

Re•freshed

V. Give new strength or energy to [**Mower County**]; reinvigorate.

Refreshed Living: Improve the odds to make your changes stick

The human heart has the ability to change the world; the changes typically begin with small decisions that are often driven by our needs or desires, fueled by our heart, the things we are passionate about. We explored in Refreshed Living last month the importance of our environments (our kitchen cupboards or fridge, work spaces, even your purse or backpack). How they encourage us in making the desired changes to be healthier or become roadblocks. This month we are going to add a second action step to improve the odds that the changes you seek to make will stick.

BJ Fogg, a researcher from Stanford University has studied behavior changes and what increases the likelihood that changes will evolve into new lifestyles. He shares the same conclusion we have regarding the importance of environment, setting yourself up for success by creating environments that support rather than sabotage your efforts to live better.

Fogg adds another factor to increase sustainable change. Daily decisions we make are another factor that you and I can be empowered by to make the new life habits that lead us to well-living. Fogg calls these “tiny habits” and challenges us to attach a small habit after a regular event/behavior. This decision to attach a small habit to something you already do/experience is powerful because it’s not creating more work, another task to remember, or another program to join. Brushing teeth is (or we hope is) a regular event in our lives... attaching a small habit (action) like drinking a glass of water after you brush doesn’t make for more work and has an actual direct health benefit to it. After a period of time, it would seem strange to not drink that glass of water after brushing your teeth, it now is a natural reflex or ritual.

We’ve attached a TEDx talk by BJ Fogg <http://www.youtube.com/watch?v=AdKUJxjn-R8> that for those who are intrigued might want to take 17:23 minutes from you day to explore more! Many of our Mower Refreshed team members are taking up this idea and finding after a short period of time that

by creating environments that foster success and then attaching a simple action after an existing behavior, has developed a healthy habit as a natural part of their lifestyle. If you are pressed for time, I’d encourage you to at least start at about minute 13 on the video and hear how we can take tiny habits to create changes we need or desire.



Here’s an opportunity to engage in a practical step: Create your own tiny habit by using a simple format by Fogg. We’d love to hear your tiny habits to inspire others!

After I _____.

I will _____.

Here’s to creating tiny habits that add up to big changes in the health of our communities and individual lives!

Mower Refreshed
Making healthy choices a priority



County Connections

With the start of the new year, Mower Refreshed has implemented a framework that has developed out of the many interactions with community groups, experiences as we've grown, and the insight of our team members. The framework serves as a consistent marker to assure the movement maintains its course

of purpose. It is a tool to guide decisions, determine efforts, focus leaders and teams, and set goals for Mower Refreshed. Having the reminder of what we do, who we are, and how we serve will help us maintain momentum as we dive into the new year.

(e)NGAGE | QUIP | MPOWER

Engage...

The first aspect of the framework is to engage. Connecting with community members and engaging them is crucial. Reaching out to residents of Mower County and seeking to impact together what matters to them is authentic community engagement.

Equip...

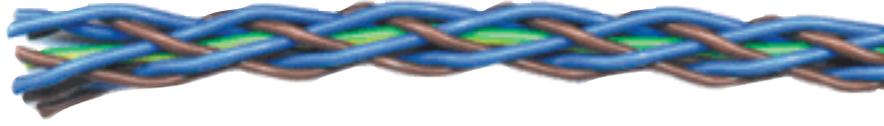
The second component of the framework is to equip. Equipping for us means co-learning. As we engage, we learn from community members and again, together, discover practical ways to approach improving the health of our communities. Equipping sometimes means offering training and resources to grow more healthy schools, worksites and communities. It also means that as many people are already doing amazing work to promote wellness, they equip us with new insights from their successes and we in turn want to support their efforts.

Empower...

The final part of the framework is to empower. We want to empower community members of all ages and backgrounds that they are the fuel, they are the ones who make change happen!

These core guiding posts will offer clarity and direction as we work together to impact health where we live, work, play and learn!

Habit is a cable;
we weave a thread each day,
and at last we
cannot break it.



- Horace Mann

Offer hope & reinforce kindness with words

The words we speak have significant impact on those we communicate with. Taking time to speak words that encourage, offer hope, and reinforce kindness to change the health of your heart and a community! <http://www.youtube.com/watch?v=y36anSo57a0>
Thanks to Rachel Holst, U of MN student/Mower Refreshed 2013 summer intern and the many community members who shared their acts of kindness in pictures for us all to be inspired to speak life!

2014 Mower Refreshed Team Meetings

Healthier Choices

2nd Thursday of each month: Jan-Nov
4 to 5 p.m. – Austin YMCA

Workforce Wellness

2nd Wednesday of each month: Jan-Nov
8 to 9 a.m. – Austin Chamber Boardroom

LatinoSaludables

2nd Monday of each month: Jan-Nov
5 to 6 p.m. - Mower Refreshed Office

Mental Fitness

3rd Thursday of each month: Jan-Nov
12:30 to 1:30 p.m. – Mower County Justice Center, 2nd Floor

More information?

connect@MowerRefreshed.org

Fresh Focus: Meet our volunteer of the month



Diana Kassel is a senior at Austin High School and is looking forward to continuing her love for the arts in college. We're grateful she took time to share her talents with us and a group high energy kids!

Diana's skills in videography offered a group of fourth and fifth graders who took part in Refreshed Kids 4 Week to Wellness program to engage and empower us. The students created a video clip to promote getting up and moving more. Enjoy the creative work of Diana and the message the students created to inspire us to move "Mower"! <http://www.youtube.com/watch?v=IrEF4tuhC9A>

For more information on bringing Refreshed Kids 4 Weeks to Wellness to your organization click here <http://mowerrefreshed.org/refreshed-kids/>

Eat Refreshed: Fats

The types of fats that we choose play a large role in heart health. There are three types of fats that you should be aware of for heart health: saturated fats, unsaturated fats and Trans fat.

- **Saturated fats** – These fats are found in animal fat such as meat, eggs and dairy fat and work to increase the Low Density Lipoprotein (LDL) that is known to increase risk of heart attack, stroke and other organ failure.
 - Heart Healthy Suggestions –
 - Choose leaner options – This could be as simple as choosing 90/10 ground beef instead of 70/30, opting for leaner cuts of meats including round, rump, flank and loin, and purchasing low fat/nonfat dairy products.
 - Choose lower fat food preparation options – Reducing the amount of saturated fat in your food can also be altered via the method of cooking. For example, choosing baked, broiled or grilled instead of fried, also draining your meats after cooking, and learning cooking/baking substitutes for butter, cream and sour cream.
- **Unsaturated fats** – These fats are found in oils, nuts and seeds and fish and help to reduce LDL while supporting the High Density Lipoproteins (HDL); the good cholesterol which can reduce risk of heart-related complications.
 - Heart Healthy Suggestions –
 - Increase good fats – Choosing unsaturated options can be a great addition to a heart healthy diet. For example, consider adding more fish to your nightly meals, choosing nuts/seeds as good snack options or switch your butter in cooking to an oil such as olive or canola oil.
- **Trans fats** – These fats are found in margarines, whipped toppings, nondairy creamers, pastries, baked goods, snack foods and some candies. They have been shown in research to be even more detrimental to cholesterol levels than even saturated fats. These fats should be avoided at all costs.
 - Heart Healthy Suggestions –
 - Know your labels – Make sure you know how to tell what foods contain trans fats. Check the label for how many grams of trans fat are listed under the trans fat row AND look in the ingredient section for ‘hydrogenated oils’. If you see either of these two items on the label, consider finding a trans fat-free alternative.

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	



Heather Plizga MS, RD, LD
Mayo Clinic Health System

To make an appointment

- Check your insurance coverage to see if it covers nutrition counseling before making your appointment. The number for inquiries is located on the back of your insurance card.
- Many times, insurance companies need a physician referral to cover services. If that's the case, at your next primary care visit, be sure to mention that you have nutrition questions and you'd like to see a dietitian.
- If you have further scheduling questions, call the appointment line at (507) 433-8758.

GT5 CHALLENGE!

Winner will
receive a \$50
Visa gift card!

Take 5 is the practice of refocusing one's thoughts and refreshing one's attitudes. Take 5 can happen anytime, anywhere!

The Challenge: Create a brand/logo for Give-Take 5 (GT5).

GT5 is a student-led movement created to equip teens to manage everyday stressors such as money, dating, school, and sports.

Any 6th-12th grade student attending a Mower County school is eligible to participate!



Take

Learn more about Take 5 at mowerrefreshed.org/take-5

Submit your entry to: connect@mowerrefreshed.org



Questions? Interested in getting involved with GT5? Send us a message on Facebook!

www.facebook.com/MowerRefreshed

Collaborate: Lunch and Learn

Step out of the office and enjoy lunch with like-minded professionals. Return to work encouraged and inspired! Refreshed Lunch & Learns will take place every other month on the second Wednesday

When:

Wednesday, March 19, 2014 from Noon to 1 p.m.

Equipping Employees to Better Cope with Stress in the Workplace

Guest Facilitator:

Maryanne Law, MA, CPP | Parenting Resource Center

Donations encouraged. Lunch sponsored by QPP in Austin, MN

Where:

JC Hormel Nature Center

Register:

Email: connect@MowerRefreshed.org

Call: 507.434.1039

Save the
Date -
March 19

Can't attend but want to stay connected on topics? Let us know at www.connect@MowerRefreshed and you'll receive by a bi-monthly email containing the Lunch & Learn Top Thoughts.

What is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote healthy living.
- An effort that seeks to change the culture surrounding wellness, supporting the healthy choices becoming the easier choice for every citizen.
- A connecting point for citizen-driven wellness ideas and efforts to collaborate with one another, share resources and experience opportunity to network with others in the county.

Healthier
Choices

Mental
Fitness

Workforce
Wellness

Latino-
Saludables

Wellness Wednesdays

Get a simple reminder to live well every Wednesday, enjoy a fresh recipe and share your ideas on health and wellness. Click here to subscribe and make every Wednesday well'r!

Each month a random Wellness Wednesday e-blast will feature a gift-a-way from county sponsors. Click Share it, submit your response to the question and you automatically will be entered in the drawing!

Ways to connect with Mower Refreshed

Email: connect@MowerRefreshed.org

Web: www.MowerRefreshed.org

Phone: 507.434.1039

Twitter: @MowerRefreshed

Facebook: www.facebook.com/mowerrefreshed

Youtube: www.youtube.com/mowerrefreshed



Sandy Anderson
Mower Refreshed Coordinator

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