



# The Link

connecting Coffee County fce clubs through UT Extension

**April 2016**  
**2<sup>nd</sup> Quarter**

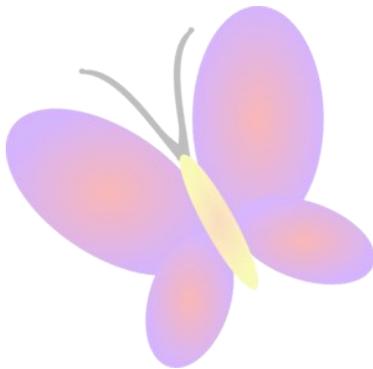
## 2<sup>nd</sup> Quarter Calendar

### April

Date	Activity	Time	Location
8	County Council Officers' Meeting	9:30 a.m.	UT-TSU Extension office
15	County Council Meeting	9:30 a.m.	CCAP Community Meeting Room
19-20	Family & Community Leadership Training (FCL)		Lebanon
29	Deadline to register for Spring 'Green' Cleaning Party		

### May/June

13	Spring 'Green' Cleaning Party	9:30 a.m.	CCAP Community Meeting Room
31- June 2	FCE Retreat		Tennessee Technological University campus, Cookeville



### *Friendly Reminders*

*Bring to Council meeting:*

- ✓ Certified Volunteer Units Forms
- ✓ Creative Writing Entries
- ✓ Boo Boo Babies
- ✓ Retreat Silent Auction Items
- ✓ Donate Book Bags and Bookmarks –Library Summer Reading Program

## STAY CONNECTED

UT-TSU Extension-Coffee County Office  
 Address: 1331 McArthur St., Manchester, TN 37355  
 Phone: 931-723-5141  
 Belinda Letto, Extension Agent Email: briddle@utk.edu  
 Local: <http://coffee.tennessee.edu>  
 Regional: [www.utextension.utk.edu/central/fcs/fce.htm](http://www.utextension.utk.edu/central/fcs/fce.htm)  
 State: <http://fcs.tennessee.edu>

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## Seven Steps to a Healthy Heart

This year we are focusing on heart health. In your February club meeting, you learned two simple steps to save a life through Hands Only CPR training, as well as the risk factors associated with heart disease and stroke. In your first quarter newsletter, you learned how to identify the warning signs of heart attack, stroke and cardiac arrest.



This quarter's newsletter features two factors associated with excellent cardiovascular health, as identified in the American Heart Association's (AHA), "Life's Simple 7."

### 1. Stop Smoking

Did you know??? ... that as soon as you stop smoking, your risk of heart disease and stroke starts to drop? In time, your risk will be about the same as if you'd never smoked.

The AHA recommends: Do not smoke cigarettes or use other tobacco products. So, if you smoke...get help to quit. Call 1-800-QUITNOW (1-800-784-8669) for free help from trained counselors.

Tobacco smoke is the single most preventable cause of death in the United States. Second and third-hand smoke exposure can increase your risk of heart disease and stroke. Avoid tobacco smoke for health!

### 2. Maintain a Healthy Weight

Did you know??? ... that people who have too much body fat, especially at the waist, have a higher risk of heart disease, stroke, high blood pressure, high blood cholesterol and diabetes? A high risk waistline is 35 inches or more for women and 40 inches or more for men.

The AHA recommends reaching and keeping a health body weight, and a Body Mass Index (BMI) of less than 25kg/m<sup>2</sup>. Talk with your doctor or go to [heart.org/bmi](http://heart.org/bmi) for an online calculation. Stick to a balanced and nutritious diet. Watch your calories and read food labels and ingredients lists to be aware of what is in the foods you eat. Avoid saturated and trans fats, added sugars and cholesterol.

**Knowledge is Power. Learn and Live!**

## Spring 'Green' Cleaning Party

Spring has arrived! Kickoff your annual spring cleaning *projects* with a spring 'green' cleaning *party*!

Join your fce friends on **Friday, May 13 at the Coffee County Administrative Plaza, community "party" room** and learn ways to make your home a healthier place to live through green cleaning.

You will receive a set of recipe cards to make your own homemade cleaners as well as a sample set of green cleaning products through a 'Make It, Take It Home' activity.

Registration is required. Contact the Extension office, 723-5141 by **Friday, April 29** to attend. Invite a friend or potential club member to join us!

