

# Healthy Farmer

January 2010

A publication by AgriWellness, Inc.

## Keeping in Touch on Health and Fitness

*The author of the following article is Kit Phelps. She and her husband are Iowa farmers.*

My husband bought me a Wii Fit for my birthday. Not because he thought I needed one, because I thought I needed one.

Exercise and I are like oil and water. Just the thought of it makes me want to recline on the couch and eat potato chips. But the time had come in my life that I had to exercise to help rev up my slowed down metabolism and tone up those sagging muscles.

I didn't realize that the Wii Fit has a personality that can make me smile or want to throw something at it. For instance, every time I step on the balance board to exercise, it groans. That's funny at first, but after awhile it gives me a complex. If I skip a day of exercising, Wii Fit says, "Too busy to exercise yesterday, eh, Mom?" A few more days in between sessions and it tells me exactly how many days its been. I yell excuses at it like, "I was on vacation!" Sometimes it tattles on other participants. "I haven't seen Kayla in quite a while." Or I might hear when I'm balancing on one leg during yoga exercises, "Your leg is shaking." Like I hadn't noticed. Or if I lose my balance, "Did you put your leg down?" Only to avoid crashing to the floor.



The Wii Fit balance board is also a scale, but not an accurate one. One day I weighed heavy and the next day light. The second day, it bawled me out for losing weight too quickly. When it was my daughter's turn, it quizzed her about me. "Do you think Mom looks A. Thinner, B. Fatter, C. More Tone, D. About the same." My daughter, Kayla, responded with "D." It then replied, "You need to pay more attention to Mom."

The best way to exercise with Wii Fit is alone. Empty the room of spectators and their comments such as, "You didn't raise your leg high enough." Or "Are you almost done?" Or my favorite after demonstrating in front of my family how to hula hoop (one of the aerobic exercises), Kayla said "No daughter should ever have to see this."

The reason I keep exercising is because there's a reward — the Wii Fit balance games. My favorite is when I'm a penguin catching flying fish on a tipping iceberg. Kayla is best at hitting soccer balls while avoiding panda heads and shoes thrown at her. Hey, it may sound weird, but it's my entertainment before I go lay down on the couch and eat potato chips.

Wii Fit is not perfect. The trainers talk too much. Cheating is possible. You still have to actually exercise. At least, however, I AM exercising. Well, I was until harvest time. Then I was too exhausted and I haven't resumed, yet. Now I'm too afraid of what it's going to say to me.

## A Couple Announcements



Join other women involved in or affected by agriculture at the 6<sup>th</sup> annual Overall Women Conference set for Feb. 4-5, 2010. The conference, coordinated by Iowa State University Extension, will take place at the Isle Casino Hotel in Bettendorf. The conference began in 2005 in an effort to meet the needs of rural women, whether they are managing their own farm operation, as a business partner impacted by the farm economy or just wanting to learn more

about today's agriculture. Cyndi Young, farm director and manager of Brownfield Ag News will give the keynote address entitled "Stand Up for Agriculture". More than 20 breakout sessions will be offered covering topics ranging from agritourism to tax planning to grain marketing. Sure to engage and inspire, make plans now to attend!

<http://www.ucs.iastate.edu/mnet/overallwomen/home.html>

## Iowa Farmers Can Extend Community Support Through New Monsanto Award Program

*America's Farmers Grow Communities Project to Give \$2,500 Awards in all 99 Iowa Counties*

ST. LOUIS (Jan. 4, 2010) – Iowa farmers can apply for an award to help a non-profit organization in their community that's dear to their heart. The award is available through Monsanto's America's Farmers Grow Communities™ Project, a new pilot program being offered throughout Iowa and in parts of Missouri and Arkansas. Through the program, farmers can direct a \$2,500 award to a local non-profit organization that's important to them and their community.

The program is intended to benefit non-profit community groups such as ag youth organizations, schools and other civic groups. Farmers can apply online or request a copy of the official rules of the award program at [www.growcommunities.com](http://www.growcommunities.com), by calling 1.877.267.3332 or by sending a self-addressed, stamped envelope to America's Farmers Grow Communities Project, 914 Spruce St., St. Louis, Mo. 63102.

Farmers, age 21 and over, who are actively involved in producing a minimum of 250 acres of corn, soybeans and/or cotton are eligible. The application period runs from Jan. 1 through Feb. 28, 2010. The program is open to all qualifying farmers, and there is no purchase requirement. In Iowa, one winner will be drawn from each of the state's 99 counties. Monsanto will announce winning farmers and recipient organizations they chose in March 2010.