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**(Neb.)-Recipe For Healthier Living With Food And Fitness**

By: Roxie Graham-Marski Posted at: 01/18/2013 02:01 PM

(CHADRON)-It's almost time for the Recipe for Healthier Living with Food & Fitness class, being offered by the UNL Extension to help residents make sense of USDA dietary and fitness recommendations.

The program is designed to help build skills that adults need for healthy living. Participants will learn about goal setting and tools for tracking progress, healthier beverages and snacks, fitting in fiber, the real scoop on sugar, becoming sodium savvy, facts about fat, and meal planning.

Dawes County UNL Extension educator Jamie Goffena says there are three ways to go about participating in the seven-week series, which begins Tuesday, February 5th. Participants can take part in Lunch Hour Live every Tuesday from 11:00 a.m.-12:00 p.m. online, meet each Thursday night from 5:30-7:00 p.m. at the Extension office at 250 Main St., or go at their own pace by viewing archived webinars online.

Goffena says she feels there is an advantage to meeting in the group setting on Thursdays because of the opportunity to support one another and discuss together and to taste some recipes that have been modified to be healthier. "Participating in the group will give them support in meeting their health goals," she says. "That's the goal—to help them follow the USDA dietary and physical activity guidelines."

Registration is required and costs \$15, which includes a wellness kit with a DVD of fitness activities, a log book/journal, and more. Registrations must be made or postmarked by January 22nd to receive the \$15 rate. It is \$20 after that. Individuals may register at [go.unl.edu/healthyliving](http://go.unl.edu/healthyliving) or by mailing in the Healthy Living brochure. For more information or a brochure, contact Goffena at 432-3373, 308-668-2428, or [jgoffena2@unl.edu](mailto:jgoffena2@unl.edu). Or visit [food.unl.edu/web/fnh/food\\_fitness](http://food.unl.edu/web/fnh/food_fitness) for more info as well.

(Questions? Comments? E-mail [roxie@chadrad.com](mailto:roxie@chadrad.com).)

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