



# Walk Kansas

a fitness challenge

K-State Research and Extension

Week 6 • 2011

## In This Issue

Instant Recess: Take a Break

Need a Nudge?

Wellness at Work Promotes  
Productivity

Think About Your Calorie Budget

Go for Three Whole Grains a Day

Recipe: Ultimate Chocolate Cookie

## Calendar

## Coming Next Week

One Stone at a Time

Walk with Ease

Add Flavor to Food

Recipe: Balsamic Roasted Asparagus

## On Facebook

Kansas State University  
Walk Kansas

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

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, contact Clyde Howard, Director of Affirmative Action, Kansas State University, (TTY) 785-532-4807.

**Kansas State University  
Agricultural Experiment Station and  
Cooperative Extension Service**

K-State Research and Extension is an equal opportunity provider and employer. Issued in furtherance of Cooperative Extension Work, Acts of May 8 and June 30, 1914, as amended. Kansas State University, County Extension Councils, Extension Districts, and United States Department of Agriculture Cooperating, Gary Pierzynski, Interim Director.

## Instant Recess: Take a Break

Children look forward to recess breaks in school every day. Wouldn't it be great if adults could take a recess break too?

Toni Yancey, M.D., M.P.H., (lower right) is passionate about recess. Yancey is a professor in the Department of Health Services and co-director of the UCLA Kaiser Permanente Center for Health Equity at the School of Public Health, University of California, Los Angeles. She is also creator of "Instant Recess" — tools that inspire people of all ages to move and be active 10 minutes at a time.

Dr. Yancey, an expert in the field of workplace wellness, believes that "what is good for the waistline is good for the bottom line." Her goal is to make prolonged sitting as socially unacceptable as smoking, or driving after drinking. She offers advice on how to get an organization moving.

- Take a 10-minute activity break at a scheduled time every day at your workplace or any place where people gather for an hour or more. It can be structured activity (like Instant Recess) or just a brisk walk.
- For every hour that you sit to perform your job or a task, stand for at least two minutes during



continued on page 2

## Instant Recess: Take a Break

continued from page 1

that hour. (You burn 33 percent more calories when standing instead of sitting.)

- Make standing ovations, instead of sitting and clapping, the standard way to show appreciation for speakers, etc.
- Link networked computers to printers a short walk away from work or study spaces.
- Replace some conference and desk chairs with stability balls.
- If you are a presenter, in charge of meetings, a classroom teacher, etc., structure time to include activity/standing breaks.

Dr. Yancey recently provided professional development training for Cooperative Extension Service family and consumer sciences agents. She has given K-State Research and Extension permission to copy and distribute Instant Recess tools through local offices and the Walk Kansas website [www.walkkansas.org](http://www.walkkansas.org). You can also learn more about Dr. Yancey (a Kansas City, Kan., native) at [www.ToniYancey.com](http://www.ToniYancey.com).

## Need a Nudge?

Sometimes an hour or two will go by before you realize it. If you need a nudge to stand or move a little each hour, consider downloading a free app to your computer or phone that will prompt you every 60 minutes. One example is Workrave, [www.workrave.org](http://www.workrave.org).

*Brand names appearing in this publication are for product identification purposes only. No endorsement is intended nor is criticism implied of similar products not mentioned.*

## Think About Your Calorie Budget

A certain number of calories (energy) are needed each day to keep your body functioning. For a moment, think of calories as money and consider how you would spend your "calorie budget." You have enough to cover essentials and a little left over for extras.

If you eat an average of 2,000 calories per day, you have about 258 for extra calories — solid fats and added sugar foods (SoFAS). If you are not physically active, that allowance is even lower. If you have one chocolate iced doughnut for breakfast you have used your extra calories for the day. A 2-ounce candy bar is 271 calories, a 20-ounce regular soda is 250, and a half-cup of rich vanilla ice cream is 266. You could have just one of these extra foods or beverages per day.

You can include the extras in your calorie budget — just don't overspend!

## Wellness at Work Promotes Productivity

Workplace wellness programs are on the rise as more employers realize that healthier employees call in sick less often, are more productive and efficient on the job, and have a better attitude at work. They know every effort needs to be made to reduce health-care costs.

Most Walk Kansas teams come together through a workplace connection, and many are supported by employers. Susan Krumm, Douglas County family and consumer sciences agent with K-State Research and Extension, reports that 157 (84 percent) of the 186

Walk Kansas teams in Douglas County are from workplaces.

"A multitude of media sources are used to promote Walk Kansas (WK) to workplaces," Krumm says.

Krumm uses the program newsletters as a recruitment tool, promotes WK through her weekly news column, and sends personalized email messages to community coalition members and employers. She also led a 30-minute "pep rally" for representatives of a state agency. Krumm is involved with WorkWell Lawrence, a coalition of employers and

community leaders who work together on a shared goal of "wellness in the workplace." Her efforts generated teams from 18 workplaces, including Lawrence Public Schools.

"Given that adults spend approximately half of their waking hours on the job, worksites provide an optimal opportunity to initiate and support healthy environments," Krumm says. "Healthy people have more fun and get more done! The time has come for us to support each other in making better use of our 'feet and forks' at work."

## Go for Three Whole Grains a Day

Americans are consuming enough grain-based foods, but need to choose whole grains more often. Dietary recommendations are expressed in ounce-equivalents, so out of the six ounce-equivalents of grain-based foods needed each day, at least three should be whole grains. One slice of bread is approximately 1 ounce, as is a half-cup of rice.

On average, Americans eat less than one ounce-equivalent of whole grains each day, but get plenty of refined grains. If you eat most of your meals away from home, getting enough whole grains could be a challenge.

To be sure you are getting whole grains, check the ingredient label. The first ingredient should be a whole grain such as oatmeal, quinoa, rolled oats, brown or wild rice, whole-grain barley, whole wheat, whole rye, buckwheat, bulgur, or millet.

You can increase whole grains by choosing foods that are 100 percent whole grain at least half of the time, or choose partially whole-grain products all of the time.

*This cookie recipe is a 100 percent whole-grain product. It contains a fair amount of sugar and solid fat, however, so enjoy in small amounts — not more than two cookies a day.*

### Ultimate Chocolate Cookie

Makes 26 cookies

1 ¼ cups old-fashioned rolled oats	½ cup brown sugar, packed
1 cup white whole-wheat flour*	½ cup sugar
¼ teaspoon salt	1 egg
½ teaspoon baking powder	½ teaspoon vanilla
¼ teaspoon baking soda	1 bar dark chocolate (2 ounces), grated
½ cup unsalted butter, softened	½ cup dark chocolate chips

#### Directions:

- 1) Preheat oven to 375° F.
- 2) Place oats in a food processor and process until the mixture becomes a powder.
- 3) In a medium bowl, whisk together the powdered oats, flour, salt, baking powder, and baking soda.
- 4) In a large bowl, cream together butter and both sugars for 3 minutes on medium speed. Beat in egg and vanilla. Gradually beat in dry ingredients. Stir in grated chocolate, then add chocolate chips.
- 5) Roll or scoop dough into 1 ½ inch balls and place 2 inches apart on ungreased cookie sheet. Bake 12 minutes. \*\*
- 6) Cool 2 minutes on baking sheet before transferring to a cooling rack.

\* White whole-wheat flour is widely available, and Kansas farmers grow both red and white wheat. White wheat has a milder taste with more sweetness than red. In many recipes, you can decrease sugar if you use whole white wheat flour, and white wheat is just as nutritious as red.

\*\*The scooped dough freezes well and bakes up as delicious as fresh.

Add 1 to 2 minutes to baking time for frozen dough.

**Nutrition information per serving:** Calories — 130 ; fat — 6 g ; carbohydrate — 9 g ; fiber — 1 g ; sodium — 45 mg.



K-STATE RESEARCH  
& EXTENSION  
ATCHISON COUNTY

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

I was walking down the street wearing glasses when the prescription ran out.

~Steven  
Wright

# WALK KANSAS

K-STATE RESEARCH & EXTENSION— ATCHISON COUNTY  
ATCHISON COUNTY NOTES & NEWS WEEK 6

## Weekly Team Progress and Totals

Team	Wk 6 Miles	Total Miles	Wk 6 F/V	Total F/V
Atchison Trotters	73	223	107	351
Brave Walkers	38	243	88	270
Red Hot Peppers	244	613	256	818
Reno's River Walkers	94	644	114	829.50
Team CC	42	443	110	620
The Huffers & The Puffers	76	431	189.50	952.25
Thunder Hawks	45	201	130	658
Trinity Walkers	0	0	0	0
UBOK	64	418	135	735
Walk, Talk & Gawk	97	97	162	162
Walkie Talkies	81	762	136	710
Walking Wonders	91	530	194	1170

Random weekly encouragement recognition goes to the following team for the sixth week:

Red Hot Peppers



## K-State Research & Extension Atchison County

Atchison County Extension Office

PO Box 109

405 Main

Effingham, KS 66023

Phone: 913-833-5450

Fax: 913-833-5450

E-mail: [dnielson@ksu.edu](mailto:dnielson@ksu.edu)

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 at K-State and other universities. Whether you live in Atchison, a farm or a community in between, we are here to provide answers to make life a little easier.

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



Has Walk Kansas encouraged you to change your lifestyle? In a few short weeks, Walk Kansas will wrap up for the year, but we can continue the Walk Kansas lifestyle.

The State Walk Kansas web page is designed to encourage you as you make lifestyle behavior changes. This year Sharolyn Jackson, Walk Kansas State coordinator, has made frequent updates to the Walk Kansas website ([www.walkks.org](http://www.walkks.org)). Check out the information that can help you. Read about neighboring Leavenworth County walker, Ellenor Large who shares how Walk Kansas helped with diabetes management lifestyle changes. Dr. Toni Yancey shares why we are never too old for a 10 minute recess break. Have you ever heard anyone say they didn't enjoy recess as a child? I agree with Dr. Yancy, I think recess belongs in my daily lifestyle!

Weekly random team prizes this year have been stretch bands. Tips and videos are ways to incorporate stretching into your exercise routine. These are featured on the

web site as well.

Walk Kansas is about making changes in our health lifestyles. I congratulate you on making lifestyle changes. Several teams have already walked around the state as they have logged in their weekly team miles. More folks are eating more fruits and vegetables. Congratulations and I encourage you to keep up your new habits! And if your team needs a little nudge in changing their lifestyle, why not encourage a teammate by setting up a group walking date.

Walk Kansas helps us to rethink our lifestyle choices. Notice this week's Ultimate Chocolate Cookie recipe. A healthy diet doesn't forbid foods but helps us to make healthy choices and enjoy

foods like chocolate occasionally.

Locally this weekend, the Art Walk comes to Atchison. A healthy lifestyle might include listening to music and rediscovering the arts as you stroll several blocks along the mall. If your schedule permits, enjoy a walk at the Art Walk or along a favorite path near your house; enjoyment is part of a healthy lifestyle, too!

To help us improve Walk Kansas, I would encourage you to complete the Walk Kansas evaluation that you will receive. Also, let your team captain know your ideas of how we should celebrate Atchison county Walk Kansas successes in May.

Have a great week!

Diane Nielson  
Atchison County Extension Agent  
Family and Consumer Sciences  
& Youth Development