



FABLOW AgriLife is a multi-county collaboration between the Family and Community Health (FCH) Agents of Frio, Atascosa, Bandera, Live Oak, & Wilson County.

JUNE CHALLENGE

We'll be doing this lower body strength challenge in addition to our Walk Across Texas (cardio/step program)- we got this!

Join FABLOW AgriLife on Facebook to be updated on all wellness challenges and health programs.



Join the Facebook Group: 2021 Walk N Talk - FABLOW AgriLife



Print it out at justjossn.com (Printables)





Check your email for all Walk Across Texas - Diabetes Edition Updates!

Email sender: howdy@howdyhealth.org

The next virtual event will be June 18th! Hopefully, you can join!

Join FABLOW AgriLife FB Group for daily tips, health info, and Walk Across Texas inspiration.

Mindful Living MINDFUL MAY Recap!

YAY! You're done! (Last day of Mindful Living - June 4th!)
Thank you for participating in mindfulness. May this be the next step in your "mindful living" journey/lifestyle.

Complete our short survey:

https://forms.office.com/r/bRkbQs8QES



SMART GOALS

Learn about SMART Goals! We want you to succeed in your monthly challenges and health programs (Walk Across Texas!)

MEANINGFUL GOALS ARE SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT AND DEFINED WITHIN A TIMEFRAME FOR COMPLETION.



- What do I want to accomplish?
- Why do I want to accomplish this?
- What are the requirements?
- What are the constraints?



- How will I measure my progress?
- How will I know when the goal is accomplished



- How can the goal be accomplished?
- What are the logical steps I should take?



- Is this a worthwhile goal?
- is this the right time?
- Do I have the necessary resources



- How long will it take to accomplish this goal?
- When is the completion of this goal due?
- When am I going to work on this goal?



Create your own SMART Goal(s):

PLAN YOUR WEEK!

Get the form by joining FABLOW AgriLife on Facebook Group or print it out by visiting justjossn.com (printables).

USE THIS FORM TO MAKE YOUR OWN EXERCISE AND PHYSICAL ACTIVITY PLAN-ONE YOU THINK YOU REALLY CAN MANAGE.

- UPDATE YOUR PLAN AS YOU PROGRESS. AIM FOR MODERATE-INTENSITY ENDURANCE ACTIVITIES ON MOST OR ALL DAYS OF THE WEEK.
- TRY TO DO STRENGTH EXERCISES FOR ALL OF YOUR MAJOR MUSCLE GROUPS ON 2 OR MORE DAYS A WEEK, BUT DON'T EXERCISE THE SAME MUSCLE GROUP 2 DAYS IN A ROW.
- FOR EXAMPLE, DO UPPER-BODY STRENGTH EXERCISES ON MONDAY, WEDNESDAY, AND FRIDAY AND LOWER-BODY STRENGTH EXERCISES ON TUESDAY, THURSDAY, AND SATURDAY. OR, YOU CAN DO STRENGTH EXERCISES OF ALL OF YOUR MUSCLE GROUPS EVERY OTHER DAY.
- DON'T FORGET TO INCLUDE BALANCE AND FLEXIBILITY EXERCISES.

Listen to Podcast

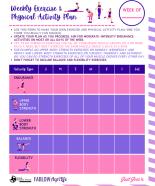
With the Fabulous Team!

Episode 39:

SMART GOALS

FABLOW AgriLife has several resources you can benefit from - we excel when it comes to social media education, so make sure to check out our

• Podcast: FABLOW AgriLife is on 11 different platforms (find us!)



Contact Us:



Jocelin Villarreal - FCH Ext. Agent County Events & Programs on https://frio.agrilife.org/

BANDERA



ATASCOSA



Dru Benavides - FCH Ext. Agent County Events & Programs on https://atascosa.agrilife.org/

WILSON



County Events & Programs on

https://wilson.agrilife.org/

"FABLOW -US" content:

• Blog/Main Hub: https://fablowagrilife.weebly.com

• YouTube & Pinterest: FABLOW AgriLife (find us!)