

Atchison  
County  
ExteAtchison  
County nsion

www.atchison.ksu.edu  
913-833-5450

Walk  Kansas  
celebrate healthy living



**K-STATE**  
Research and Extension

Newsletter #2 • 2015

## *In This Issue*

Why Strength Training?  
Make Your Own Gear  
Refuel with Breakfast  
Recipe: Blueberry Oatmeal  
Smoothie

Strength Training  
Classes Coming In April:  
Town and Country Senior  
Center, Effingham

## *Coming Next Week*

Exercise Keeps Your Brain Sharp  
Functional Fitness  
Make Water Your Default Beverage  
Fish — A Great Catch  
Recipe: Easy Baked Fish Fillets

### Like us on Facebook: Kansas State University Walk Kansas

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**

K-State Research and Extension is an equal opportunity  
provider and employer.

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 the Director of Institutional  
Equity, Kansas State University, 103 Edwards Hall, Man-  
hattan, KS 66506-0124, (Phone) 785-532-6220; (TTY)  
785-532-4807.

## *Who Is Your Health Buddy?*

Your environment influences choices you make every day. One of the goals of Walk Kansas is to help you change your environment, so the **healthy choice is the easy choice**.

Last week, you were challenged to “flip your fridge.” This week, the challenge is to find a health or fitness buddy — someone (real or virtual) that will give you that extra push everyone needs sometimes. No need to limit yourself to just one health buddy — having different ones will challenge you with varied activities and provide more support. Your fitness buddies could have two legs, four legs, or no legs at all!

**Four legs and a wagging tail.** Dogs know instinctively that exercise is good for them. Walking your dog promotes a sense of bonding between you and your pet. Research shows that dog owners are more likely to take regular walks, and they are more active overall than people who don't have dogs. In some ways, dogs are the perfect fitness buddy. They are never late and rarely have a schedule conflict. They don't whine about the weather, are never critical of you, and are always enthusiastic.

*Meet Winston and Maggie  
(picture at top and right)*

While they can't go along on walks with you personally, pups Winston and Maggie will Tweet, and have Facebook and Walk Kansas web postings about their weekly Walk Kansas adventures. Listen in each week as wise Winston coaches



## Who Is Your Health Buddy?

continued from page 1

mischievous Maggie, and their human families, toward healthier lifestyles. Follow on [walkkansas.org](http://walkkansas.org); Facebook — Kansas State University Walk Kansas; Facebook and Twitter — Winston; Twitter — GottaWalkKansas.

**Two legs.** Find someone who is at the same fitness level as you and can do similar activities. As equal partners, you should hold each other accountable. Fitness buddies help each other reach goals. It is helpful to find someone who has a similar schedule as you do. Celebrate together when you reach goals. Someone who hinders your progress is not a good fitness buddy.

**No legs at all.** Fitness apps and activity trackers can provide motivation and inspiration. Every Body Walk! is an app that lets you track all aspects of your walk. It will track your distance, time, calories burned, and the route you walked. You can view your walking route on maps and watch your progress as you go. It also allows you to save your walking history and share walks on Facebook and Twitter. Visit [www.everybodywalk.org/app.html](http://www.everybodywalk.org/app.html) to download the app.

Is a fitness tracker worth the investment? Pedometers and fitness trackers are effective at getting people to move. If that is your goal, both are worth the investment, although, a good pedometer will cost significantly less than a fitness tracker. There is still some question about how accurate fitness trackers are in monitoring movement and calories burned. We do know that keeping a journal or log of what you eat and how much you exercise increases your success in adopting healthy lifestyle habits.

## Why Strength Training?

- Around age 25 to 30 people begin losing muscle, 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. The good news is you are never too old to start a strength training program. Everyone, no matter what age, can benefit greatly from doing strengthening exercises.
- 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 improve your balance, coordination, and agility, allowing you to perform everyday movements much easier. It can decrease your risk of osteoporosis, help reduce blood pressure, and more muscle helps you burn calories at a faster rate. As you get stronger, you will have more stamina. Strength training can also help you manage chronic conditions, including back pain, arthritis, obesity, heart disease, and diabetes.
- 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. Strength training can be done easily at home or at a gym. Basic equipment could include:
  - 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.
  - Body weight exercises. These require little or no equipment because they use your body weight for resistance. Try push-ups, pull-ups, abdominal crunches, and leg squats.

continued on page 3

## Make Your Own Gear

**Hand weights.** Put leftover water bottles to good use and make light hand weights. Fill bottles with sand, water, rocks, or dried rice. Weigh the bottle on a household scale, label, and secure lid with duct tape. When the small bottles are no longer a challenge, fill bigger containers like milk jugs.

**Medicine ball.** Take an old basketball and drill a hole in one of the black stripes on the ball. Using a small funnel, fill the ball with sand to the

desired weight. Patch the hole with a radial tire patch kit.

**Battling ropes.** Don't throw away that old garden hose — use it as a battling rope. Start out with empty hoses, then fill with sand for a more challenging full-body workout. (Don't forget to plug both ends of the hose.)

Search the Web and Pinterest for more instructions to create your own fitness equipment.

## Why Strength Training?

continued from page 2

- 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. Repeat with your right arm, and then switch back to the left again. When you can do 12 repetitions easily, increase weight or resistance.

Week 2 strengthening videos are available at: [www.walkkansas.org/p.aspx?tabid=66](http://www.walkkansas.org/p.aspx?tabid=66). You will find several total body strengthening exercises and stretches this week.

## Refuel with Breakfast

A car with an empty gas tank wouldn't make it out of the driveway. Your body is much the same. You need fuel — calories and fluids — to stay energized throughout the day.

**Wake up to water.** That's right, one of the very first things you should do when you wake up is reach for a glass of water, not a cup of coffee. Drinking water first will help replace the fluid your body lost during sleep and can help with energy levels during the day.

**Strive for five.** Include at least 5 grams of fiber and 5 grams of protein in every breakfast. Your breakfast meal should be balanced. Carbohydrates will give you nearly instant pep, and protein provides staying power to keep your blood sugar on an even keel. Choose carbs that are 100 percent whole grain such as whole-wheat toast, oatmeal, and whole-grain cereal, and go for fruit rather than fruit juice to boost fiber. To make sure you are getting a whole-grain product, check the ingredient list. Whole grains should be listed first. Avoid processed grains (such as white bread), pastries, scones, and sugared cereals whenever possible.

Good protein choices include lean meats, eggs, low-fat dairy products, legumes, nuts, and nut butters. A quick and easy breakfast on the go could be a peanut butter and banana sandwich on whole-grain toast and a cup of skim milk. Another good option starts with plain, unsweetened yogurt. Add fruit, nuts or seeds, and raw or toasted oats. A smoothie also makes a healthful grab-and-go breakfast.

## Blueberry Oatmeal Smoothie

Makes 1 serving

### Ingredients:

1 cup frozen or fresh blueberries

1 banana

½ cup nonfat vanilla Greek yogurt

½ cup nonfat milk

¼ cup rolled oats

Optional: Sweeten to your liking with artificial sweetener, Agave syrup, or honey

(Use frozen blueberries and banana for a creamier texture.)



### Directions:

Place all ingredients in a blender and blend until well combined.

### Nutrition Information per serving:

378 calories; 1 g fat; 73 g carbohydrates; 20 g protein; 9 g fiber; 210 mg sodium.

**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 half-cup servings of fruits and vegetables a day, if you are like many of your peers, you may be eating only a cup total. Focus on making small changes first.
- T-shirts, dog sweaters and other items can still be ordered. We will deliver when they arrive.

Weekly Team Progress and Totals

Team	Wk 1 Miles	Total Miles	Wk 1 F/V	Total F/V
Are We There Yet?	96	96	118	118
At Last	101	101	65	65
Avengers	134	134	69	69
Ban Calories Not Books	61	61	112.5	112.5
Between a Walk & a Hard Place	94	94	167	167
Bun Burners	117	117	87	87
County Cruisers	138	138	57	57
Farmerettes	101	101	211	211
Fit Walkers	0	0	0	0
FitBit Fanatics	141	141	80	80
Happy Feet	85	85	92	92
Healthcare Hustlers	111	111	87	87
K-State Extension Movers	30	30	26	26
K-State Extension Pacers	12	12	28	28
KAIR Radio	104	104	60	60
Keep On Movin' Soles	266	266	121	121
Lancaster Walkie Talkies	117	117	90	90
One Step at a Time	115	115	149	149
Ruby Slippers	128	128	130	130
Six Pack of Buds	80	80	128	128
Sole Sisters	196	196	183	183
Team America	66	66	103	103
Team Mikon	62	62	39	39
Team Walka Walka	0	0	0	0
The Young and the Rest of Us	94	94	108	108
Walk to Glory	256	256	144	144
Walka Walka Team	112	112	43	43
Walking Wonders	84	84	147	147
Witness the Fitness	88	88	83	83

**Weekly random team drawing: Ban Calories Not Books—Prize hand weights**

## Can I Count Strength Training As Walk Kansas Miles?

The physical activity guidelines suggest including strength training at least twice a week in your weekly routine. Lifting weights creates stress that breaks down your muscle tissue; that's the stimulus. After you have finished working out, the desired adaptations (increased strength, muscle growth, etc.) start to occur. Letting your muscles rest for a day, allows your body to begin working on rebuilding those muscle fibers. But you'll only achieve the desired effects if you allow for adequate rest time. Strength training can be done daily if the focus alternates between the upper and lower body. Another option is to do a complete body routine at least twice a week. And now you know why strength training counts as Walk Kansas miles. The boxes on the log simply allow you to keep track of your strength training schedule.



## A Few Tips On Calculating Fruit & Vegetable Servings

How do servings work? For the most part, a cup means a cup — just measure out a cup of grapes or a cup of chopped carrots, and ta-da, you have your measurement. There are a few exceptions though.

- **When it comes to salad, a cup is not a cup.** It takes 2 cups of leafy greens to equal 1 cup of vegetables.
- **Juice does count as a fruit.** A cup of fruit juice does count as a serving of fruit, but nutritionists caution that you're not getting the fiber and other good benefits of eating whole fruit.
- **When it comes to dried fruit, cut the amount in half.** A half cup of dried fruit equals one cup of fresh fruit.
- **One big piece of fruit is roughly a cup.** An apple, an orange, a large banana, a nectarine, a grapefruit — one piece of fruit gives you one cup.

## What's a Daily Recommended Serving?

There's not a lot that nutrition scientists agree on, but almost everyone seems to think we should eat more fruits and vegetables, and that they should make up a greater part of our plates. They recommend a very basic guideline:

For your convenience, the Centers for Disease Control Fruit and Vegetable Calculator is posted to our website:

[www.atchison.ksu.edu/walkkansas](http://www.atchison.ksu.edu/walkkansas)

Simply fill in your age, gender and activity level and the calculator will offer you a personalized recommendation. Or call/e-mail us, if you would like us to do the calculations.

### Someone who needs 2000 calories a day

- Should eat: 2 cups of fruit
- Should also eat: 2 1/2 cups of vegetables

These recommended servings come from widely accepted dietary guidelines that are still, of course, just rough guidelines. Everyone is different, and has different nutritional needs, so there's no one-size-fits-all plan, and perhaps you eat a lot more veggies than this every day. What matters is eating several cups of fruits and veggies every day.

## Consider Trying the Plate Method to Measure

If you are not sure of the amount of fruits and vegetables you are eating, you can simply measure out the food dished up. Often times the portion of food on our plate is more than the standard serving size. For variety, serve a half cup of two different vegetables. Let your eye help with the measuring. A quick easy way to measure fruits and vegetables is simply follow the My Plate recommendations and aim to fill half your plate with fruits and vegetables first. Then select a whole grain and complete your meal with a protein choice. This may cause you to rethink filling your plate as many of us grew up in families with the tradition of planning the menu around the protein choice. The bright colors that fruits and vegetables provide makes the entree even more appealing while offering lots of cancer fighting, heart-disease reducing appeal for our long term health. Next week we'll discover why eating a variety of colors adds a fork full of health benefits in addition to eye appeal.





# K-STATE

## Research and Extension

### K-State Research & Extension Atchison County

Atchison County Extension Office  
405 Main/PO Box 109  
Effingham, KS 66023  
Phone: 913-833-5450  
Fax: 913-833-5450  
Email: dnielson@ksu.edu



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

Hello Walkers,

Looking at the team progress map, it appears that the journey across the state is off to a great start. As I write this newsletter, a few captains are working to log in team miles for the week. And a few additional teams have plans to join us on the journey.

With age comes less mobility. For women this process can begin as early as the late thirties, while men often experience similar changes around age 60. While hormones play a role in this change, research reveals that *we tend to lose it because we don't use it (muscle mass)*. A few years ago, prior to hip replacement surgeries, I had the opportunity to train with Dr. Miriam Nelson, the lead researcher at Tufts University. Some of you may be familiar with the Tufts University Strong Women program. While the program initially focused on women, adaptations have been made to include men in the Strong People program. Starting in April, we will be doing strength training at the Town and Country Center in Effingham. Please contact me at 913-833-5450 for additional class details.

The plan is for us to learn together as we celebrate healthy living. Our office has strength training videos which may be checked out. Or click on [www.youtube.com/playlist?list=PLCCD15A44D95DBCDF](http://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF) for online strength training clips.

Earlier this week, a friend shared the message to the right on Facebook. Rereading the words, it must have originated with one of our fellow Walk Kansas friends!

Have a great week as you choose to be active your way!

Diane Nielson - County Extension Agent  
Family and Consumer Sciences

It's not about fad diets, quick weight loss or extreme workouts. It's about creating healthy habits for life.



MADE WITH  BY [FACEBOOK.COM](http://FACEBOOK.COM)

**Note: Last week's sneaky sneaker remains hidden. Reward for finding is a Chamber gift certificate. A second sneaker is hidden this week. Call FOUNDSNEAKERS @ 913-833-5450.**