown vegetables on the table is satisfying for most people in Texas. Some people believe gardening was originally done in response to needs for food, seasonings, and medicines. People make the decision to grow vegetables for several reasons. For many, it is the best way to have the freshest produce.

When planning for your vegeta-

ble garden, you must choose a sunny, well-drained spot. Most vegetables, particularly those grown for their fruit of seeds such as tomato, corn, cucumber and beans need at least eight hours of direct sun for best production. Vegetables grown for their roots such as carrot, turnip, and radish can do well with about six hours of direct sun. Most leafy crops such as mustard, lettuce,

chard and cabbage can be productive with as little as four hours or in direct sun. Convenience and a nearby source of water is an important consideration. Vegetable gardens need to be considered such as the size and the size of your family. Next you need to decide on the vegetables you want to grow. Make a list of your favorites. Choose vegetable varieties recommended for growing in Texas. Good Luck!

S H O U L D I E X E R C I S E ?

Should you exercise when you have a cold? What about when you feel a twinge of pain in your joints or ligaments? It's hard to know when to push forward and when to back off, but these resources will help you make the right decision.

Whether your injury is minor (muscle strain) or major (torn ligament), you're not doomed to weeks of riding the couch and watching television. The decision to continue exercising is up to you and your doctor and only requires a little planning and a lot of common sense.

When it comes to exercise- and sports-related injuries, your first step is always to see your doctor for diagnosis and treatment. Exercising with chronic pain is a recipe for disaster and may turn a temporary problem into a permanent one. Once you visit your doctor, talk to him or her about how to work around your injury. Below are some ideas to put to your doctor so you won't lose all the strength gains you've worked so hard for.

Joint pain, particularly in the joints of the knee, ankle, elbow and wrist, should never be ignored. This type of pain typically originates from the joint rather than the muscle and may be a sign of something serious. Another warning sign is tenderness at a specific point in the body. If you can elicit pain at a specific point in a bone, muscle or joint, by pressing your finger into it, you may have a significant injury.

Exercising with comfortable feet is very important. You should use shoes that are the proper fit and comfortable at the same time. The right shoes offer both support and flexibility where you need it. Your shoes also protect your bones, joints, and muscles from the toes to the top, keeping your feet in healthy positions and absorbing shock. A great tip for lovers of shoe shopping is that

P U T T I N G Y O U R B E S T F O O T F O R W A R D

- Shop for shoes in the afternoon or evening, when your feet are at maximum size.
- Wear the socks you normally wear with athletic shoes to assure the right fit.
- Try on both shoes. Most people's feet vary a bit in size from each other, so you should be sure the shoes fit your largest foot comfortably.
- Check for space at the end of your longest toe. There should be enough to let you move without pinching.
- If your feet are wide, try men's shoes. These are usually cut wider.
- Move around in the shoes, and insist that they feel like a perfect fit right away. If they don't, keep looking.
- Don't shop by price alone, but do look for materials that breathe and good workmanship.

E X E R C I S I N G F O R B E G I N N E R S

Choosing the right fitness clothing and equipment is important to stay comfortable and avoid embarrassing fashion disasters at the gym or better yet on the county road. Below are a few guidelines for choosing the best fitness clothes:

Think comfort. Shorts, tee shirts, tights...wear whatever feels good to you. Test your clothes before you go to the gym (or wherever you're exercising) to make sure your clothes

don't chafe, ride up, slide down or show more than you want.

Protect yourself. Wear light-colored clothes, a hat, plenty of sunscreen and sunglasses if you're exercising outdoors during hot weather.

Be picky about your workout socks. If they're too thick or thin you could get blisters which can ruin a good workout.

Choose clothes to fit your activity. If you're running or walking, a simple pair of shorts and tee shirt might be fine. If you're doing yoga or Pilates, you might choose more fitted clothing so you can move freely but stay covered.



STRETCH BEFORE YOUR SWEAT



Remember to Stretch!!!

Exercise stretches help to increase flexibility and improve joint mobility. Stretching can be helpful if you have arthritis or stiffness in the joints. If you have a lot of pain in your joints, talk to your doctor about stretching exercise and how it can benefit your condition.

Stretching is also a good way to warm up before doing more strenuous aerobic or cardiovascular exercise. They raise

your body temperature and heart rate, while also improving the blood flow to the muscles.

When doing stretching exercise, it is important to move slowly. Don't bounce, but hold the stretch for a few seconds before slowly returning to the starting position. Don't hold your breath but continue to breathe normally while you stretch. Stretch far enough to feel tension, but not so far that it hurts.

YOU SAID TO STRETCH

O.K. You know that you have to stretch, but what are the stretches that work the best no matter the workout you are going to do?

Remember the simple stretches that we used to do in school? These are basically the same ones, but if you are starting out, here are some simple stretches that should prevent any types of injuries.

Neck Stretch- Tilt your head from one side to the other side. Hold for a count of 5 for each side. Repeat.

Shoulder/Arm Stretches- Interlace fingers and turn palms out.

Stretch shoulders out in front of you at shoulder height & hold to 10.

Middle Back Stretches- Stand straight, place hands on hips and gently bend your knees. Twist gently until you feel gentle pull. Hold for 10 seconds. Repeat on the other side.

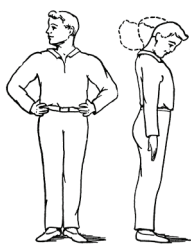
Calf Stretches- Stand a little ways from the wall and lean against it on your forearms while your head is resting on your hands. Place your right foot in front of you, knees bent and your left leg straight behind you. Gradually move your hips forward until you feel a gentle stretch in your left leg. Keep your left heel

flat on the floor and your feet pointed straight forward. Hold for 10 seconds. Repeat on other foot.

Lower Back Stretches- Sit on the floor with your right leg stretched out in front of you. Bend left knee, cross left leg over right leg, placing left foot outside right knee. Bend right elbow and rest it outside left knee. Place left hand on floor behind you. Look over your left shoulder and rotate your upper body to the left. Hold for a count of 10. Repeat these exercise stretches on the other side.

Full Body Stretch- Lie on the floor with your arms stretched out over your head and your legs stretched out straight. Reach & stretch your arms and legs as far as you can. Hold for a count of 10, relax, repeat.

Quadriceps Stretch (Front of Thigh)- Stand a little ways away from a wall and place your left hand on the wall for support. Stand up straight and bend your right leg back. Grasp the top of your right foot with your right hand. Pull your heel toward your buttock. Hold for a count of 10. Repeat this stretching exercise on the other side.



Neck Stretch



-Calf Stretches



Lower Back stretches



Shoulder/Arm Stretches



Quadriceps Stretch



Middle Back Stretches

M I L I S S A W R I G H T
C O U N T Y E X T E N S I O N A G E N T - F C S
P . O . B O X 2 4 5
P A I N T R O C K , T E X A S 7 6 8 6 6
3 2 5 - 7 3 2 - 4 3 0 4
3 2 5 - 4 5 6 - 5 2 9 3

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

S T A Y I N G H Y D R A T E D

Water is the most essential ingredient for a healthy life. Water has many important functions in the body including:

- Transportation of nutrients / elimination of waste products.
- Lubricating joints and tissues.
- Temperature regulation through sweating.
- Facilitating digestion.

Importance of Water During Exercise

Proper hydration is especially important during exercise. Adequate fluid intake for athletes is essential to comfort, performance and safety. The longer and more intensely you exercise, the more important it is to drink the right kind of fluids.

Dehydration

Athletes need to stay hydrated for optimal performance. Studies have found that a loss of two or more percent of one's body weight due to sweating is linked to a drop in blood volume. When this occurs, the heart works

harder to move blood through the bloodstream. This can also cause muscle cramps, dizziness and fatigue and even heat illness including:

General Guidelines for Fluid Needs During Exercise

While specific fluid recommendations aren't possible due to individual variability, most athletes can use the following guidelines as a starting point, and modify their fluid needs accordingly.

Hydration Before Exercise

- Drink about 15-20 fl oz, 2-3 hours before exercise
- Drink 8-10 fl oz 10-15 min before exercise
- **Hydration During Exercise**
Drink 8-10 fl oz every 10-15 min during exercise
- If exercising longer than 90 minutes, drink 8-10 fl oz of a sports drink (with no more than 8 percent carbohydrate) every 15 - 30 minutes.

Hydration After Exercise

- Weigh yourself before and after exercise and replace fluid losses.
- Drink 20-24 fluid ounces water for every 1 pound lost.

