

Healthy resolve

Creating habits that stick



PETER KIMADORE/STOCK

WITH THE START of the new year, many reflect on the past year and ponder health goals for 2024. Often within a few weeks, “life happens,” and best efforts may be derailed. Instead of giving up, how about embracing the philosophy that 1% effort always beats 0% effort? Here are five ways to jump-start health behaviors that have an impact:

1. Drink calorie-free. Instead of regular soda, sweet tea, lemonade or juice drinks, swap for water or another zero-calorie beverage. Each 20-ounce drink change saves about 250 calories! Make this swap twice each day and the calorie savings will head you toward losing a pound a week.
2. Be intentional about fiber. Fiber comes from plant foods and is beneficial for helping heart health, blood glucose management and weight loss. Typically, women need around 25 grams daily. For men, 38 grams daily is about right. With intentional food choices you can quickly hit your fiber goal.
3. Make half of each meal non-starchy vegetables—even breakfast. Most vegetables are non-starchy except for potatoes, peas, corn, dried beans and orange squashes. Also known as low carb vegetables, they are low in calories and carbohydrates, benefiting blood

glucose management, and they pack fiber, which helps you feel full. To start the day with veggies, add diced mushrooms, peppers, onions or tomatoes to scrambled eggs, or add leafy greens to a fruit smoothie.

4. Fit in fitness. Every bit of movement you sneak in helps! Whether you’re taking a walk or shoveling snow, physical activity burns calories and lowers blood glucose. While watching a favorite movie or streaming show, get up and march in place for two-three minutes every half hour.
5. Get enough sleep. Most adults need seven to nine hours of sleep a night. Getting enough sleep helps reduce stress, may help people with diabetes regulate blood glucose and may help manage weight. Small steps to develop healthy sleep habits might include using the sleep schedule on your smartphone and stopping all screens an hour before bedtime.

When big steps seem overwhelming, take small steps toward a goal. **KL**

TAMI ROSS is coordinator for Diabetes Education Services and the Diabetes Prevention Program at UK HealthCare’s Barnstable Brown Diabetes Center.

HEARING NOTICE

A public hearing will be held on January 4, 2024, at 9 a.m., Eastern Standard Time, at the offices of the Kentucky Public Service Commission, 211 Sower Boulevard, Frankfort, Kentucky, to examine the application of the fuel adjustment clause of the following cooperatives for the period November 1, 2020, through October 31, 2022. Individuals interested in attending this hearing shall notify the Public Service Commission in writing of their intent to attend no later than December 27, 2023. If no notices of intent to attend are received by that date, this hearing will be canceled and the matter shall be considered submitted for decision based on the evidence in the record. Written notice of intent to attend this hearing should be sent to: Executive Director, Kentucky Public Service Commission, P.O. Box 615, Frankfort, Kentucky, 40602, or electronically to PSCED@ky.gov, and should specify the Cooperative to which the comments relate. This hearing will be streamed live and may be viewed on the PSC website, psc.ky.gov and public comments may be made at the beginning of the hearing. Those wishing to make oral public comments may do so by following the instructions listed on the PSC website, psc.ky.gov.

Big Sandy RECC

Case No. 2023-00014

Blue Grass Energy Cooperative

Case No. 2023-00014

Clark Energy Cooperative

Case No. 2023-00014

Cumberland Valley Electric

Case No. 2023-00014

Farmers RECC

Case No. 2023-00014

Fleming-Mason Energy Cooperative

Case No. 2023-00014

Grayson RECC

Case No. 2023-00014

Inter-County Energy Cooperative

Case No. 2023-00014

Jackson Energy

Case No. 2023-00014

Jackson Purchase Energy Corporation

Case No. 2023-00015

Kenergy Corp.

Case No. 2023-00015

Licking Valley RECC

Case No. 2023-00014

Meade County RECC

Case No. 2023-00015

Nolin RECC

Case No. 2023-00014

Owen Electric Cooperative

Case No. 2023-00014

Salt River Electric Cooperative

Case No. 2023-00014

Shelby Energy Cooperative

Case No. 2023-00014

South Kentucky RECC

Case No. 2023-00014

Taylor County RECC

Case No. 2023-00014