



## New Year, New You!!

Every year as the clock strikes midnight, we make New Year's Resolutions which are often to change an undesired trait of behavior. Often, it is focused on losing weight, eating better and exercising more.

This past year has taught us the importance of taking care of our health. Statistics have shown that having a chronic illness or being unhealthy has made you more at risk of the harmful effects of COVID-19. Therefore, we want to encourage everyone to make a few changes to take care of yourself and improve your health.

One of the first things you need to do every year is to make sure you have scheduled your annual physical. They are important to make sure you stay up to date on your vaccinations as well as getting blood work done to monitor for any chronic illnesses.

Secondly, set aside some time for exercise. You can find a buddy to exercise with or a group fitness class because it always makes it more fun. Third, drink more water. Staying hydrated helps you sleep better, clears skin, increases your energy and improves muscle recovery.

Last, get enough sleep. It is recommended for adults to get 6-8 hours of sleep each night. You may need to darken your room, use a white noise machine, don't drink right before bedtime, and turn off the screens such as tv, tablet and phone so your mind can also power down right before bed. And always take care of your mental health which may be taking time out for yourself and doing something that you enjoy.



Our first Lunch N' Learn of 2021 will be held virtually on Tuesday, January 12<sup>th</sup> at 12pm (EST) through Zoom. It will focus on "Mindfulness". Learn how to eat with intention and become aware of your eating habits in order to make changes for a healthier lifestyle.

We are also promoting our "Med Instead of Meds" program that provides information on the Mediterranean Diet. It is a FREE 6-week program that will be held virtually on Mondays, February 1 – March 8, 2021 at 12:00pm (EST).

You can register for one or both of these workshops online at our [Extension Eventbrite website](#).

Be sure to check us out on Facebook and YouTube @persongranvillefcs

**NC COOPERATIVE EXTENSION**

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### Ingredients

8 cups bread cubes  
2 cups fruit, chopped  
4 eggs, slightly beaten  
1 cup milk  
2 tsp vanilla  
¼ cup sugar  
¼ cup butter, softened  
¼ cup sugar  
½ cup flour

### Directions

Lightly spray an 8x8 baking dish. Add bread cubes and fruit. In a medium bowl, blend eggs, milk, vanilla and ¼ cups sugar. Pour over bread cubes and fruit. Stir gently to wet all bread with egg mixture. Cover and refrigerate until liquid is absorbed, at least 30 minutes. Preheat oven to 350 degrees. In a small bowl, combine the butter, ¼ cup sugar and flour and sprinkle over fruit. Bake 35-40 minutes.

**French Toast  
Casserole  
Serves 8**

Source - Oregon State University <http://www.foodhero.org>