

# Re•freshed

V. Give new strength or energy to [ **Mower County** ]; reinvigorate.

## Refreshed Living: Old School Wisdom

History is a valuable teacher in many aspects of daily living, especially in relation to wellness. Significant research in the past that has led to cures and preventive measures (hand washing helps stop the spread of germs!) have changed how we live, and in many cases improved health outcomes. I've referred to Mower Refreshed as a movement that taps into old school wisdom; thanks to Urban Dictionary we actually have a definition for old school!

### Old School.

Anything that is from an earlier era and looked upon with high regard or respect.  
*(Urban Dictionary)*

There are many citizens I look upon with high regard and respect. These are citizens who in essence are just doing the next right thing because it's the right thing to do, old school style.

- Sharing garden produce with neighbors or a food shelf, technically now called "garden gleaning", we call it old school.
- Utilizing an item around the house for a new purpose rather than throwing it in the trash, technically referred to as "recycling", we call it old school.
- Using herbs or simple breathing to decrease stress, technically referred to as "alternative medicine", we call it old school.
- Speaking a kind word to a stranger or opening a door for another person, "manners", we say old school.
- Working your job with integrity even when no one is watching, "good work ethic", again, old school



We've busied ourselves with renaming what folks historically have done and in the process forgetting why they did it. They did many things because it was simple, cost effective and it worked at building strong families, workplaces, and communities. Our efforts at rebranding can lead to confusion, spending too much time marketing the idea of healthy living other than just doing it. Consider what old school behaviors and attitudes might be worth reviving at your home, school and workplace to improve overall wellness. Urbanly speaking, kick it old school!

## Wellness Wednesdays

Get a simple reminder to live well every Wednesday, enjoy a fresh recipe and share your ideas on health and wellness. Click here to subscribe and make every Wednesday well'r!

**Mower**  
**Refreshed**  
Making healthy choices a priority



# County Connections

RE•think... green living

RE•new... clean energy

RE•store... conservation

## RE • fest

A Celebration of Green Living & Clean Energy



RE•think



RE•new



RE•store

[www.refest.org](http://www.refest.org)

Refest is around the corner: Saturday, September 14th 11:00am-4:00pm. This celebration of green living and clean energy is an annual event in Mower County and this year is relocating to the Mower County Fairgrounds to accommodate growth and expansion of partnerships and family fun activities to engage in.

The Refest event has three primary goals:

1. Educate citizens about the current issues regarding carbon emissions and the impact they have on the environment. Learn what green living and sustainability are all about.
2. Motivate citizens to take action at home that will contribute toward the reduction of carbon emissions.
3. Encourage citizens to volunteer locally in organizations that support sustainability.

Mower Refreshed partners with Refest to promote healthier living by improving the environments we live, work, learn and play in. This year citizens of all ages can enjoy interactive demonstrations, games and workshops all free! Food vendors will provide locally grown foods for purchase and artisans will feature unique items ...consider early holiday shopping with no shipping charges and personalized service!

Take time to enjoy the outdoors as you stroll to the music of the Austin Big Band and support cleaning living in Mower County and beyond. Visit <http://www.refest.org/> for details on schedule of events and information on the opportunity to recycle your old electronics on the day of the event.



# Sharing Your Expertise: Tips from Mower Refreshed readers

Subscribe for the **Wellness Wednesday e-Blast** to get a mid-week recharge and share a quick response to our weekly question...Your wisdom inspires us to well-living!

## What character traits make for stronger, healthier communities?



- Communities are stronger and healthier when everyone feels a sense of belonging. Taking the time to talk to neighbors, smile and welcome newcomers, and participate in community events are some simple ways to make our community stronger. KB
- Willingness to help a neighbor (i.e. shovel, mowing lawn). SK
- Treating ourselves and everyone we connect with each day with dignity. Dignity gives birth to much more - try it. DR

## What are ways to promote sportsmanship on and off the field?

- For every home game in volleyball we give the other team a goodie basket. This just sets up a good relationship and a welcome to our school. RW
- Always shake hands with the opponents AND the officials after the game, Win or Lose! KL
- Adults spectators setting positive example (especially for kids around them) when calls are made you don't agree with. LP
- Coaches setting an expectation for team members to respond to opponent with respect at all times. KA



# Eat Refreshed

The most common question I get is as a Dietitian is, “how many calories should I be eating”? And as we approach holiday season, I realized this may be the optimal time to talk about what calories are, how many you need, and how to adjust them to meet your weight goals.

- What are calories? Calories are the way we can measure how much energy is in the food we eat. For example, an apple may have ~75 calories while apple pie may have ~250 calories.
- How many do you need? How many calories you need will depend on many factors such as: height, weight, age, gender, activity level and your weight goals. Health professionals often times, use calculations that take all these elements into account. Try your hand at calculating your own calorie requirements below!
  - Men:  $(6.22 \times \text{wt in lbs}) + (12.7 \times \text{ht in inches}) - (6.8 \times \text{age in yrs}) + 655 \times \text{ALF}$
  - Women:  $(4.36 \times \text{wt in lbs}) + (4.32 \times \text{ht in inches}) - (4.7 \times \text{age in yrs}) + 66 \times \text{ALF}$ 
    - Height in inches: 60 inches (for 5ft) + every additional inch = height in inches
    - Activity level factors (ALF):
      - Sedentary (No exercise/light activity) = 1.2*
      - Moderate Activity (Exercise 3-4 times per week) = 1.4*
      - Heavy (Exercise 4-5 times per week) = 1.6*
      - Extreme (Exercise 6-7 times per week) = 1.8*
  - Example Calculation: A 35 year old male, 5ft 11in, 200lbs, exercises 3 days per week
    - $(6.22 \times 200\text{lbs}) + (12.7 \times 71\text{in}) - (6.8 \times 35 \text{ yrs}) + 655 \times 1.4 =$   
Calories needed
- How do I lose/gain weight? To lose or gain weight, you can simply subtract or add 500 calories from the calories you calculated in the previous section. This will result in 1-2lbs weight loss per week.
- Look for our article next month on how to track your calories!

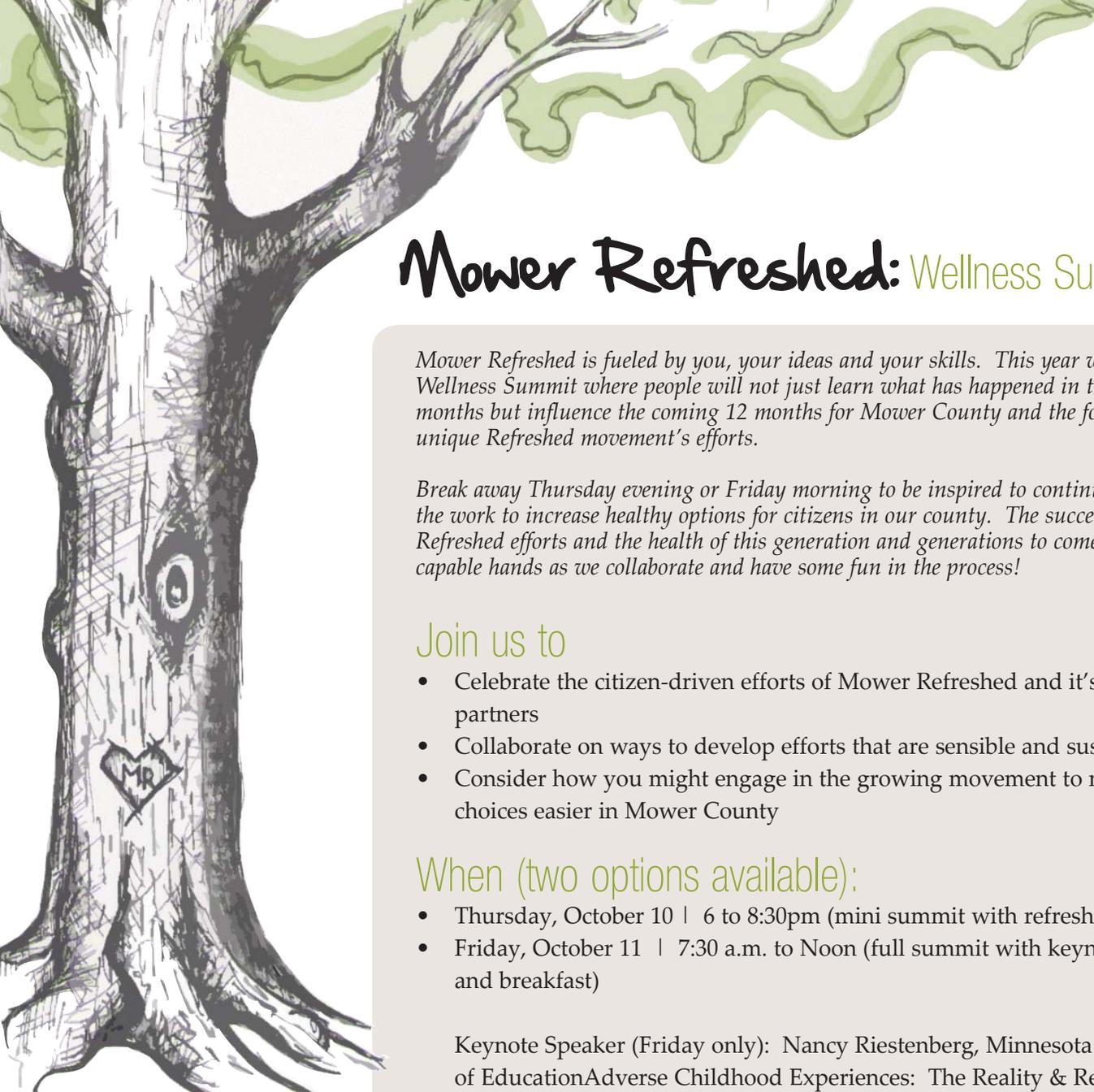


Heather Plizga MS, RD, LD  
Mayo Clinic Health System

## To make an appointment

- Check your insurance coverage to see if it covers nutrition counseling before making your appointment. The number for inquiries is located on the back of your insurance card.
- Many times, insurance companies need a physician referral to cover services. If that's the case, at your next primary care visit, be sure to mention that you have nutrition questions and you'd like to see a dietitian.
- If you have further scheduling questions, call the appointment line at (507) 433-8758.





# Mower Refreshed: Wellness Summit

*Mower Refreshed is fueled by you, your ideas and your skills. This year will be our 4th Wellness Summit where people will not just learn what has happened in the past 12 months but influence the coming 12 months for Mower County and the focus of this unique Refreshed movement's efforts.*

*Break away Thursday evening or Friday morning to be inspired to continue engaging in the work to increase healthy options for citizens in our county. The success of Mower Refreshed efforts and the health of this generation and generations to come is in our capable hands as we collaborate and have some fun in the process!*

## Join us to

- Celebrate the citizen-driven efforts of Mower Refreshed and it's county-wide partners
- Collaborate on ways to develop efforts that are sensible and sustainable
- Consider how you might engage in the growing movement to make healthy choices easier in Mower County

## When (two options available):

- Thursday, October 10 | 6 to 8:30pm (mini summit with refreshments)
- Friday, October 11 | 7:30 a.m. to Noon (full summit with keynote speaker and breakfast)

Keynote Speaker (Friday only): Nancy Riestenberg, Minnesota Department of Education  
Adverse Childhood Experiences: The Reality & Resilient Responses

- [Click here for full agenda](#) / [Click here for ACE Executive Summary](#)

## Where:

Our Saviors Lutheran Church, 1600 West Oakland Avenue, Austin, MN 55912

## To Register:

E-mail [hagan.elizabeth@mayo.edu](mailto:hagan.elizabeth@mayo.edu) or call 507-434-1664 by Monday September 30th. Please state which summit you will attend: mini - Thursday or full - Friday.

Donations accepted at both summits to further efforts of Mower Refreshed and it's partners.

# What is Mower Refreshed?

- A county wide movement that inspires and ignites individuals and groups to promote healthy living.
- An effort that seeks to change the culture surrounding wellness, supporting the healthy choices becoming the easier choice for every citizen.
- A connecting point for citizen-driven wellness ideas and efforts to collaborate with one another, share resources and experience opportunity to network with others in the county.

## Growing & Merging

Healthier  
Choices

Mental  
Fitness

Workforce  
Wellness

*What changes  
when we focus on  
creative solutions  
rather than ending  
problems?*



## Refreshed Destination – A Grand Champion Exhibit!

Thank you to our volunteers and summer intern Rachel Holst for making the 2013 Mower County Fair a little 'mower' Refreshed! Congrats on Refreshed Destination winning the Grand Champion Outside Exhibitor!

Special thanks to Austin Utilities, Hormel Foods, KSMQ, Mayo Clinic Health System, Vision2020 and the YMCA of Austin for supporting this year's tent.

## Ways to connect with Mower Refreshed

**Email:** [connect@MowerRefreshed.org](mailto:connect@MowerRefreshed.org)

**Web:** [www.MowerRefreshed.org](http://www.MowerRefreshed.org)

**Phone:** 507.434.1039

**Twitter:** @MowerRefreshed

**Facebook:** [www.facebook.com/mowerrefreshed](http://www.facebook.com/mowerrefreshed)

**Youtube:** [www.youtube.com/mowerrefreshed](http://www.youtube.com/mowerrefreshed)



Sandy Anderson  
Mower Refreshed Coordinator