

K-STATE
Research and Extension

Walk Kansas

celebrate healthy living

www.WalkKansas.org
Newsletter 2 • 2016

Have you checked your posture lately?

Good posture enables you to walk comfortably and easily, and it helps you breathe easier and avoid back pain. When you practice good walking posture, it also makes it easier for you to walk further and faster.

This week, improve your walking technique and use your arms to power forward and increase your pace. Pay attention to your posture. Picture this — you should be able to draw a straight line from your ear down to your shoulder, to your hip, knee, and ankle. Tighten your stomach muscles and tuck your pelvis under your torso.

While walking, your focus should be about 20 feet ahead of you. Keep your eyes forward and avoid looking down. Your chin should be parallel to the ground, which will reduce the stress on your neck and back.

When walking, move your shoulders naturally and freely, and avoid drawing your shoulders toward your ears. Swing your arms with each step, and bend arms at the elbow. Bending your arms will enable you to burn 5 to 10 percent more calories and increase your upper body strength. It will also reduce swelling, tingling, and numbness in your fingers or hands. Keep your hands relaxed and loosely closed. Pump your arms to increase your walking speed and to help you walk up hills.

Your walking stride should feel natural. Land on your heels and then roll forward to push off with your toes. Work at a level of intensity where

you can just barely talk. Resist the urge to engage with your smartphone while walking because you will look down and lose good posture.

Posture is important when standing and sitting as well. When you practice good posture, you will appear more confident, and it can make you look up to 10 pounds thinner — instantly.



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www.WalkKansas.org

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Exercise and Cancer

Exercise is powerful in preventing or delaying onset of chronic disease. Research also shows that moving more can help guard against many types of cancer. Experts estimate that a least a third of all adult cancer cases are linked to lifestyle. Habits that can help prevent cancer include: not smoking, eating healthfully, maintaining a healthy weight, limiting alcohol consumption, reducing and managing stress, and exercising regularly. These are all things you have some control over.

Every healthful choice you make — and every unhealthy habit you drop — helps you reduce your risk for developing many types of cancers, including colorectal, breast, endometrial, prostate, and lung cancers. According to the American Institute for Cancer Research Expert Report, just 30 minutes of moderate exercise every day can cut your risk of many common cancers by 30 to 50 percent. It doesn't really matter what type of exercise you do, or when — as long as you do it.

5K For the Fight!

K-State Research and Extension and the Johnson Cancer Research Center will host the first 5K for the Fight and 1.5-mile Fun Walk on the beautiful Kansas State University Manhattan campus on May 7, 2016. All proceeds will be donated to cancer research at the center.

We are excited for this perfect partnership. Exercise, nutrition, and maintaining a healthy weight all reduce cancer risk, and Walk Kansas has helped thousands of people reach fitness goals over the years. Come run or walk to support your health AND K-State cancer research!

More information is available at walkkansas.org/5K.html. To register, go to: runsignup.com/Race/KS/Manhattan/WalkKansas5K.



Eat the "Get Rich" Way

Is it possible to "get rich" from food? It certainly is, when "getting rich" applies to your health. Nutrient-dense foods offer rich benefits with relatively few calories. The term "nutrient dense" indicates that the nutrients and other beneficial components in a food have not been diluted by the addition of calories from added solid fats, sugars, sodium, or refined starches. Nutrient-dense foods also retain naturally occurring components such as dietary fiber. A good example of this is whole fruit and fruit juice. The fiber is retained in the whole fruit, making it nutrient dense.

All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry are nutrient-dense foods, provided they are prepared without adding solid fats or sugars.

The American diet is said to be increasingly energy-rich (calories) yet nutrient-poor. There are many opportunities throughout your day to make the nutrient-rich choice. Take lettuce, for example. Iceberg lettuce is very popular, but the least nutritious. It is a good source of water and very few nutrients. The nutrient value goes up as the green in leaves gets darker. Choose a dark green leafy lettuce or spinach for salads, on sandwiches,

and in wraps. Go for hummus and veggies instead of chips and dip. Choose a whole-grain bread instead of white. Beans are a nutrient dynamo food high in low-fat protein, packed with fiber and containing a host of nutrients. Add them to soups, stews, burritos, or scrambled eggs. Sprinkle them in salads and blend with spices for great spreads or dips. Beans are the only food recognized in two food groups, vegetables and proteins.

Nutrient density applies to beverages also. Soda is a classic "empty calorie" beverage. Choose water, tea, or non-fat milk with meals, and drink water throughout the day. Fruit-infused water is a refreshing change from plain water.

The salad on page 3 is packed with nutrients and is very satisfying, with black beans providing protein, and healthful fats from oil and the avocado. You can serve it as a layered salad in a bowl for your family, or carry it as lunch in a jar.

Here is the secret to packing a perfect and tasty jar salad:

1. Dressing goes in first to keep salad ingredients from getting soggy.
2. Add a grain, protein, and chunky vegetables.
3. Next, the fixings, such as cheese, nuts, and dried fruit.
4. Leafy greens go in last. This way they stay dry and will go in first when your turn the jar over and unload it into a bowl.

Building Strength

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.

You should 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 to strengthen your upper body. Start with a low weight, and gradually work up.

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. Try to perform two to four 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 your right arm, then the left again.

A collection of "how to" videos on strength training and exercise basics can be found at www.walkkansas.org in the Physical Activity section of the website.

Links:

<http://www.walkkansas.org/activity/strength.html>

<http://www.walkkansas.org/activity/basics.html>

Layered Black Bean and Spinach Salad

Makes 6 servings

Ingredients:

6 tablespoons olive or canola oil
3 tablespoons freshly squeezed lemon juice
3 tablespoons rice vinegar
1 tablespoon prepared mustard
12 cups baby spinach leaves, stems removed, loosely packed
3 cups halved cherry or grape tomatoes
1 medium bell pepper, seeded, cut into quarters and thinly sliced
1 medium bell pepper, seeded, cut into quarters and thinly sliced
2 15-ounce cans black beans, drained and rinsed
1 cup shredded reduced-fat sharp cheddar cheese
1 medium avocado, peeled, pitted, and sliced into ½-inch pieces



Directions:

1. In a small bowl, whisk together the olive oil, lemon juice, vinegar, and mustard. Season to taste with salt and pepper.
2. In a deep, clear glass bowl, layer the salad as follows: 6 cups of spinach leaves, 1½ cups of tomatoes, ½ of the yellow bell pepper, ½ of the red bell pepper, ½ of the beans, and ½ cup shredded cheese.
3. Repeat the procedure and top the salad with the avocado. To serve, pass the salad around the table, followed by the dressing.

Nutrition Information per serving:

360 calories
21 g fat
17 g carbohydrates
13 g protein
13 g fiber
624 mg sodium

Recipe reprinted with permission from the American Institute for Cancer Research, www.aicr.org
Add avocado just before serving or omit if using this as a prepackaged jar salad.



ATCHISON 2016 WEEK 1
 COUNTY NOTES & NEWS
Weekly Team Progress Totals

Team	Wk 1 Activity	Wk 1 Strength	Total Miles	Cumulative Miles	Wk 1 F/V	Total F/V	Wk 1 Water	Total Water
AES Winged Walkers	56				28		36	
Are We There Yet?	57				55		80	
Bank of Atchison	67				46		210	
Better Buns	114				286		94	
Blue Sky Walkers	117				122		195	
Bods Walking	133				224		244	
Bun Burners	132							
Connie Ellerman's Team	60				11		123	
County Sloths	76				36		115	
Ext Team Wildcats & Jayhawks	157				139		62	
Fantastic Six	280				129		181	
Farmerettes	85				174		10	
Happy Feet	76				27		86	
Hard-To-Ware-Us-Out	108						45	
I Love Walk and Stroll	129				104		182	
Masters of Miles	116				62		127	
Move Your Feet, Keep the Beat	50				43		704	
Not Fast, But Fabulous	301				164		274	

- ### Tips If You Are Using the Website To Report
- When you add **minutes** in the purple box, **(activity)** it converts to miles and displays as miles.
 - When you add **minutes** in the yellow box **(strength)**, it displays minutes, and it converts to miles in the red team total box.
 - It also shows these miles in the purple box which is why you **should not enter the same minutes in two places**. They should be on the same conversion scale: **15 min = 1 mile**.
 - Report vegetables in **cups**.
 - Report water in **8 oz glass** amounts,
 - **Tell us** if you have any problems!!!



ATCHISON

2016 WEEK 1

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 1 Activity	Wk 1 Strength	Total Miles	Cumulative Miles	Wk 1 F/V	Total F/V	Wk 1 Water	Total Water
Pavement Princesses	131				30		115	
Sammi Hughes' Team	74				37		8	
Sister Sister								
Sole Sisters Run	224				162		214	
Sole Sisters Soar	192				154		265	
Sole Sisters Strength	174				152		247	
Sole Sisters Walk	157				72		492	
Spring Steppers	118				170			
Sunsetters	78				67		159	
Team of Two	32						78	
The Leftovers								
The Young and the Rest of Us								
Tight Ends	83				72		334	
USD 409	70				48		69	
Walkee Talkees	84				99			
Walking With the Stars	64				128			
Walking Wonders	87				119			
Wishful Shrinking	153				8		39	

Reporting Tips

- Report numbers are based on information reported by noon Tuesday.
- Strength training will be reported next week. We need to make a few corrections.
- Let us know about reporting errors so they can be corrected.
- Teams can report weekly or daily.
- If your team was unable to report this week, information will be updated next week.
- Try the chat box to connect with your team only. It is found on the dashboard.
- T-shirts arrive late Thursday afternoon. We'll try to deliver by the following day.



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Providing Knowledge For Life It's What We Do

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, sharing information on the web or leading a workshop. You may 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. Last year Extension professionals made over 7,000 educational contacts in our community. Whether you live in Atchison, on a farm or a community in between, we are here to provide answers to make life a little easier. We are K-State University in your community partnering with YOU to make Atchison County a healthier place to live and work.

I hurried out the door anxious to reach my destination. A quick inspection revealed two great tires, one that appeared to need a little air and the other one was flat. Anxious to start the journey, it was decided the two good tires would be able to do the job. The ride was a bit bumpy but the good tires almost got me there. Towing insurance took care of things when the third tire gave out. According to the tow truck driver, the fourth tire needed replacing too. Wishful thinking said it would have been wise to have planned some preventative maintenance before the trip. But there wasn't time that day. Not many people would think of journeying across the state with just two good tires and two tires needing repair on their car.

Yet, our bodies carry us thousands of miles over a lifetime and sometimes, we become too busy for an inspection. Walk Kansas asks us to log our daily activity in minutes, the number of cups of fruits and vegetables we consume, how many cups of water we drink and time spent strength training. There is a good reason for this. Simply put, the formula for good health might look something like this: **30 minutes of daily aerobic activity + strength training 2-3 times/week + plenty of fruits and vegetables + plenty of water for hydration purposes = a body that is ready to rage a battle against diseases such diabetes, cancer and heart disease.** Some of us have great habits that encourage well-being; others need support to make a few changes. Knowing we will be sharing the numbers we log with others encourages making changes. Celebrating a healthy life is a choice that each of us makes every day; some days we score a perfect ten in all 4 areas. Other days, we might not do as well. That's life. We can choose to regularly ignore the need to stay hydrated, to be physically active, to focus on strength training and to eat plenty of fruits and vegetables. Just as the mechanic was unable to repair the damaged tires; likewise the medical community may be unable to "give us back our health". How can you make the healthy choice the easy option?

At the end of our journey, if we can look back and see improvements in our daily healthy lifestyle choices, we have cause for celebration. Have a great week and enjoy your journey across Kansas! ~Diane, Atchison County Extension Agent