



Walk Kansas

a fitness challenge

K-State Research and Extension

Week 1 • 2011

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This newsletter developed by Sharolyn Flaming Jackson, Specialist, Family and Consumer Sciences, K-State Research and Extension

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The Past 10 Years

Sharolyn Flaming Jackson
Family and Consumer Sciences Specialist
State Walk Kansas Coordinator

Welcome to the 10th anniversary year of Walk Kansas! Milestones like this are a good time to reflect and see where we've been and how things have changed.

In 2002, 48 counties established the program with approximately 5,000 participants. By 2008, all 105 counties in the state were on board, and participant numbers were soaring to more than 20,000. The past three years, participant numbers have remained steady at about 19,000.

The K-State Research and Extension program works for people of all ages. Marge Neely (Neosho County), who is 91 this year, participates regularly. Tara Solomon, Southwind District family and consumer sciences agent, says she “tries to get everyone to join Walk Kansas, including those at assisted living and nursing homes.”

Walk Kansas has gone from local to global, as teams often include a friend or relative from another state, country, or continent. Workplace teams are more common now than at the start.

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The Past 10 Years

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We've spiced up T-shirt colors, going from white (2002) to paprika (2011). Variations of gray hues have been popular, and purple is the color of choice for many.

The change from reporting miles to minutes occurred in 2009, when the U.S. Department of Health and Human Services released the first ever Physical Guidelines for Americans, www.health.gov/paguidelines. The guidelines established a minimum recommendation of 150 minutes of moderate/vigorous activity by each person per week. This change helps us encourage individuals to be active at a level appropriate for them. Consumption of fruits and vegetables also goes up as Walk Kansas kicks off each year!

Success stories from participants have been told through local, state, and national media outlets. In 2006, Walk Kansas was awarded the National Priester Health Award.

It has been great to watch this program grow and evolve. Thanks to local K-State Research and Extension boards and administrators who support Walk Kansas, and to local agents, support staff, and volunteers who provide dynamic leadership for this program in communities across the state.

Key Messages from 2010 Dietary Guidelines

Healthy eating tips in Walk Kansas newsletters will be based on recommendations just released through Dietary Guidelines for Americans 2010, www.dietaryguidelines.gov. These guidelines are organized under three general themes: balance calories, foods to increase, and foods to reduce.

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Check Progress on the Map

See how your team is progressing across or around the state during the next 8 weeks. At www.walkkansas.org, go to "Team Progress," select your county or district, and choose the option "On the Map." You will see a group of walkers starting at Kansas City and heading west on I-70 or taking the Challenge 2 journey south toward the Oklahoma border. Look for pop-up messages on your journey!

2010 Success Story

I was so happy to have been involved in Walk Kansas last year and am looking forward to it again. I am so much healthier since I participated in this program and worked closely with my physician, and I have since joined a gym — all because of Walk Kansas.

*Central Kansas Extension District,
Salina*

Make an Action Plan

Now that you have made a commitment to Walk Kansas, think about a specific goal you would like to accomplish in the next 8 weeks. It may be to reach the program goals — 150 minutes of physical activity each week and eating 4 cups of fruits/vegetables each day. Your goal might be to increase muscle strength or to lose 5 to 10 pounds.

Goals can be overwhelming if you focus only on the end result, such as losing weight. With

that outcome in mind, think about what you can do or steps you can take each week to get there. By making a weekly action plan, you are more likely to reach your goal.

Write a simple sentence that states what you want to do, how much and when, and how many times or days. Examples: "This week I will walk 30 minutes each weekday, 15 minutes during my lunch hour, and 15 minutes after work." "This week I will add

15 minutes of strengthening exercises on Monday and Thursday, after my 30-minute walk in the evening."

Write your action plan and post it somewhere you will see it daily, such as the refrigerator door or your bathroom mirror. Keep your action plan and Walk Kansas Daily Log together so you stay focused and record progress. Consider sharing your action plan with a teammate so you can encourage and support each other.

Key Messages from 2010 Dietary Guidelines

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Balance Calories

Enjoy your food, but eat less. Most Americans eat more calories (energy) than they use through daily activities and movement. Start by being aware of what, and how much, you are eating and begin to replace foods higher in calories with nutrient-dense foods and beverages. Nutrient-dense foods pack high nutrient content into their calories. Nutrient-dense foods are the opposite of empty calorie foods. Skim milk, for example, is a nutrient-dense beverage — rich in calcium and only 90 calories in 8 ounces. Soda is an empty calorie beverage — 105 calories in 8 ounces and no nutrients.

Avoid oversized portions. Research shows that people eat and drink more when given larger portions. Downsize servings by using a smaller plate, and stick with regular-size meals when eating out.

Foods to Increase

Make half your plate fruits and vegetables. Go for variety and color. Divide the other half of your plate between a protein and a grain source.

Switch to fat-free or low-fat milk and milk products. If this is a challenge for you, make the switch gradually.

Foods to Reduce

Compare sodium in foods like soup, bread, and frozen meals, and choose foods with lower numbers. Most Americans are consuming too much sodium. The average American has a daily sodium intake of 3,400 mg. The recommendation is 1,500 mg for most people, and not over 2,300 mg.

Drink water instead of sugary drinks. Major sources of added sugars in the diets of Americans are soda, energy drinks, and sports drinks.

Spinach and Bean Dip

Makes 7 servings

4	teaspoons olive oil	1 to 1½	tablespoons lemon juice (fresh is best)
1	teaspoon (2 cloves) minced garlic	1	tablespoon balsamic vinegar
1	(10 oz.) bag fresh spinach	½	teaspoon salt
1	(14.5 oz.) can white beans, drained and rinsed	¼	teaspoon black pepper

Directions:

- 1) Trim any large stems from spinach. In a large nonstick skillet, heat 1 teaspoon olive oil over medium heat. Add half the garlic and cook at least 30 seconds. Add half the bag of spinach and cook until fully wilted, 2 to 5 minutes.
- 2) Remove spinach to a bowl and cool. Repeat the process with another teaspoon olive oil and the remaining garlic and spinach.
- 3) Combine the remaining olive oil, spinach, beans, lemon juice, balsamic vinegar, salt, and pepper in a food processor. If it doesn't fit at first, pulse a few times with half the spinach, and then add the rest. Blend until mixture reaches the desired consistency.
- 4) Serve with tortillas, pita bread, or veggies. Toasted whole-wheat pita chips are great. (Recipe follows.)

Nutrition information per serving (1/3 cup): Calories – 80; fat – 2.5 g; carbohydrate – 12 g; fiber – 3 g; protein – 4 g; sodium – 160 mg

Directions for Pita Crisps:

Preheat oven to 350° F. Start with whole-wheat pita breads. Cut each bread in half, then into wedges. Separate the wedges into single pieces and place on a baking sheet. Spray the bread lightly with cooking spray and sprinkle with seasoning of your choice — try garlic powder and paprika, fresh herbs, or Parmesan cheese. Bake until crisp and golden brown, about 15 minutes.





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**Providing Knowledge For Life
It's What We Do**

Atchison County Extension has been partnering with K-State Research and Extension since 1915 to provide local citizens with knowledge for living. We focus our educational program efforts in four key areas—family and consumer sciences, youth development, community development and agriculture/horticulture.

Atchison County has 2 extension agent educators—Diane Nielson and Ray Ladd. You may see us in a classroom teaching youth, teaching a workshop, hear us on the radio, read a news column we have written, answering a question on the phone, making a home or work site visit or working with others in the community to make Atchison County a great place to live and work. Our programs are backed up by researchers K-State and other university. Whether you live in Atchison, a farm or a community in between, we are here to provide answers to make life a little easier.

We are on the web:
www.atchison/ksu.edu

Week 1 Thoughts To Ponder

Welcome to Walk Kansas!!! It's hard to believe it's time to kick-off another year for **Walk Kansas!** The journey across Kansas has begun this week. Welcome to those of you, who have joined our annual trek across Kansas for the first time. To our returning Walk Kansas teams, this year is a special time to celebrate 10 years of Walk Kansas.

Taking a moment to reflect, it is interesting to think about a few of the changes. The first t-shirts were a basic white and grey. No one had thought much about sending e-newsletters or a website just for Walk Kansas!

Yet, today just like 10 years ago, your decision to participate in Walk Kansas is an indication of your personal commitment to improving or maintaining your health. Now is as good a time as any to re-assess your eating and exercise habits. If Walk Kansas is the beginning of a new physical activity program for you,

weekly tips will give you ideas for activities to try, ways to keep motivated, and strategies for making this healthy change into a permanent habit—even after Walk Kansas is finished! Most folks say they prefer an electronic newsletter but let us know if you prefer a paper copy to be mailed. I would like to feature team tips each week, plus share news about healthy community events and even feature team pictures. A few of your Walk Kansas stories would be great to hear, too! (Last year, one of our very own Atchison County teams was featured in the American Institute for Cancer Research newsletter!)

Congratulations on committing to walk across or around Kansas with us! Enjoy your walking journey this week.

Diane Nielson, CEA



Members of a Walk Kansas team
American Institute for Cancer Research Newsletter, Summer 2010, Issue 108

Teaming Up to Walk

Around the nation, people are getting physically active in walking programs that help them improve their health. Walking strengthens your lower body muscles and your heart, while lowering cancer risk. Programs like Walk Kansas and Walk Across Texas are springing up in response to research that shows Americans need to get more physically active to stay healthy. "You don't have to walk across Kansas literally," laughs Jan Falk, a Walk Kansas participant. Teams log miles by walking around their communities. They can also convert minutes spent doing other physical activities into miles to reach their goal. In Kansas, that means 423 miles; for Texans, it's 830 miles across the Lone Star State. Falk teams up with co-workers to reach her miles. She says the program prompts a lot of water cooler chatter, "We ask each other, 'Hey did you walk last night?' And we track our progress."

**HOW TO
COUNT
MILES TIPS**

- Every 15 minutes of activity counts as a mile. Two miles equals the recommended 30 minutes of activity a day.
- Focus on improving your personal fitness level to achieve health benefits.

**Walking
Wisdom of the
Week**

**THOSE WHO
THINK THEY
HAVE NOT
TIME FOR
BODILY EXER-
CISE WILL
SOONER OR
LATER HAVE
TO FIND TIME
FOR ILLNESS.**

**~ EDWARD
STANLEY**

WALK KANSAS

K-STATE RESEARCH & EXTENSION— ATCHISON COUNTY

ATCHISON COUNTY NOTES & NEWS

WEEK 1

Weekly Team Progress and Totals

Team	Wk 1 Miles	Total Miles	Wk 1 F/V	Total F/V
Atchison Trotters				
Brave Walkers				
Red Hot Peppers				
Reno's River Walkers				
Team CC	112	112	92	92
The Huffers & The Puffers				
Thunder Hawks	33	33	155	155
Trinity Walkers				
UBOK	79	79	108	108
Walk, Talk & Gawk				
Walkie Talkies	146	146	106	106
Walking Wonders				

Do you know someone who would enjoy Walk Kansas? For our friends who prefer warmer walking weather, we are offering a "spring special signup". Have them contact our office for details. In 2004, Walk Kansas kicked off in April and ending in June.