

4-H NEWSLETTER

March 2022



LINCOLN COUNTY
COLORADO STATE UNIVERSITY
EXTENSION

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DONATE TODAY!



5- LARGE HAY OR STRAW BALES (4X4 PREFERRED) ARE NEEDED FOR 4-H ARCHERY AND OTHER EDUCATIONAL USE AT THE LIMON GUN RANGE THIS SUMMER!

Contact Christine@ christine.schinzel@colostate.edu or 719-743-2542 OR Kenny Davis-Town of Limon@ KDavis@townoflimon.com or 719-775-2346.



Lincoln County

Extension/4-H Website

<https://lincoln.extension.colostate.edu/>

COMMUNITY SERVICE & YOU!

Community service is just what it sounds like; providing service to others and the community. That could be locally, regionally, across the U.S., or even abroad. Community service is helping others when they need it most. It is a donation of your time, skills, and/or resources for the betterment of a project or others. It's also unpaid work; but most people attest that they get back more in secondary benefits than they ever give. Community service can happen anytime or anywhere. It can be on your own or in a group.

Potential Benefits to Giving Back:

- Establish connections with other individuals, businesses, and/or non-profit agencies.
- Develop and grow life skills.
- Contribute your time, talents, and or resources to others.
- Become aware of social issues, community concerns, and the needs of others.
- Learn more about potential career pathways and opportunities.



Thinking about Community Service? Ask yourself some questions to see where and what might be a good fit.

What do I enjoy?

What skills do I have or want to learn?

How do I want to contribute?

Where on the schedule can I pencil in some time to help others?

Who can I ask to find out what some needs might be?



Need an Idea to get Started....

Community service and volunteering comes in all shapes and sizes. One way you can get involved this next month is to promote or donate blood for the upcoming Limon Community Blood Drive on March 29th @ the Limon Community Building. Donors will receive swag items!

Did You Know:

*Over 38,00 blood donations are needed every day!

*Youth 16+ can donate blood with parental consent!

Learn More @ Vitalant Blood Services vitalant.org/Home.aspx and/or check out the Facebook Page: [Limon Community Blood Donors](#).

MEAT QUALITY ASSURANCE (MQA)

Meat Quality Assurance Training for 4-H/FFA members consists of walk-through learning stations and a test. The training is required for all members who take livestock projects.

Lincoln County 4-H & FFA Members will be required to complete MQA as follows: (1x-First year taking a livestock project); (1x-When the member turns 4-H age of 10); & (1x-When the member turns 4-H age of 14). *FFA members must attend as well their first livestock project year when showing in FFA.

Lincoln County MQA Date: April 4th 4-7:00pm at the Lincoln County Fairgrounds. **If you cannot make the county date you will need to contact the office in advance for a listing of other county trainings that you may attend to complete your requirement. We need to notify other counties before you show up at their MQA training. The following are some nearby MQA training locations.*

DATE	COUNTY	LOCATION
MARCH		
14	Elbert	Fairgrounds
15	Elbert	Simla School
17	Cheyenne	Fairgrounds
18	Kiowa	Fairgrounds
22	Prowers	Granada School Old Gym
23	Bent	McClave School
25	Otero/Crowley	Ark Valley Fairgrounds
28	Weld	Island Grove Regional

DATE	COUNTY	LOCATION
APRIL		
4	Lincoln	Fairgrounds
5	Yuma	Round House
6	Yuma	Fairgrounds
7	Logan	Fairgrounds
8	Pueblo	Fairgrounds
10	Sedgewick	Fairgrounds
11	Phillips	Fairgrounds
12	Kit Carson	Burlington Comm Center
25	Boulder	Fairgrounds
MAY		
4	Jefferson	Fairgrounds
16	Morgan	Fairgrounds
17	Morgan	Fairgrounds
20	Larimer	The Ranch

Basics of Livestock Nutrition Workshop

Date: April 4th

Location: Fairgrounds

Time: During MQA Training Time Frame, specifics TBA. RSVP to christine.schinzel@colostate.edu.

Open To: All 4-H & FFA Youth

*Workshop is not required to complete MQA. It is a separate opportunity available to all youth. Youth will have time to participate in both.

Sponsored By:



Agfinity
The Cooperative Difference

POULTRY WEBINAR LEARNING SERIES

Multiple Poultry related webinars for youth and backyard producers will be offered this spring and early summer. The March webinars will allow youth to learn more about market and show birds and different parts of the poultry industry. Registration for all webinars is available @ tinyurl.com/2p8d8f5a. For questions contact christine.schinzel@colostate.edu.

POULTRY PRODUCTION

WEBINAR SERIES

All webinars start at 7:00 pm MT.
Zoom information will be sent out the Friday before.



**SCAN
HERE TO
REGISTER**



tinyurl.com/2p8d8f5a



**COLORADO STATE UNIVERSITY
EXTENSION**

DATES

- FEBRUARY 24
 - Poultry 101-Intro to Poultry Ownership
- MARCH 10
 - Poultry Paths
- MARCH 15
 - Market Poultry 101
- MARCH 29
 - Breeding & Show Bird 101
- APRIL 14
 - Poultry Slaughter & Food Safety
- APRIL 19
 - Poultry Marketing, Regulation & Business Basics
- TBA (MAY 10 or 17)
 - Poultry Health & Biosecurity
- JUNE 28
 - 4-H Poultry Show Preparation & Showmanship

JUST TO GET YOU THINKIN...

*"The most courageous act is still to think for yourself
aloud." -Coco Chanel*

*"Truth is the property of no individual but is the treasure
of all men." -Ralph Waldo Emerson*

SAFETY StepUP: HEART ATTACKS & STROKES

Heart attacks and strokes can be a scary experience for everyone. They can not only be life-threatening, but they can cause debilitating cognitive and physical deficits as well. In fact for women, heart attacks are the number one killer each year and for men it's strokes.

A heart attack or stroke will also usually create a ripple effect on those around them (i.e. family, friends, co-workers, etc.) in many capacities including: as caregivers; financially; taking on other duties the individual may not be able to do (long or short term); changes in relationships, a secondary injury or accident because of a heart attack or stroke and more. Help improve the survival rate and keep everyone safe by learning more.

How You Can Help:

-Know the symptoms for strokes and heart attacks. (Men and women often display different symptoms). Stroke and heart attack symptoms also mimic symptoms for other common illnesses. When in doubt, call 9-1-1 or go to the emergency room immediately as time is critical with both conditions.

-Put up "common symptom" /awareness posters at work and home and make sure there is an emergency plan in place (especially at the farm).

-Make sure everyone knows how to dial (9-1-1) in an emergency and encourage participation in a First-Aid and CPR class.

Prevention Tools:

-Get an annual physical with blood work and talk to your doctor about your families health history and medications or other illnesses that may increase ones susceptibility to strokes and heart attacks.

-Know your blood pressure rates (resting and peak activity) to help determine what your normal is.

-Exercise; eat a healthy diet; get plenty of rest; and avoid substance use.

-Find ways to reduce and manage stress.

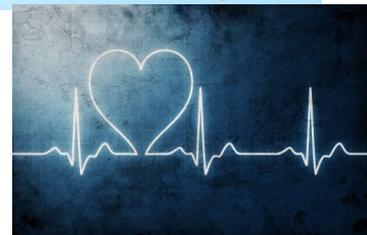
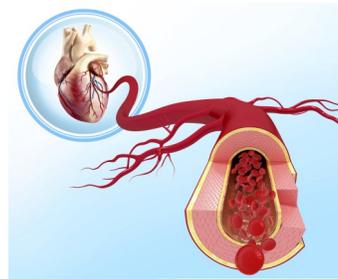
-Don't operate equipment or machinery when not feeling well.

To learn more and reduce your risk check out the resources @

- heart.org/en/health-topics/heart-attack

- cdc.gov/healthequity/features/heartdisease/

- cdc.gov/stroke/signs_symptoms.htm



Common Stroke Symptoms:

- Drooping or weakness on side of the body
- Slurred Speech or sudden confusion
- Elevated blood pressure
- Trouble seeing in one or both eyes.
- Severe headache

Common Heart Attack Symptoms:

- Chest pain or discomfort
- Indigestion, nausea, or vomiting
- Neck or upper back pain
- Shortness of breath
- High fatigue levels
- Swelling of limbs or veins
- Dizziness

INFORMATION & EVENTS

County: *Reminder to check your email and monitor our Facebook page for updates on 4-H activities and events. **Forms, Fees, and registrations are due to the office by (day stated) or (previous Friday) if the day is a weekend or holiday. County related forms and applications are available on the 4-H Forms & Applications page at lincoln.extension.colostate.edu/4-h-forms-applications/. A reminder that forms can be mailed, emailed, or faxed to the office, as well as dropped through the back door slot. The extension office cannot take credit cards for payment purposes.*

-Lincoln County Extension/4-H Website @ lincoln.extension.colostate.edu/

-Lincoln County Colorado Extension Facebook

-Colorado 4-H Website @ co4h.colostate.edu/

- ◆ **Shooting Sports** (Re-scheduled safety Meeting)- is March 1 @ 6:15 pm at the fairgrounds.
- ◆ **Beef Weigh-In** is March 5 @ Meier Feedlot (48750 Hwy 40/287 Limon, CO) from 8:00-10:00am. The feedlot is part way between Hugo and Limon, across the railroad tracks to the west. **Members interested in taking beef animals to state fair will need to notify the office to receive a state fair nomination form . State fair nomination forms are due no later than April 1st to the office for signatures. State Fair DNA submissions are due no later than April 1st to state fair. Procedures and entry information on all species will be available at coloradostatefair.com/livestock/.*

****Members are required to bring brand/ownership papers and be able to identify which animal belongs to which member (or if a family animal) at weigh-in. Ownership must be transferred before weigh-in. No EXCEPTIONS. Contact your local brand inspector for any questions regarding transfers.*

- ◆ **Livestock Scholarship Donor Opportunity**- Each year the Livestock Sale Committee provides scholarships to interested 4-H/FFA youth participating in beef, sheep, swine, and goat projects through an application process. If you or your business would have an interest in supporting one of these scholarships financially; then please contact the office for more information.
- ◆ **4-H Poultry Paths (March 10); Market Poultry (March 15); Breeding & Show Bird 101 (March 29) Webinars. Register for all webinars @ tinyurl.com/2p8d8f5a . Contact christine.schinzel@colostate.edu if you need help registering or have questions.**
- ◆ **Youth Fest Camp** will be March 25-27 for youth ages 11-13 in Pueblo, CO. 4H Online registration will be open until March 18th or the camp is full. Cost is \$100. The camp will focus on leadership based activities. *Approved 4-H volunteer chaperones and drivers are needed for camp attendance. Please let Christine or Robin know if you would be available to help.*
- ◆ **Basics of Livestock Nutrition Workshop** open to all 4-H/FFA members will be April 4 at the fairgrounds. The workshop will be held in conjunction with the MQA open walk-through training. Members will have time to participate in both events. *The workshop is not required as part of MQA certification requirements. RSVP to christine.schinzel@colostate.edu.

INFORMATION & EVENTS

- ◆ **Meat Quality Assurance Training (MQA)** for 4-H/FFA members for Lincoln County is *April 4* starting at 4:00pm at the fairgrounds. Contact the office for a listing of other county available locations if you cannot make this date. **Livestock Members are required to take MQA their first livestock project year, at 4-H age 10, and at 4-H age 14. FFA members must take MQA the first year they are enrolled in FFA with a livestock project.*
- ◆ **Lincoln County 4-H Foundation Reimbursement Scholarship** form is available to members for some reimbursement or support of 4-H camps, workshops, and general project supplies. Go to the Lincoln County 4-H/ Extension website and click under "Foundation" to download the form and requirements at lincoln.extension.colostate.edu/4-h-forms-applications/.

Other ****Verify with listed contacts pertaining to their individual event to find out specific information and guidelines, event cancellations procedures, registration requirements, etc.*

- ◆ **Additional Events-Facebook-** Many events/notices/resources in and out of 4-H are also posted on the *Lincoln County Colorado Extension* Facebook page as they become available. Be sure to check the page for additional opportunities and information (youth and adult).
- ◆ **CSU Extension Live Smart Blog** (Family & Consumer) @ livesmartcolorado.colostate.edu/.
- ◆ **CSU Extension Horticulture Blog** @ csuhort.blogspot.com/.
- ◆ **Ag Producer Drought Assistance-**For resources; operations in Colorado can contact (970) 988-0043 or droughtadvisors@colostate.edu.
- ◆ **CSU Extension Cottage Foods Producers Trainings** are being offered online throughout 2022. To sign up for a training go to cottage-food-safety.eventbrite.com.
- ◆ **AgrAbility Aging in Rural America & Ag Tax Workshops** are at multiple locations in March. Learn more and register @ agrability.colostate.edu/.
- ◆ **Big R Producing Partners 2022-** Livestock 4-H/FFA members can apply for monetary project assistance. Applications are available at your local Big R store March 1-April 15.
- ◆ **Agriculture Future of America Scholarship** is due March 9. Application information is available at agfuture.org/scholarships.
- ◆ **Stalwart Agfinity Scholarship** application is open till March 10 at agfinityinc.com/about-us/community-support/2022-stalwart-agfinity-scholarship-program/.
- ◆ **Sullivan Show Supply Scholarship** is due March 15. The application is available at sullivanssupply.com/scholarships/.
- ◆ **Civilian Marksmanship Program Scholarship** is due March 20. Information is available at thecmp.org/communications/cmp-scholarship-program/?dom=foxnews&src=syn.

INFORMATION & EVENTS

- ◆ **Rocky Mountain Farmers Union Scholarships** are due March 21 @ rmfu.org/what-we-do/education-leaders/scholarships/.
- ◆ **Colorado Association of Wheat Growers Scholarship** is due March 25th. For information go to coloradowheat.org/2021/12/2022-cawg-scholarships/.
- ◆ **National 4-H Youth in Action Awards** application is open till March 28. Information and application is available at 4-h.org/parents/4-h-youth-in-action-awards/#!application.
- ◆ **American Guernsey Association Scholarships** are due starting March 31. Check out their website @ usguernsey.com/agya for complete information and deadlines.
- ◆ **Consumers United Association-Darrell Man Scholarship** is due March 31. Check out their website @ cuamember.org/page/scholarship-program for complete information.
- ◆ **Dairy MAX Scholarship** application is due March 31. For information and application go to dairymax.org/dairy/scholarships.
- ◆ **American Boer Goat Association Scholarship** is due early spring. For more information search their website at abga.org/jabga/.
- ◆ **Beef Improvement Federation Scholarship** deadline is April 1. Information and the application is available at beefimprovement.org.
- ◆ **Johnathan Marr 4-H Memorial Scholarship** is due April 1. Information is available @ co4h.colostate.edu/wp-content/uploads/2022/01/jonathan-marr-scholarship.pdf.
- ◆ **National Farmers Union Scholarship** applications are open until April 1. Application information is available at nfu.org/education/scholarships/.
- ◆ **El Paso Blow-N-Go Show & Sale** is April 2nd. For more information contact Emily Tobler @ Emily.Tobler@colostate.edu.
- ◆ **Brush Livestock Exchange Scholarship** application is due April 5th. Application information is available @ livestockexchange.org/SCHOLARSHIP.html.
- ◆ **GROWMARK Agricultural Scholarship** application is due April 14. The application is available at growmark.com/about-us/corporate-commitments.
- ◆ **National Dairy Shrine Scholarships** for all applications are due April 15. Application information is available at dairyshrine.org/youth/#scholar.
- ◆ **Turf and Ornamental Communications Association Scholarship** is due April 15. Information and application is available at toca.org/toca-scholarship-2/.
- ◆ **Weld County Goat (Dairy/Meat) Extravaganza** show and seminars is April 22-24 at Island Grove Regional Park in Greeley, CO. For information & registration go to weld4h.org/Events-directory/Extension-Programs/Weld-County-Goat-Extravaganza.

FAMILY & CONSUMER:

SAVE FOR THE UNEXPECTED

We can't always predict what will happen in life, but we can be prepared by saving for the unexpected. According to the most recent [Federal Reserve Survey of Consumer Finances \(2019\)](#), Americans on average have less than \$5,000 in their savings/emergency account. Many financial institutions or professionals suggest that we should have a minimum savings balance of at least three to six months' worth of household income to cover normal and unexpected costs. Saving for the unexpected (The Good, The Forgotten, and the Ugly) can help keep you and your family financially stable for when "life happens".

~ The Good ~

There are a lot of good reasons to save money, such as celebrating a friend's purchase of their first home or going out of town for the weekend. However, we often don't think about budgeting funds for the good or fun things that come up in our life. As you contribute to your savings account set aside some funds in there each month for the people and things that bring you joy!

Examples:

- Money for the "Hobby Fund" (i.e. snowmobiling, traveling, golf, quilting, etc.)
- Spur of the moment celebration dinners or events
- Gifts for others (i.e. birthdays, weddings, graduations, etc.)

~ The Forgotten ~

There are a lot of expenses that we only incur maybe once or twice a year. If you are like me, I often forget when my vehicle registration renewal is due. Saving for "The Forgotten" expenses will help you be more financially prepared when those expenses arrive and keep you from dipping into your other savings categories.

Examples:

- Safety deposit or other yearly financial account fees
- Annual memberships and subscriptions (i.e. gym or newspaper)
- Vehicle registration renewals
- Routine repair and maintenance (i.e. home, vehicles, equipment, etc.)
- Insurance deductibles (i.e. home, medical, or vehicle)
- Utilities (i.e. propane tank fill-up)



FAMILY & CONSUMER:

SAVE FOR THE UNEXPECTED (cont.)

~ The Ugly ~

The loss of a job or a home can be catastrophic from a financial standpoint. Having funds set aside to at least be able to pay bills for an extended period during one of these events is important to your overall financial and health well-being.

Examples:

- Loss of income (i.e. a job or side business)
- Major medical emergency or death
- Vehicle wreck or significant repair
- Complete destruction of the home or other property

~ Plan It Out ~

- Take time to sit down and review your financial expenses to determine what *Saving for the Unexpected* looks like for you and your family.
- Set yearly goals for savings and celebrate your successes when you reach those goals.
- Utilize a calendar to help remind you when some of those expenses might be coming.
- Utilize a [Savings Tracking Sheet](#), individual envelopes, or an app to help you keep track of what you are saving for and how much is in each category.
- Don't be afraid to ask for help or utilize an accountability partner to help you stay on track with your savings plan.

Saving for the unexpected takes time and commitment, but it's worth it. Individuals and families who have adequate financial resources reduce the burden of [stress](#) and conflict in their lives. Now is a great time to starting saving for (The Good, The Forgotten, and the Ugly) expenses you are likely to incur.

Additional Resources:

America Saves Resource Center @ americasaves.org/resource-center/insights/54-ways-to-save-money/

Consumer Financial Protection Bureau-Start Small, Save up @ consumerfinance.gov/start-small-save-up/

ACTIVITY PAGE:

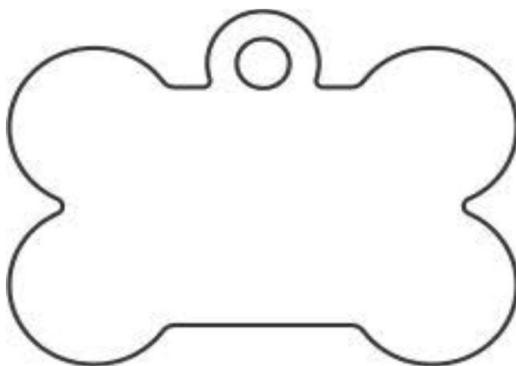
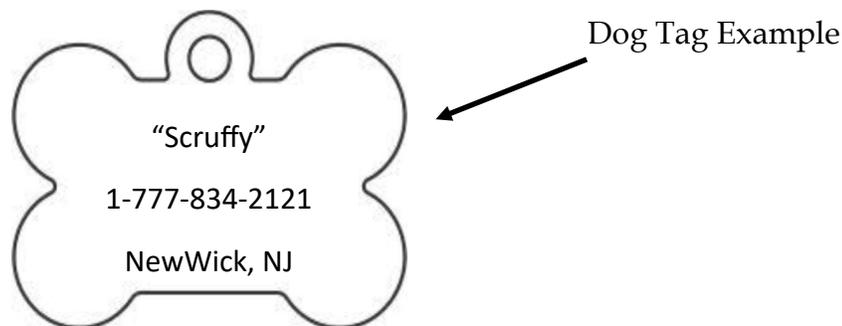
Monthly Reader:

*The Further Adventures
of Hank the Cowdog*

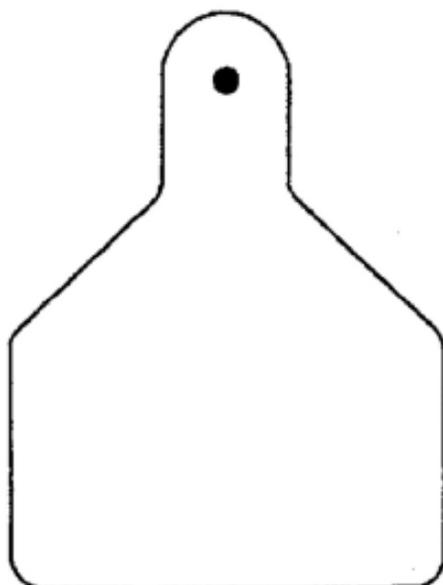
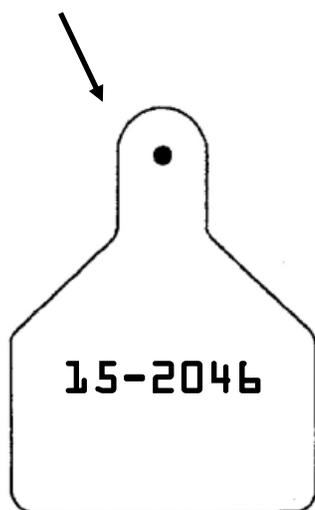
by John R. Erickson

Identification Activity: To help identify which animals belong to which individuals we often utilize an ear or neck tag. The livestock ear tag can also help us know which animal it is in the herd to help us keep good records (i.e. age, if it has had its vaccinations, and more).

Draw and color in your own identification tags.



Cow Tag Example



Lime Sherbet Punch (St. Patrick's Day Drinks) -
Becky Hardin-The Cookie Rookie

Ingredients:

- 2 (1/4oz) packages of Lemon-Lime Kool-Aid mix
- 1 (46oz) can pineapple juice (chilled)
- 2qts cold water
- 2 (2 Liter) bottles Ginger Ale (chilled)
- Lime Sherbet

Steps:

- Combine and mix all ingredients into a large pitcher or punch bowl (except sherbet).
- Add a scoop of sherbet to each serving glass and fill up the remainder of the glass with the punch mixture.
- Serve with a straw.

EVENT ROUNDUP:



LDC Camp



Shooting Sports Safety Meeting

March 2022

Events and Information available at lincoln.extension.colostate.edu/events/

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 -4-H Project Add/Drop Deadline -2nd Shoot Mtg.	2	3	4	5 Beef Weigh-In-8:00am @ Meier Feedlot 48750 Hwy 40/287 Limon
6	7	8 Fairboard Mtg. 7:00pm	9	10 Poultry Paths Webinar @ 7:00pm	11	12
13	14	15 Market Poultry 101 Webinar @ 7:00pm	16	17	18 SCDR Camp	19 SCDR Camp
20 SCDR Camp	21	22 Poultry Breeding & Show Bird Webinar @ 7:00pm	23	24	25 Youth Fest Camp	26 Youth Fest Camp
27 Youth Fest Camp	28	29	30	31	April 1 Beef State Fair Nominations Due	

INDUSTRY SPOTLIGHT: COLORADO BEEF & YOU



March is Beef Month in Colorado!

The old slogan “Beef It’s What’s for Dinner” is still as relevant today as when it first came out.

One *3oz. serving of cooked beef provides 25g of protein and includes 10 essential nutrients including Vitamin B and Phosphorus per the USDA National Re-

search Service. Not only is beef nutritious, but they help us out in other ways as well. An estimated 29% of land in the United States is not suitable for farming or other uses because it’s rocky; too steep; or too wet or arid of a climate in that area. Thus cattle and other livestock are able to utilize this land for grazing and that in turns provides a food source for all of us. Producers have a high level of commitment to providing top notch care to their livestock which results in a superior product for the consumer. In Colorado alone, the cattle industry contributes close to \$4 billion in gross receipts annually according to the Department of Agriculture. This economic impact is in-part then spread out to the local communities through support of: infrastructure; schools; local business and economic support; community projects; sponsorship; and so much more. Beef is beneficial to all.

Cattle By-Product Trivia: *Learn more about all by-products @ dairymax.org.

- 1) Paint brushes are made out of cattle _____.
- 2) From the pancreas of cattle we get _____ to help treat diabetes.
- 3) Foot ware is often made from the _____ of cattle.
- 4) _____ from beef protein is used in vehicle bodies.
- 5) _____ is used as fertilizer or compost for farms, gardens, and nurseries.

#CoBeef

You can learn more about Colorado Beef @ CoBeef.Com & [Colorado Beef Council](https://www.facebook.com/ColoradoBeefCouncil) Facebook Page

-Recipes

-Cooking lessons, tips and cuts

-Safe food handling

-Nutritional benefits

-Finding a local beef producer near you

-Sustainability and resource use

Want to learn more about beef organizations in your local community?

Check out the Lincoln County Cattlewomen @ [facebook.com/LCCattleWomen](https://www.facebook.com/LCCattleWomen)

Lincoln County Stockman @ [facebook.com/people/Lincoln-County-Stockmans/100064830437426/](https://www.facebook.com/people/Lincoln-County-Stockmans/100064830437426/)

Learn More (Color/Essay Contest):

-What: Draw a picture and write a short essay (less than 1/2 page) about “Why You like Beef”.

-Who? –>All youth eligible

-Submissions Due March 31 to christine.schinzle@colostate.edu

-Winners receive 4-H swag!

Head-> Farmers 2050 App

The Farmers 2050 App was created to give students the opportunity to learn about what it takes to feed the world utilizing game-based technology. They get to experience drought and down prices all the while learning about sustainability in the food system. There is also career learning opportunities, videos of real farm practices, and more. This app is available to students in school or at home.

Learn more and find app links @ growingthenextgeneration.com/programs/farmers-2050/

Hands-> Jessen Reindeer Ranch

If you can dream of it then most likely there is an enterprise or business opportunity out there that you can create. Jessen Reindeer Ranch is an example of one unique enterprise in operation. They raise reindeer to sell to others for breeding, pets, or working use. They also utilize the reindeer for rental services to others. They try and provide some educational information for those looking to get into the business and answer general questions.

To check out their cool enterprise go to: jessenreindeerranch.com/

Heart-> National #SoupItForwardDay!

Spring weather will bring lots of nice and not so nice days. Making a pot of soup would be a great way to take off the chill when the weather is not as nice. During March also consider paying it forward by doubling that pot of your favorite soup and sharing it with others. This is a great and easy way to give to others and brighten their day.

Ideas:

- Local neighbor
- Someone feeling under the weather
- Local family in need
- Local community or activity board meeting
- Local business staff



Health-> 5 Minute Breaks

Whether you are studying hard, working on the computer, or engaged in a project it's always good to take breaks. Short little breaks can help you re-focus, increase blood flow, stretch the muscles, rest the eyes, and give you renewed energy.

Break Ideas:

- Jumping jacks or running in place
- Quick stretches
- Go outside and get some fresh air
- Walk around the office or house
- Drink a glass of water and/or grab a snack
- Close your eyes for a few minutes
- Lay down and stretch out
- Dance to your favorite upbeat song

health.cornell.edu/

Colorado State University, U.S. Department of Agriculture and Lincoln County cooperating.

Extension programs are available to all without discrimination.

Any mention of company names and/or products doesn't imply an endorsement of those entities or their services nor does it imply a criticism of their competitors and products. Items mentioned are strictly for educational or informational purposes.