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#### **(Neb.)-Class Offered In Dawes County On Nutrition**

By: Chris Fankhauser Posted at: 01/04/2013 08:21 AM

(Chadron)-The University Of Nebraska Lincoln Extension Office in Chadron is offering a recipe for healthier living with food & fitness class this month, which organizers say have the N-gredients for staying fit and healthy. Fiber, sodium, sugars, saturated fats, unsaturated fats, trans fats, and triglycerides are topics that can sometimes boggle the mind!

A seven-week class, Recipe for Healthier Living with Food & Fitness, is offered by the University of Nebraska-Lincoln (UNL) Extension to help Nebraskans make sense of all the latest dietary and fitness recommendations.

According to Extension Nutrition Specialist, Lisa Franzen-Castle, 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. Each class also will feature brief practice sessions of physical activities which can be done at home to improve fitness levels.

The series will be conducted weekly over the lunch hour, 11:00 am - noon MST, beginning Tuesday, February 5. Broadcast via the internet, participants can either watch from the convenience of their home or office computer. Lessons will be recorded so individuals who cannot attend on Tuesdays can view the sessions later at their convenience.

Jamie Goffena, UNL Extension Educator in Dawes County, said individuals can also join the group in Chadron at UNL Extension, 250 Main Street on Thursdays 5:30-7:00 pm for seven weeks (Feb. 7 - March 21, 2013). She said the group will view the archived webinars, discuss the lesson, practice physical activities, receive support accomplishing personal goals, and taste food.

Space is limited so registration is required and due by January 22. Individuals may register at [go.unl.edu/healthyliving](http://go.unl.edu/healthyliving). For detailed information, visit [http://liferaydemo.unl.edu/web/fnh/food\\_fitness](http://liferaydemo.unl.edu/web/fnh/food_fitness) or contact Goffena at UNL Extension, 432-3373 or [jgoffena2@unl.edu](mailto:jgoffena2@unl.edu).

(Story courtesy of UNL Extension, Dawes County)