

## Coming Up

Aug. 7 <sup>th</sup> & 8 <sup>th</sup> 9:30-3:00	Food Preservation Workshop
Aug 13 <sup>th</sup> 12:30 p.m.	Cutshin Homemakers Club Meeting
Aug 13 <sup>th</sup> 5:00 p.m.	Hyden Homemakers Club Meeting
Aug 14 <sup>th</sup> 1:00 p.m.	Stinnett Homemakers Club Meeting
Aug. 16 <sup>th</sup> 11:00 a.m.	Plate It Up Kentucky Proud Recipe
Aug 28 <sup>th</sup> 2:00 p.m.	FCS Council Meeting
Aug 28 <sup>th</sup> 3:00 p.m.	Homemakers's Council Meeting
Aug 28 <sup>th</sup> 4:00 p.m.	Pintrest Make & Take
Sept. 4 <sup>th</sup> 1:00 p.m.	Lunch & Learn

## PROTECT YOUR EYES

Do not let an eye infection ruin your summer fun. In America, an estimated 40 million people use contact lenses to provide safe and effective vision correction. However, contact lens wearers risk infection if they fail to wear, clean, disinfect and store their contact lenses as directed by their doctor.

To be safe, make sure your eyes get a summer break too by taking out your contact lenses before you sleep, shower or swim. Wearing contact lenses to bed or exposing them to water may increase the risk of painful eye infections that can ruin your summer fun. Instead, spend your summer enjoying fun water activities with your friends and practice healthy and safe contact lens wear and care habits.

Keep your eyes healthy with these contact lens tips:

- Wear sunglasses. Certain sunglasses can help protect your eyes. Choose sunglasses labeled with a UVA/UVB rating of 100 percent to get the most UV protection.
- Wash your hands with soap and water. Dry them well with a clean cloth before touching your contact lenses every time.
- Do not wear your contact lenses while sleeping, unless prescribed by your eye doctor.
- Keep water away from your contact lenses. Avoid wearing contact lenses while showering, and remove them before using a hot tub or

swimming. •Do not “top off” solution. Use only fresh contact lens disinfecting solution — never mix fresh solution with old or used solution. •Clean and take care of your contact lens case. Rub and rinse your contact lens case with contact lens solution (never water) and empty and dry it with clean tissue paper. Store upside down with the caps off after each use. Replace your contact lens case at least once every three months.

•Give your eyes a rest. The cornea, the transparent tissue covering each eye, gets deprived of oxygen from being covered up all day by a contact lens. Overwearing contact lenses can lead to problems that can affect vision and increase the risk of infection.

•Remove your contact lenses immediately and call your eye doctor if you have any eye pain, discomfort, redness or blurred vision.

•Carry a backup pair of glasses with a current prescription, just in case you have to take out your contact lenses.

For more information contact Brittany Bowling, Leslie County Agent for Family and Consumer Sciences Education at (606) 672-2154.

REFERENCE: [www.ca.uky.edu/HEEL/BulletinsAugust2018](http://www.ca.uky.edu/HEEL/BulletinsAugust2018)

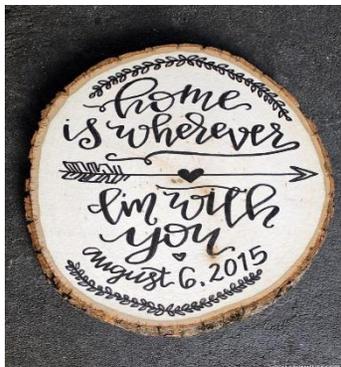


## What's Coming up in Extension?

### Food Preservation Workshop

*August 7<sup>th</sup> & 8<sup>th</sup> - 9:30 a.m.-3:00 p.m.*

Join us for a 2 day food preservation workshop. Learn to can tomatoes, dry apple chips, and freeze fresh green beans, Gain the skills to safely preserve homemade jam, salsa, and a variety of fruits and vegetables. Lunch will be provided. Call the extension office to reserve your space (606)672-2154!



or workshops you would like to see offered please come and share. We will be discussing Homemaker Scholarship, and our upcoming county meeting. Refreshments will be served. Call the extension office to reserve your space (606)672-2154!

### Plate It Up Kentucky

#### Proud- Recipe

*August 16<sup>th</sup> —11:00 a.m.*

We will be making and eating Blueberry French Toast Bake using Kentucky Proud ingredients! Please call the extension office to let us know you are coming (606)672-2154!

### Pinterest Make & Take

*August 28<sup>th</sup> —4:00 p.m.*

Come paint your own custom wood splice hanging. Design of your choice. Please call (606) 672-2154 to register.

### Lunch and Learn

*September 4<sup>th</sup> - 1:00 p.m.*

The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization dedicated to improving the quality of life for families and communities through leadership development, volunteer service and education. The organization has a rich history and many current activities find their roots in the traditions developed more than 80 years ago. Join Linda Combs, Knott CEA/FCS as she helps us explore our Kentucky Homemaker Heritage as we begin our new homemaker year. Call the extension office to reserve your space (606)672-2154!

### Family & Consumers Sciences (FCS)

#### Council Meeting

*August 28<sup>th</sup> - 2:00 p.m.*

We will be discussing upcoming new programming. . We will be discussing upcoming new programming. If you have any ideas for programs or workshops you would like to see offered please come and share. Refreshments will be served. Please call the extension office to let us know you are coming (606)672-2154!

### Homemaker Council Meeting

*August 28<sup>th</sup> - 3:00 p.m.*

We will be discussing current, past, and future programs. If you have any ideas for programs

### Homemakers' Meetings

Cutshin Homemakers Club Meeting **August 13<sup>th</sup> – 12:30 p.m.**

Hyden Homemakers Club Meeting **August 13<sup>th</sup> – 5:00 p.m.**

Stinnett Homemakers Club Meeting **August 14<sup>th</sup> – 1:00 p.m.**



## Fitness Beginnings: Developing a Workout Plan

*Source: Natalie Jones, UK physical activity program coordinator*

If you are just starting to work out or looking to shake up your routine, developing a workout plan can keep you from burning out too quickly as you begin your fitness journey and help you stay focused on your goals. To get the results you want, your workout plan should include cardio exercises as well as strength training. Take into consideration your current fitness level and goals and customize a plan for you.

Aerobic exercise, also known as cardio, requires you to move your large muscles in the same direction for a certain period of time. This type of exercise increases your heartrate and breathing, which in turn, makes your heart and lungs stronger. You should do aerobic exercise at moderate intensity for at least 2 hours and 30 minutes each week. Moderate intensity means you are working hard enough to raise your heartrate and sweat. While 2 hours and 30 minutes a week may seem like a long time, you can break it up into smaller periods over the week, such as five days of 30-minute work outs or 23, 10-minute activities spread throughout the week.

Customize the length of your workout time to fit your weekly schedule. As long as you are doing a moderate-intensity exercise for 10 minutes, you are making a difference. Starting slow is always okay. Some good examples of

aerobic exercises include walking, running, Zumba and swimming. Pick an activity that you think might be fun or is something that you already enjoy doing. By doing so, you are more likely to stick with it.

Cardio exercise tends to be many people's go-to form of physical activity, and often, many forget about the importance of strength training.

Having strong muscles is so much more than being toned. Strong muscles can help you keep your balance, which is particularly important as you age. It can also make everyday tasks such as carrying groceries or children much easier. Your workout plan should include at least two days of strength training exercises that target all your major muscle groups including your legs, hips, back, abdomen, chest, shoulders and arms. You can strength train with weights, resistance bands or simply by lifting your own weight through situps and pushups. If it's been a while since you've exercised, you may want to start out with one set of muscle strengthening activities, which is between eight-12 repetitions of one exercise, and gradually increase to two to three

sets to gain the maximum health benefits. You can do strength training on the same day as your aerobic activity, but remember that strength training is in addition to the 2 hours and 30 minutes of aerobic activity. For more information contact Brittany Bowling, Leslie County Agent for Family and Consumer Sciences Education at (606) 672-2154.

*I need some exercise!*

