

**Extension Article – March 20, 2020**  
**Nebraska Extension – Buffalo County**  
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## **Living Well**

Raising kids, eating right, spending smart, living well—that is the theme of a national Living Well Campaign that is being promoted by the Extension Association of Family and Consumer Sciences. The goal of the Living Well Campaign is to provide people with the education and information they need in order to “live well.”

Nebraska Extension Association of Family and Consumer Sciences offers all kinds of information that will help families achieve a positive, healthy lifestyle. Whether you are trying to plan healthy meals, make decisions about health care and insurance, or get tips on effective parenting techniques, Extension probably has a research-based answer.

To make every month a “Living Well Month,” consider these tips.

Engage children in at least 60 minutes of physical activity on most, preferably all, days of the week. Adults need at least 30 minutes of physical activity. Go outside and play in the backyard or turn on some music and dance. Be creative by assembling an obstacle course or using hula-hoops. Start planning a garden.

Drink plenty of water to stay hydrated. The average adult human body is approximately 60 percent water, which is found in muscle, blood, brain, bone, etc. Water regulates every living cell’s processes and chemical reactions. It transports nutrients and oxygen. Water helps to maintain normal bowel habits and prevent constipation. Limit the amount of soda and fruit drinks consumed daily.

Eat a variety of healthful foods. Be sure to have plenty of colorful fruits and vegetables every day. Most people need at least 4 ½ cups to meet the daily recommendation. Slice a banana

on cereal for breakfast, enjoy raw vegetables with dip to accompany a sandwich at lunch and have a sliced apple for dessert. At dinner, steam some vegetables and prepare a fruit parfait with yogurt and canned fruit for dessert. See [www.food.unl.edu](http://www.food.unl.edu) or [www.choosemyplate.gov](http://www.choosemyplate.gov) for more information about nutrition for yourself and members of your family.

Check out parenting, finance, nutrition, and/or food preparation information offered by Nebraska Extension. See [www.extension.unl.edu](http://www.extension.unl.edu) for information about a number of topics.

Maintain a healthy home. Be sure your smoke/carbon monoxide detector is working correctly and test for the presence of Radon. Help manage allergies and/or asthma by cleaning and vacuuming regularly to reduce allergy triggers in the home. Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, phones, handles, desks, toilets, sinks). Avoid accidental poisonings by keeping medications, cleaning agents and other poisons out of reach of children.

Keep your family finances in check. Track your expenses and update your budget regularly. Plan your menus and use sale ads and coupons to help plan your menus. Use leftovers as the basis for another meal.

For more information on living well contact Nebraska Extension in Buffalo County by calling (308) 236-1235.