

Walk Kansas

celebrate healthy living

Atchison County Extension Office
www.atchison.ksu.edu

K-STATE
Research and Extension

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April 23rd - Let's Live a Little Fitness for Fun 1:30 Atchison

April 25th - Healthy Kids Day

April 25th - Artwalk downtown 5 - 9 pm

May 1st - Local photo contest deadline

May 3rd - Trot to the Top-YMCA

Coming Next Week

What to Do When it Hurts

Squats to Strengthen

Sugar Sense

Recipe: Brownie Bites

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

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Building Strength

Strength training is included in the *Physical Activity Guidelines for Americans* for a very good reason. People start losing muscle around age 30, and the rate of muscle loss accelerates around age 50. Some muscle loss is part of the aging process, but inactivity accounts for the rest. Progressive strength training can prevent muscle loss and increase strength in adults and older adults. Strength training can also increase bone density.

Walking and other types of aerobic activity provide many health benefits, but they don't make your muscles strong. Strength training does. You can feel a difference when your body is stronger. Strengthening exercises also improve your balance, coordination, and agility, allowing you to perform everyday movements much easier.

Do muscle-strengthening activities two to three days a week, with a rest day between. Work all major muscle groups including the legs, hips, back, stomach, chest, shoulders, and arms. Following are strengthening exercises you can do at home or in a gym:

- **Free weights or dumbbells.**

These are classic tools used to strengthen your upper body. They are inexpensive and available in many sizes. Start with 2-, 3-, or 5-pound weights and gradually work up. You can make your own free weights with milk jugs or plastic beverage bottles filled with water or sand. Weigh the jug or bottle on



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Building Strength

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a household scale and secure the tops with duct tape. Adjust the weight as your fitness level changes.

- **Body weight exercises.** These require little or no equipment since they use your body weight for resistance. Try push-ups, pull-ups, abdominal crunches, and leg squats.
- **Resistance tubing or bands.** These offer weight-like resistance when you pull on them. They are inexpensive and good for building strength in arms and other muscles, and they are available in varying degrees of resistance.

If you are new to strength training, start slowly. Make sure you warm up with 5 to 10 minutes of stretching or walking. Choose an appropriate weight or resistance level that will challenge you.

Each exercise set should include 12 repetitions, meaning you will lift the weight the same way 12 times in a row, then rest. Aim to perform 2 to 4 sets of 12 repetitions with each exercise.

Work opposing muscle groups with each set. For example, if you start with a set of exercises using your right arm, switch to the left and perform the same set. Then repeat with your right arm, and then switch back to the left again.

Move of the Week: Upper Body Resistance Training

This week, add upper body resistance training to your activity routine. If you are already doing strengthening exercises, challenge yourself a bit more. Practice good form while doing these exercises. A variety of "how-to" videos on resistance training are available on the Walk Kansas website:

www.walkkansas.org/p.aspx?tabid=66&itemid=8&cmd=view#8. Using resistance bands, hand weights, and a stability ball are demonstrated.

Remember to take a rest day between workouts so your body can repair and strengthen itself. Next week, you will add lower body resistance exercises.

2013 Success Stories

- My daughter invited me to be on her work team. In doing so, we did strength training together at least twice a week. It was a great opportunity to keep in contact and keep in shape. I am grateful for the time we have spent and look forward to continuing our workouts for as long as we can. I didn't lose any significant amount of weight but lost inches and gained a closer friend. It was a win-win deal!

— Central Kansas District

- Making sure that I get up from my desk — even if it's just for a minute or two — helps relieve me from lower back pain.

— Woodson County

Should You Eat Like a Caveman in the 21st Century?

In the last few years, "Paleo" or "Caveman" diets have received media attention. Advocates of this lifestyle propose that people today should eat like people did during the Paleolithic era, otherwise known as the Stone Age. They recommend eating fish, meats, eggs, vegetables, fruits, nuts, and mushrooms, and avoiding grains, dairy foods, cooked dry beans, oils, salt, and refined sugars. They believe that since it has "only" been within the last 100,000 years that agriculture came into being, human metabolism has not yet evolved to digest well the kinds of foods grown on farms.

Is there any health truth behind this hype?

Early human ancestors were hunters and gatherers. Supporters of the Paleo diet contend that cavemen were strong-boned, hearty, and healthy. And if they died young, it was not because of disease, but because of accidents and a difficult environment.

Paleo diet promoters say that modern-day health problems (such as arthritis, osteoporosis, cancer, heart disease, and other chronic diseases) did not exist during the Stone Age. But no one alive now can be sure of what diseases occurred then. And if those diseases were not present, is it because of the differences in diets or because of other differences?

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Should You Eat Like a Caveman in the 21st Century?

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A one-size fits all approach to diet does not work well. For individuals who are diagnosed with food sensitivities and intolerances, yes, their health will improve if they avoid the foods they cannot tolerate. Overall, though, people living in the U.S. now live longer and enjoy fewer years of disability than ever before. And nutrition experts agree that the rise in obesity and obesity-related diseases over the past 30 years is not because Americans are eating too many whole grains, low-fat dairy products, or cooked dry beans. Research supports the opposite: eating these foods improves health for most people. Everyone can learn some important lessons from humans' more primitive ancestors. "Think like a

caveman" to improve your health by following these guidelines:

- Most of the time, eat foods that are less processed, are low in added salt and added sugars, and are naturally rich in nutrients.
- Avoid long periods of sitting and be at least moderately physically active for 30 to 60 minutes on most days. Although people no longer scavenge and hunt for most of meals, their bodies were designed to be moved often.

Source: "Dining on a Dime" October 2012, Mary Meck Higgins, Ph.D., R.D., L.D., FAND (Fellow of the Academy of Nutrition and Dietetics) Associate Professor, K-State Research and Extension Specialist

Our Best Pizza

Makes 10 slices

Compared to a similar take-out pizza, this recipe offers great taste with fewer calories, fat, and sodium, along with a fiber boost. Dough can be frozen for later use.

Crust:

- 1 cup warm water (100°F to 110°F)
- 1 envelope (2¼ teaspoons) active dry yeast or pizza crust yeast*
- 2 cups white whole-wheat flour
- ½ to 1 cup all-purpose flour
- 1 teaspoon sugar
- 1 tablespoon whole-grain cornmeal (plus more to dust pan)
- 1 teaspoon salt
- 2 tablespoons canola or olive oil

Sauce:

- 1 8-ounce can tomato sauce
- ½ teaspoon garlic salt
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- ½ teaspoon dried thyme
- ¼ teaspoon ground pepper

Toppings:

- 1½ cups chopped or thinly sliced vegetables (onion, sweet peppers, mushrooms)
- 1 cup shredded mozzarella or pizza blend cheese

Directions:

1. Preheat oven to 400° F.
2. In a medium-sized bowl, dissolve yeast in water and let stand 5 minutes.
3. Stir in flour, sugar, cornmeal, salt, and oil; turn onto lightly floured surface and knead until mixture forms a ball easily (about 3 to 5 minutes).
4. Place dough in a small, greased bowl; cover and let rise in a warm place for 10 minutes. Pat dough onto a greased 15-inch pizza pan or roll dough and place on a stone dusted lightly with cornmeal. Fold dough over to make edge of crust.
5. Spread tomato sauce over crust; sprinkle with dried seasonings; add vegetable toppings; sprinkle cheese on top.
6. Bake at 400°F for 20 to 25 minutes. Let stand for several minutes before cutting and serving.

Nutrition Information per serving: 190 calories; 5 g fat; 20 g carbohydrates; 8 g protein; 4 g fiber; 520 mg sodium.

*Pizza Crust Yeast is formulated with dough relaxers that keep the dough from pulling or snapping back when shaping it. For best results with this yeast, use water that is 120° to 130° F.

More variations of pizza sauce, make-your-own pizza seasoning, and a gluten-free crust recipe are available at www.walkkansas.org/p.aspx?tabid=71.



Weekly Team Progress and Totals

HOW TO COUNT MILES TIPS

- Fifteen minutes of physical 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.
- Start where you are. For instance, while it is recommended to eat 5 to 9 servings of fruits and vegetables a day, if you are like many of your peers, you may be eating only 2 servings. Focus on adding one additional serving a day first.

Team	Wk 4 Miles	Total Miles	Wk 4 F/V	Total F/V
APD Blue	136	504	128	506
Beeb's Boppers	40	224	74	323
Do It For The Dogs	88	317	114	407
Foxy Farmerettes A	103	459	103	416
Foxy Farmerettes B	111	323	114	434
Good Company	0	0	0	0
Holy Walkamolies	190	505	116	506
Jailbirds	137	541	52	165
Jaywalkers	63	209	88.5	224.5
Jerry's Angels	98	447	69	267
Just Another Team	0	0	0	0
LaTart	98	368	73	312
Loping Librarians	83	242	139	446
Miles of Smiles	33	111	14	101
Never Shut Ups	166	615	74	263
Purple Mile Eaters	95	359	181	687
Ram Peno Peddlers	145	475	85	376
Sister Sister	59	301	237	843
Sole Sisters	122	561	140	554
Team Extension Walkers	130	414	119	378
Too Inspired to be Tired	360	1324	153.75	578.75
Walkie Talkies	96	441	94	377
Walking on Sunshine	65	338	100	389
Walking Wonders	108	410	200	734
Walkistonians	98	355	136	521
Witness the Fitness	106	366	160	417

Exercise

To be fit, not 'skinny'

Eat To nourish your body

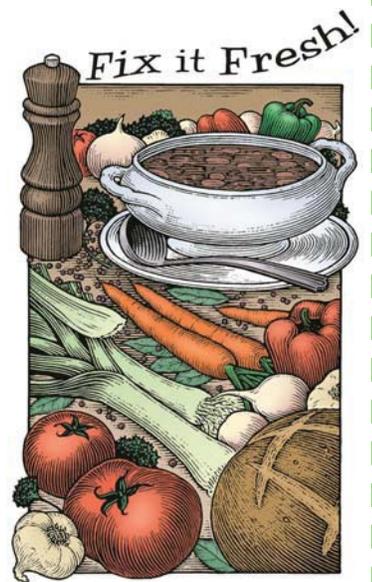
Ignore

And always
The Haters, Doubters & unhealthy examples that were once feeding you.

You Are worth more than you realize.

"Caught Being Healthy" Local Photo Challenge Reminder: Be sure to snap a picture of your Walk Kansas team or community members making a healthy choice. Best photo - \$20 Chamber Gift Certificate; Second - \$10. Photo release forms can be downloaded from our website under the Walk Kansas tab. Deadline is May 1st.

With warmer weather, asparagus has begun to magically appear. The flavor of fresh picked garden bounty is unmatched. Whether harvesting at home or purchasing at the local farmers' market, K-State Research and Extension's Fruit and Vegetable Recipe Series features 23 produce fact sheets and 57 recipes. Each fact sheet includes fun information about the crop, along with information about selecting, measuring, handling, ripening, preserving, preparing and serving the crop, and selected nutrition information for one standard serving of the crop. The recipes include 10 main dishes, 18 hot side dishes, 19 cold side dishes, and 10 healthy sweet foods. In addition, each recipe sheet features information about how a child could participate in making the recipe, nutrition claims about the recipe per Food and Drug Administration label standards, nutrition facts information plus diabetic exchanges per serving. The series can be downloaded from <http://www.atchison.ksu.edu/p.aspx?tabid=79>. Printed on demand copies are available from our office for a fee of \$7.50 to cover printing costs. Fix some thing fresh this week for a healthy dose of spring's garden bounty.



Our Community Cares

Helping Create Healthy Atchison County Communities

There has been a lot of buzz about eating locally grown foods, but why? Eating locally often times can be less convenient and more expensive than buying mass produced foods. Yet, the benefits that these foods provide your body, the environment and your community may make it worthwhile. Farmers that sell directly to local consumers select and harvest crops based on their peak freshness, nutrition and taste. On average farmers only receive 20 cents of each food dollar spent due to transportation, processing, packaging and marketing costs. Buying locally allows the farmer to receive the direct profit of the money spent. Plus each dollar spent locally generates another \$6 - \$9 in our community. In addition, local produce is often better for the environment due to the reduction of carbon footprints.



Community residents can purchase local produce at the Atchison Farmer's Market. The market is open on Saturday morning and Wednesday evenings later in the growing season. The market is located between 5th and 6th street on Commercial in Atchison.

Check for weekly updates at AtchisonFarmersMarket.wordpress.com.

Walk Kansas team members completing program end evaluation will receive a \$5 gift certificate to use at the Atchison Farmers' Market. Watch for details.

Another local purchasing option is purchasing a CSA food share. Full share and half share purchases will yield you a weekly box of fresh produce. Complete details about the Atchison area community supported agriculture (CSA) program is available by calling Marilyn Glenn at 913-367-2002.



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Walk Kansas is a Live
Well, Live Atchison Program
www.livewellatchison.org

Atchison County 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, leading 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**

Work it Out(side)!

Don't hate me for saying this, but I love mowing the lawn. It's one of my favorite chores. It feels inappropriate to even call it a chore because it is fun and relaxing. I try to walk every day for exercise, but on lawn mowing days I take my walk behind the mower and get the additional benefit of pushing and pulling on my upper body. Those movements help tone the chest, biceps, triceps, back and shoulder; walking tones the butt and legs. There is a mental benefit as well; the back and forth repetitive movement of mowing helps calm and soothe as I watch nice, neat rows of grass become smooth and even.

We don't give enough consideration to chores as a source of physical activity. A Wall Street Journal article recently shared that mowing the lawn may just be the new aerobic exercise. Pushing a power mower can burn as much as 250-350 calories per hour, and an old-fashioned (reel) push mower can burn up to 500 calories. Cardiovascular and fat-burning effects come from the increased heart rate and heavy breathing that mowing requires. The National Institute of Health recommends 30-45 minutes of yard work three to five times a week as part of a good strategy to combat obesity. (I kid you not.)

Seeing these numbers got me thinking; what other health benefits might be derived from working in the yard? Depending on the job, the benefits may actually be more comprehensive than working out in a gym. The following activities will also utilize your major muscle groups: shoveling mulch, pulling weeds, planting and digging, and pruning bushes and trees.

A person who works physically hard has different muscle tone than someone who works specific muscle groups on gym equipment. There is actually a huge difference between being gym strong versus "real life" strong.

A holistic benefit to working out-of-doors is breathing fresh air. It boosts your immune system and reduces your risk for picking up germs. In addition, working outside is a great way to relieve stress and relax. When you are communing with nature you heal your body, mind, and soul. The smell of freshly cut grass (I call it "eau de mow") acts as a stress reliever. Sunshine received in Kansas (primarily after late March) helps boost Vitamin D production, which in turn helps regulate the activity of the brain's neurotransmitters. Serotonin, melatonin and dopamine improve mood and temperance.

So try to incorporate more of the outdoor world into your life this summer. Your body, your property, and even your finances (not paying someone to do your yard work) will all benefit from your new "work it out(side)" philosophy.

Enjoy your walking journey this week!

Diane Nielson, County Extension Agent