

Episode 8: Optimize your health during quarantine! Recorded July 2020

Blake Moore:

My name is Blake Moore, natural resources and horticulture agent.

Dan Severson:

Hey, I'm Dan Severson, ag agent.

Jake Jones:

I'm Jake Jones, Kent County ag agent.

Katie Young:

And I'm Katie Young, digital content specialist.

Blake Moore:

Welcome to Extension302.

Blake Moore:

Welcome to another episode of Extension302. A lot of us have experienced some health and wellness issues outside of directly related to COVID-19. I personally have not been the best at maintaining a healthy diet and exercising, and a lot of the hard work that I've done to get myself a lot healthier over the last few years has kind of been undone. So Jake and Dan Severson are with me today. Are you guys experiencing a similar thing, or are you being good to yourselves?

Dan Severson:

I think that's a loaded question.

Blake Moore:

Absolutely.

Dan Severson:

So, I'll get to that later on.

Blake Moore:

And how about you, Jake? How have you been managing?

Jake Jones:

Well, I've been eating a lot of junk food and losing weight. So, I can't keep weight on, I'm the opposite of most people. But Blake, I spent a lot of time at the gym putting weight on and with all the gyms closed, I've lost it off.

Blake Moore:

It's one thing or another, isn't it? Carbs in my body are like partners in crime and every single carb that I ingest sticks and stays. So, maybe we can have a conversation to see how we can share some with you. So today we've asked the family consumer sciences group to come and visit us today, and give us some tips and

techniques on how we can get back in the saddle, and pay attention to our health and wellness a little bit more. We have Gina Crist. She is the family and consumer sciences program leader, and she's an instructor in the department of behavioral health and nutrition. And also community health specialist. She has a Bachelor of Science from the University of Delaware in dietetics, and she also has a Master's of Science from the University of Delaware in the field of study health promotion.

Blake Moore:

Areas of expertise are community health program planning and evaluation in nutrition education. And she's also currently working on a master wellness educator program that she can discuss a little bit later on. And joining her today, also, is Diane Oliver. She has a Bachelor of Science Degree from University of Delaware, also in dietetics. And a Master of Public Health from Temple University in community health education. Diane has been with Extension for about, just over a year, shortly after I started. And she's also been in the community health sector for over 20 years. And Gina has been with the University of Delaware Cooperative Extension for the last three plus years. So, welcome!

Diane Oliver:

Thank you.

Gina Crist:

Thank you, thanks for having us.

Blake Moore:

All right. So have you been hearing about the issues that Jake, myself and Dan had been having, as issues with others that you serve and work with?

Diane Oliver:

Yes. The quarantine 15 is what I'm hearing, it's being called. Similar to the freshman 15 that, students sometimes gain that 15 pounds their freshman year in college. During the quarantine people are reporting gaining weight as well.

Blake Moore:

I'm glad to know that I'm not alone.

Gina Crist:

No, you are not alone. I think the same feeling of all the hard work that people have put in over years of healthy dieting and exercising, people are feeling a little bit at a loss, trying to fit in healthy foods, healthy diets while being on a budget and trying not to make frequent trips to the grocery store. And obviously with gyms being closed, a lot of people are challenged to find ways to exercise. At the beginning of the pandemic, when the parks were closed, that also created a unique challenge. So, no one's alone in this struggle during quarantine.

Dan Severson:

All right. Blake, I'm going to jump in here real fast, cause, I don't have a whole lot of friends, don't do a whole lot of stuff. So I read a lot on the internet, and it says for the COVID-19, you're coming out of here as a hunk, a chunk, a monk or a drunk. So there's four choices there. So Gina and Diane, what are you coming out of here as? A hunk, a chunk, a monk or a drunk?

Diane Oliver:

I started out a little chunk, even as a dietician, I put on a good five pounds during the first few weeks of the quarantine. But I'm hoping to turn that around, I've been starting some new quarantine habits that I'm hoping will help me.

Gina Crist:

Yeah. I'm hoping to come out. I guess a hunk, that's a weird thing for me to say, right? It seems like an odd description for myself. But I found actually new exercises. So I'm trying to turn myself around just like Diane said about herself. So, let's hope it's for the better.

Dan Severson:

Well thank you, because I think I've experienced all four, and I guess it was just going to be a roll the dice in how I come out at the end.

Blake Moore:

Same here Dan.

Dan Severson:

Since you guys are great nutritionists, healthy people that we look up to, what other main health and wellness issues, I'm not saying necessarily directed, related to COVID-19. But what are people experiencing? What's the trends going on now with health and wellness?

Diane Oliver:

First of all, I think there's a lot of people who are eating processed food, fast food. I think we really needed to turn it around and go back to eating more produce, fruits and vegetables. Gina can talk more about some community garden efforts that we have going on. But, I don't think it's as difficult as people think. It's really simple, there's no magic bullet to losing weight or going on special diets. It's really about behaviors, and I think that's what people have to think about. It's a longterm change, not something that's a quick fix.

Gina Crist:

And I think to piggyback off what Diane's saying around making these changes for longterm health, one of the things that we are seeing a lot and we're seeing this in the research, but we're also seeing, I think we could all probably agree, we see it in talking to individuals that, stress is a huge health and wellness issue right now. People are stressed beyond what they thought they could handle, which is exasperating some issues related to diet and exercise, but also mental wellbeing. So, we've seen an uptick in stress-related diseases, mental health diseases in the past, five, 10, 15 years. Obviously not directly related to COVID, but adding this global pandemic has increased people's stress level, and overall decreased our overall health and wellbeing.

Dan Severson:

So basically if we're in poor health, we have more chance of having more issues dealing with stress, versus if somebody, his immune is used to a good nutrition, well balanced diet, we can handle the stress a little bit better?

Gina Crist:

Yeah, that's part of it, and also just having a healthy outlook is also part of it. So it's not just around our physical health, but it's also kind of that brain health too. How are we able to handle stress, how are we able to manage time, finances, things like that, that contribute to overall stress and wellness, that are linked very closely to our physical health. So yeah, the way we manage our mental health and the way we manage our physical health go hand in hand, and it's really important to take care of both right now especially.

Diane Oliver:

I was going to also add, people may be bored now. So what do they do? Sometimes they eat more when they're bored. They've gotten out of their routines of going to the gym, or going out to meet friends for a walk. So I think those habits, those good habits we used to have before this stay at home, we're losing that a little, but I think people are starting to bring that back a little bit, getting more outside. I know my family had been to the state parks a lot. We can social distance, but we can still get out into the fresh air and move and keep physically active.

Dan Severson:

Yeah, I think... goes along those lines is Blake was military, me and Jake are from a farm background. It's the structure. We lost the normal structure we're used to, and we're hopefully just now starting to find that rhythm back.

Blake Moore:

That's a really good point, Dan, and I was going to say I can attest to everything that Diane and Gina are talking because it's, working remote and not having that structure as you just mentioned Dan, has definitely affected me pretty heavily. And also the unknown of when we're going to go back to that structure is another thing, in that maybe we're saying, "Oh, we'll put it off a little bit longer, cause we're going to get back to normal here soon." And then it just keeps on going further into the future. So that's a great point, and maybe we just start accepting that this is, we're going to have to deal with this for a while. Let's dig in and let's start getting it together.

Diane Oliver:

One of the harder issues, at least at my home is, because my husband still had to go to the office, he tended to do the grocery shopping, and he is not a healthy grocery shopper. So, we're having a lot of food come into the house that we didn't usually have. So, it's funny, cause the kids aren't eating it as much as they did when we first went into the stay at home orders. But, I'm finally getting back to the grocery store, so I'm getting some healthier food back in the house.

Dan Severson:

I just like that comment.

Blake Moore:

That would definitely be me as well, so that's why I'm not allowed in the grocery store without my wife.

Jake Jones:

Me too, Blake, I'm chaperoned.

Blake Moore:

That's a great way to put it.

Diane Oliver:

Even if I gave him a list, he wouldn't stick to it. So it's like, why do I bother?

Dan Severson:

You got to sign that permission slip, man.

Blake Moore:

So I think you guys covered how the pandemic has exasperated some of the common health and wellness issues. So what are some examples of healthy snacks, exercises, brain stimulation, outdoor activities that we can pick back up, now that we're getting into the groove of the pandemic and there's no end in sight. So, can you give us some ideas of what we should pick up, these new habits and practices?

Gina Crist:

Sure. So I'll take the brain stimulation and outdoor activities, I'll give those two a stab. So for brain stimulation, I think one thing, to keep ourselves sharp, and mindful and de-stressing, is actually removing yourself from the screen, which is I think, pretty much impossible, right? We're all on Zoom all day, every day, or we're in front of the TV, or we're in front of a screen or phones for whatever reason. But it's really important that we remove ourselves from screens, even if it's just getting up and walking around your house. I know for me, when I was at work and I was in the office, I don't think I realized how much I got up and moved around until I was stuck at home. And so I find myself sitting for long periods of time. So, making sure that you're getting up and getting that blood flowing is really important for brain stimulation. And picking up activities that are outside of the screen.

Gina Crist:

So, I know even for someone who used to even just read on the Kindle, I've now gone back to reading hard books. Or I pick up a magazine, or at the store or something like that, just to make sure that I have something in the house that can distract me in a different way than, the TV or the computer would, or my phone. I can get lost in Facebook as I'm sure that most of us can. Really making sure that I'm keeping my mind healthy by making sure I can turn off any sort of negativity that I'm finding there. So, I'm just really, again, getting that blood flowing and making sure that you're finding outlets that are outside of a screen is really important. And, doing things outdoors, I think, it's just really important both for our brain, getting out in nature and Blake, you're probably much more apt to speak to this than I am, but really connecting. So we talk about that both from our physical health, but also our mental health, really trying to find places, as Diane mentioned, to social distance, but also get some activity in, is really important for our health and wellbeing.

Gina Crist:

So, not just for exercise, but really to try to remove ourselves from our four walls of our houses, and try to explore places that we don't usually ever get to see. Our state has so many state parks and areas of nature that we can go and explore. So now's a great time to do that. But even just getting outside, I know when I was home, and I have a little guy, he's almost two, we would take time every day to just walk around the block. And every day he would stop and pick up a new rock, or pick up a new stick or something like that. But even just that 15 minute walk around our block was great for both of us. Getting outside and just making sure we're getting that fresh air. So, really just trying to make sure that you're getting outside. Or if it's 15, 20, 30 minutes every day is extremely important.

Diane Oliver:

And just to piggyback on that with the kids, there's a lot of great activities. Like Gina says, they're picking up rocks. Delaware has a Facebook group, where they paint rocks, and people find them, and then they post them on the Facebook page. And that's a big thing going on with kids now. They find these painted rocks around parks, and different areas, and they share the painted rock, which usually have some type of inspirational name or saying on them, which is really great. Another activity to get you outside that I personally do is geocaching, which will take you to places you've never been before, such as the state parks or county parks, on hiking trails, explore, it's kind of like a worldwide scavenger hunt, but that's another great activity. And even a few weeks ago, instead of hiking, I ended up going kayaking at Trap Pond State Park, which I've never done at Trap Pond before. So, trying new things is really important too, and getting the kids to try new things is even better.

Dan Severson:

I like that idea about the rocks, cause I go walking at Fair Hill, and I see all these rocks painted, and they're stuck next to a fence post. And I'm like, "Why is everybody painting rocks and sticking them on this fence post?" But, I guess you just explain why they're doing that.

Diane Oliver:

It's a great group. The kids paint the rocks, they like to see their painted rock on Facebook. Many, like I said, have great sayings and inspiration on them, and very creative and artistic with these rocks, and they're beautiful. Even down the beach, there's this one house along the Assawoman Canal Trail, it says, it's supposed to have 20 painted rocks, take a rock and put it somewhere else, so others can enjoy it. I like seeing things like that, a social distance activity, but it can still bring the community together.

Blake Moore:

Yeah that's great. So I used to do some geocaching with my wife, and this has been years since we've done it. What are some of the apps right now that you're using around here, that we can do to do some geocaching?

Diane Oliver:

So geocaching.com has an app, you can download on the iPhone, on the Android. I personally use c:geo, which is just because I've been using it for so long. And then, well you can do it the old way, old fashioned way and use the GPS. Some people still have the handheld GPS, and you download the coordinates into the GPS and it'll take you to different places. And honestly, I have seen the world by geocaching. It sounds kind of cliché, but it's taken me to places I've never would have been otherwise.

Jake Jones:

Before we move on, Diane and Gina, what are your favorite state parks? I know you're talking about trying new things, but I'm sure you have your old reliable hideout. So which ones are your favorite?

Diane Oliver:

I like Trap Pond, specifically because of the cypress trees. White Clay Creek is also a favorite just because it's so large and there's so much to explore and, there's old ruins that you can check out or stumble upon. So, those are probably two of my favorite, but I want to check out some of the new ones I've seen in [inaudible 00:15:47] that I've never even knew about before. So there's one right outside of Lewes, is it plum beach state park? I would love to check that one out as well.

Gina Crist:

Yeah, we're both in New Castle County, so I think I stand by White Clay, because of the proximity and it's easy. It's close to campus and it's just an easy, great place to explore. Brandywine Creek State Park up here in New Castle is also one of my favorites, because of the beauty of what you get to see. I also have experienced some trails down in Sussex County too, and my new favorite is the Georgetown-Lewes Trail, which I know I'm not getting right. But, the newer trail cuts through Lewes and goes all the way to Georgetown. I haven't made it to Georgetown yet. I love how that connects to the breakwater junction trail and, just allows you to see our beach towns, on bike or on foot in ways that I definitely would not have gone before. It's just a great trail to use.

Dan Severson:

Don't be state hating. Fair Hill's right next to Newcastle, Canada, we got tons of trails.

Diane Oliver:

I love Fair Hill, Fair Hill's a great place to go. One thing Gina mentioned just reminded me, that even this week, I was tubing down the Brandywine River. That's like an all time favorite thing to do here in New Castle County that you sometimes take for granted. And it's so easy to do and it drops you off, we get dropped off at Thompson's Bridge, which is part of the parking lot for Brandywine Creek State Park. So there's so much we can do in the state parks.

Dan Severson:

So, we were talking about brain stimulation, outdoor activities. With all the Zoom stuff going on, so I created a game for myself. It kind of goes back to my old college days. If I have Blake on a Zoom meeting, and every time he says, "Sir," I got to do five pushups. So I base my exercise on who I'm meeting with, and I pick a keyword that they're going to say, and when they say it, I have to do five pushups. That's one of the ways I keep, I guess, active, while doing Zoom meetings. It's hard to do when you have a headphone on, but so stuff like that. And for me, instead of chips, I'm going to almonds and peanuts and stuff like that. Is that a good thing to do?

Diane Oliver:

Absolutely. So the nuts, they're a great choice. The only thing you have to watch with them, make sure you don't eat too much, cause those calories can add up very quickly. It's a lot of healthy, fat and healthy plant-based protein, but you got to watch the calorie intake as well with the nuts. Oh I was going to say, Dan, about your activity for the Zooms. I just got a new bike, stationary bike, and when I'm on a call that I don't usually have to do too much input, I kind of listen, I usually do it on the bike. I'm getting a good 30 minutes in there as well. So there's little things we can do to keep active. I've been on calls where people are on treadmills. So, if you have at home equipment, definitely use it.

Gina Crist:

Yeah, I think that's a great point. Anything that you can do, even just standing up during Zoom calls is helpful. Not sitting down or, if you have kids at home who are in front of the television, and rightfully so. Sometimes we have to use our screen time when parents have to get work done. Make it a game that during the commercials, see who can get the most pushups in during this commercial, or see who can go up and down the steps the fastest or, those types of things. So really getting the kids involved without taking away something that may cause an argument that, right now you may not have the bandwidth to handle. So, just making sure, just to try to get the kids active is important too, recognizing that, it's a little bit challenging, but you can find some easy ways to get them up and moving just the same way that we're talking about in our Zoom meetings.

Diane Oliver:

I'm sorry, even looking on YouTube for different types of activity exercises. I feel like that comes up every day on Facebook in some groups I'm in. What YouTube account do you use to get active? And it could be anywhere from 10 minutes to an hour activity. So searching those resources is really important.

Dan Severson:

Yeah, I think I saw a news clip or something. Herschel Walker when he was younger, every time there was a commercial on TV, he was watching TV, he would do pushups until the commercial was over, and that's how he built himself up. So that's where I kind of got that idea.

Gina Crist:

Yeah, that's a great idea. And Dan, I think in terms of healthy snacks and how we can switch out some things, kind of to what we talked about earlier in terms of unhealthy dieting practices that we may have picked up during our quarantine or during the stressful times that we're dealing with right now. I think it's really

important to not think about overhauling your diet overnight. So I think that what you've pointed out in terms of making those easy switches. So, if you've maybe started to add an extra snack to your diet in the middle of the afternoon or something like that, trying to make a switch out for a healthy snack. I've started trying to keep more fruit at home, because I sometimes in the afternoon find that that's when I start to wander into the kitchen.

Gina Crist:

So I always have bananas on hand or an apple, just something easy that I can grab real quick, and that might satisfy what I think is hunger. I always make sure that I have my glass of water with me during my Zoom meetings. So just even just trying to think about how you can have healthy habits by making simple changes throughout the day, instead of trying to think about, "Oh my gosh, I've lost all control of my diet and, I want to overhaul it," think about, is there one or two things that you might be able to out? Did you start to skip breakfast, or are you now having breakfast? We'll think about, what are some healthy breakfast options. And when you are snacking, thinking about trying to add a fruit and vegetable and a whole grain, really important to making healthy choices.

Dan Severson:

Blake, did you hear that?

Blake Moore:

Loud and clear.

Dan Severson:

Okay, you need to go to opposite, Jake.

Jake Jones:

I need to be active too. I just have been sitting, it seems like. And so I really find it useful, cause I have three screens up right now and my phone. So, the breaks and pushups ideas, they're all good.

Blake Moore:

Yeah I like that.

Diane Oliver:

Another quick tip to piggyback on what Gina said, is your environment plays a big role in what you eat and don't eat. So I always say, "If you have fruit, put it out on the table, so it's there, people see it, you can grab it and you'll be reminded, 'I need to eat that fruit.'" Where say, if it's, this is what I do during girl scout cookie season, I hide the cookies up in the cabinet, so we're not seeing them and they're not on the table so we want to grab them all the time. They seem to last a little longer if you do that.

Diane Oliver:

My kids have also been making smoothies more. So with them being home, they have more access to that blender. And so I know, I think they're getting more fruits than they did before the quarantine. So, trying new recipes is also really important and fun for the kids to do, get them in the kitchen. I know, my son's learned how to make his own grilled cheese now. So, we've used this time to educate the kids on preparing their own meals and making sure they're healthy. And, you have a good balance in your diet.

Dan Severson:

So we should not be having Zoom meetings in our man cave with an open bar.

Diane Oliver:

Probably not.

Blake Moore:

Yeah, no, that's a great point because, that's one thing I've always had issues with. If it's in the house, I'm going to indulge. So if I can keep the beer out of the house, if I can keep the bad snacks out of the house, I don't have any problem. Cause it's not like I go to the store just to get a snack. But if it's in the house and it's accessible, especially now that I'm home a lot, I'm getting into it and I'm probably going to get into it way more than I need.

Gina Crist:

The other thing that I've seen a lot, for parents who have kids. So we're talking about all adults, and having access to specific foods. But for those kiddos that are not Diane's kids age, that are a little bit younger and can't make their own foods, like I said, I have a real little guy. I even found that he was in the kitchen more often when he's home with me. And I'm like, "What are you doing in the kitchen? You're only two." And he wanted to snack more. And so, I tried to keep snack time consistent, at least for him. But in turn, it kind of made it consistent for me. So we would sit and we would have a little snack together, and we would split up a banana or a fruit of some sort, or as Diane mentioned, we got really into making smoothies too. So, I would sneak some spinach into his with his banana and, let him have a straw. So we made it a fun activity for us.

Gina Crist:

But, my point is that I think, it's not just about the adults too, it's about the kids. And I know that it's difficult sometimes to keep healthy snacking consistent with kids. So, just thinking about setting snack times, setting, as Diane mentioned, specific snacks out for them that they're allowed to have, helpful. I'm making a snack box. Even, like I said, for my little guy, I have a snack container and I let him choose from there. But at least I know what's in there and that I'm giving him healthy choices, but he feels like he's in control because he's making a choice out of that basket. So, it's kind of cut down some of the struggles that I have, and keeping him out of my cabinets. And also, recognizing that there are some snack choices that might not be the healthiest, but that I know are his favorite. So sometimes I give him a few animal crackers or something like that, and then I make sure that I also give him fruit on the side. So it's all about balance too.

Diane Oliver:

Yeah, everything in moderation.

Blake Moore:

That's the key word right there, the magic word is moderation. Moving on. So I know that you, family and consumer sciences section, you guys do a ton of work over a lot of topics about health and wellness. Can you highlight just a few of the programs that are available to our listeners right now that you guys are putting on, and where can they go to find access to these?

Diane Oliver:

So the program I'm in charge of is known as EFNEP, which stands for the Expanded Food and Nutrition Education Program. We're funded through the USDA, and right now we're offering virtual sessions. So usually we have five to six series, where people will meet with us online to learn about eating healthy and saving money, why they shop, and trying new recipes and being conscious of what they're putting in their mouth, even enduring this stay at home time. So, that's the program I'm most familiar with, and that I work with hand in hand. So, we have partnered with the libraries, and this goes for a lot of our other programs in FCS. And on the library website, division of libraries website, they have a lot of our virtual classes listed there.

Gina Crist:

So, like Diane said, the division of libraries is a great way to find all of our classes for EFNEP, for nutrition. We have some one-time programming options that are listed on our website that are specifically coming up in the fall. But our website, our extension website, udel.edu/extension has some of our archived webinars too, specifically around some 15 minute stress management activities, managing your finances. So that's a great place to start too, are kind of the whole breadth of health and wellbeing that we have information on.

Diane Oliver:

You can also go to you udel.edu/events. Some of our programs are also listed there on the UD website.

Blake Moore:

Great. And we have an Extension302 podcast website housed in the extension website as well. And what we'll do is we'll make those links available to our listeners through that webpage as well, just another avenue to show them how to get to the resources that you guys have been putting out for everyone. So Gina, I know you've been working tirelessly to put together this new master of health and wellness volunteer program. First off, do I have the accurate name? And second, can you just discuss what people can expect to get from this program and what the goal is?

Gina Crist:

Sure. It's a master wellness volunteer. It's a mouthful, it's actually called well-connected community, master wellness volunteer, say that three times fast. Part of a national initiative focused on building cultures of health in communities around the country. And really what that means is that, it's building the capacity in [inaudible 00:27:02] people, people who may not be health and wellness specialists, who may not have a health and wellness background, and understanding what the health issues are in our state and in our communities, and how we can work together to make a change. So the goal is really to train people on public health content. So it's really, I equate it to almost like a public health 101. You learn all about how to look at data and what type of information might be helpful in terms of looking at community-based data, and then thinking about solutions.

Gina Crist:

So it's really thinking about how groups of people can come together, can work together in partnership to make a difference in the environments they live in. So things like community gardens, things like thinking about how you might be able to advocate for different types of sidewalks, or what we call the built environment changes. So it's really thinking about health and wellbeing overall. We're going to train people in mindfulness. So it's really just trying to expand the ability of volunteers to think beyond one health issue, and really think about health as a holistic approach, and really how it impacts both the physical and the mental side of things. So, we're really excited to get that launched, we're launching it online this fall. Individuals will sign up and they'll do their virtual learnings online. And, there's a core content, like I mentioned, that's public health 101, and then each volunteer can pick one or more tracks that they're interested in. And those tracks are really around different types of health and wellbeing topics. So nutrition, community, and school gardens, mindfulness and wellbeing. So it's really to try to tailor to different people's interest.

Blake Moore:

Fantastic. And definitely send us information on how we can provide our listeners with the instructions on how to register for this program.

Dan Severson:

Oh, Ms. Gina, you were talking about having your snacks and stuff on schedule, and you have a snack box for you and your child. But I know you have a special drawer in your desk somewhere. What's hiding in that snack drawer that you eat when that kid's not around?

Gina Crist:

That's a great question. I actually used to be a big time chocolate snacker. I always had candy everywhere. I've actually decreased my amount of candy, but I do like, big fan of animal crackers and graham crackers, which he can have, but I probably consume more of than I should. And I am a big fan of Nutella, that's what I eat in secret.

Dan Severson:

Okay. Ms. Diane, does your family cook you a grilled cheese and sneak it to you while you're working?

Diane Oliver:

Sometimes. My kids have been feeding me some great lunches. Grilled cheese, grilled ham and cheese. My daughters have even gotten into making some homemade pasta. So I've been spoiled a little bit here.

Jake Jones:

Do you guys have any take-home messages you'd like to leave us with today?

Diane Oliver:

Look at small changes. If you're looking to make a healthier change, look at small steps, small changes. Nothing's going to happen overnight. If you're looking to lose weight, about one to two pounds per week is ideal, combining with a little bit of calorie deficit. I usually ask people when I used to practice being a dietician in an office setting, I usually had them record their calories in some type of app, like MyFitnessPal or Lose It! So small, healthy behavior changes is the key to losing weight. And, just, even if you don't lose weight, just living a healthier life.

Dan Severson:

Yeah, I think my go to right now is celery and peanut butter for some reason.

Diane Oliver:

Good choice.

Gina Crist:

I think my take-home piece of advice is to set goals for yourself. We feel so much better when we're accomplished. When I teach my undergraduates, I always talk about putting things on your to-do list that you've already done, just to check them off. And there is a psychology to doing that, because you feel accomplished. And so I think right now we could all use a little bit more positivity in terms of feeling like we're doing our best, and we are accomplishing things, even though some days it feels like we're not. So, really just setting small goals for yourself, whether it's each day or for the week about health and wellbeing, whether it's eating healthier, making that one change, doing a mindfulness activity, or making a monthly budget. Any of those can be really influential in overall health and wellness. So, just thinking about how you can make small changes that will make you feel accomplished and help build your overall health and wellbeing longterm is really important.

Diane Oliver:

And I will just add, feel free to follow EFNEP and Facebook, we go by UD Expanded Food and Nutrition Education Program for tips. We usually do tips several times a week or new recipes, or some ideas.

Blake Moore:

Yeah, definitely. Thank you guys for joining us today. I will admit that I personally wanted this episode for me, to help me out, but I know a lot of folks that are experiencing the same issues right now, and just getting the feeling that we're not alone in that there's folks like you and the rest of the FCS team out there, trying to help us make better choices and find the resources to lead a healthier lifestyle, is just great. And thank you for joining us.

Dan Severson:

Yeah, I'll go on record saying I started at 172, I'm at 186 now. So, was that the COVID 15 or 19 or whatever? I'm right there.

Gina Crist:

You aren't alone, right?

Diane Oliver:

Yeah you have time to turn it around, Dan.

Gina Crist:

Thank you for having us on.

Diane Oliver:

Yeah, appreciate it.

Blake Moore:

I'm not going to go on record, no way, no how. I'm the guy who can gain 20 pounds in a weekend. So, nope.

Dan Severson:

I was throwing chum out there to see if he would bite.

Blake Moore:

If it was in my house, I would bite because I can't resist. All right, good. Thank you.

Katie Young:

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