

**K-STATE**  
Research and Extension

# Walk Kansas

celebrate healthy living

www.WalkKansas.org  
Newsletter 6 • 2016

## Exercise and Bone Health

Key bone-building years for your bodies are those when the skeleton is growing, typically through your mid-20s. This is a critical period for bone health because what is built during these years will need to last a lifetime. After age 35, you gradually lose bone as a part of the natural aging process.

The good news is that regular physical activity will help keep bones strong and slow the rate of bone loss, even if you have fragile bones or osteoporosis. By leading an active lifestyle, you can significantly decrease your risk of falling and breaking a bone.

Bone is living tissue, just like muscle, and it responds to exercise by getting stronger. When muscles and bones are stronger, coordination and balance will also improve. The best type of exercise for bone health is the weight-bearing kind, which forces you to work against gravity. This type of exercise is effective because as you put more tension on your muscles it also puts more pressure on your bones, and they respond by creating fresh, new bone.

Weight-bearing exercise is basically anything you do that requires your feet and legs to support you, so any activity you do while standing. Some examples include walking, hiking, jogging, climbing stairs, weight training, dancing, yoga and tennis. Gardening is a weight bearing exercise as you carry a water can, walk in your yard, pick up debris, etc. Swimming is good exercise, although not weight-bearing because the water is holding you up. It is a good option when weight-bearing activity is too risky from severe osteoporosis or arthritis.

In addition to regular weight-bearing exercise, you can do your bones a favor by adding more walking and standing to your everyday routine. Walk instead of drive, but if you do drive, resist taking the closest open parking place and choose a spot some distance away to allow you to accumulate more walking minutes and miles. Stand, rather than sit, to do things when possible, such as working at a computer or folding laundry.



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[www.WalkKansas.org](http://www.WalkKansas.org)

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

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# Change it Up to Avoid Plateaus

If you are doing the exact same things now that you did when you started Walk Kansas, you may find that you have reached a plateau. The key to avoiding plateaus is to change your walking/exercise routine and strength training exercises every 4 to 6 weeks. This will “confuse” your muscles a bit so they are constantly challenged. There are many ways to change it up a little; here are some suggestions.

» **Change the frequency.** If you are walking or doing cardio activity 4 days a week, add a walk on another day. If you are doing strength exercise for your total body twice a week, split your routine so you are working different muscles on different days.

- » **Change the intensity.** Exercise is most effective if you vary the intensity, and a good way to do this is by adding intervals. You can also boost intensity by changing your walk to include hills and more challenging terrain.
- » **Change the type of activity.** Try something new one day a week, like tai chi or Zumba. If you are strength training with a machine, try exercises with dumbbells or resistance bands.
- » **Find a workout buddy.** Walk or exercise with someone different one day a week to vary your pace or routine.
- » **Change the scenery.** At the very least, just try a different walking route for a change of scenery. It is good for your body and your brain!

## Diet for Strong Bones

Calcium is an essential mineral that your body needs for many functions. It is essential for building and maintaining bones and teeth, blood clotting, nerve conduction, and regulation of the heart’s rhythm. Ninety-nine percent of the calcium in your body is stored in the bones and teeth, with the remaining 1 percent in the blood.

The body gets the calcium it needs in two ways. Eating foods and supplements that contain calcium is one way. Pulling it from bones is another, which is what happens when blood calcium levels drop too low. When you don’t get calcium regularly, the body “borrows” calcium from the bones. Too often, however, the borrowed calcium is not replaced and this contributes to bones becoming brittle over time.

In general, individuals between ages 19 and 50 need 1,000 mg of calcium each day, while those over the age of 50 need at least 1,200 mg daily. For bone health, vitamin D is just as important as calcium. Without vitamin D, your body can’t absorb calcium and phosphorus that you eat. Vitamin D is found in milk and vitamin supplements, and it can be made by your skin when it is exposed to sunlight, which is why we call it the “sunshine” vitamin. You may need a supplement to get enough vitamin D, so talk with your physician about what is best for you.

What should you eat to get enough calcium? This is how some of the more calcium-rich foods stack up.

Milk: 300 mg/8 ounces

Nonfat yogurt: 415 mg/8 ounces

Sardines: 324 mg/3 ounces

Fortified orange juice: 300 mg/8 ounces

Swiss cheese: 270 mg/1 ounce

Vanilla ice cream: 170 mg/8 ounces

Collard greens: 100 mg/½ cup

Spinach: 59 mg/2 cups

Broccoli: 50 mg/½ cup

Getting adequate calcium and vitamin D, along with regular exercise, will promote bone health. There are some foods, beverages, and lifestyle habits that can wreck your bones. Eating a diet high in sodium and low in foods rich in potassium (fruits and vegetables), can cause you to excrete excess amounts of calcium, so tame your salty tooth and keep sodium to less than 2,300 mg per day.

Alcohol can interfere with absorption of calcium and vitamin D, so keep alcoholic drinks to a minimum. For women, one drink per day is the maximum, and men should limit alcohol to no more than two drinks per day. Smoking can also reduce calcium absorption, and it reduces bone mass. Crash diets can also wreak havoc on bones, so if you are trying to lose weight, follow a plan that is healthful and where weight loss is gradual.

# Stay Strong, Stay Healthy

K-State Research and Extension has launched a new program — Stay Strong, Stay Healthy — to help older adults regain strength while improving their balance, flexibility, bone density and overall health. Participants meet for 1-hour sessions, twice a week for 8 weeks. Activities include warm-up exercises, strengthening exercises with and without weights, and cool-down stretches. Class members are encouraged to do the exercises on their own once more per week.

The program is offered at a minimal cost in many county and district K-State Research and Extension offices and starts at different times of the year, depending on the location. To learn more about the program and find out if your local extension office is offering the class, check at <http://www.k-state.edu/staystrong> or contact Gayle Price at 620-820-6123 or Sharolyn Jackson, 785-532-2273, state coordinators for the program.



## Broccoli and Cheese

Serves 4

### Ingredients:

6 cups broccoli, rinsed and cut into bite-sized pieces  
1 cup fat-free evaporated milk  
1 tablespoon cornstarch  
½ cup cheddar cheese, shredded  
¼ teaspoon Worcestershire sauce  
¼ teaspoon hot sauce  
1 slice whole-wheat bread, diced and toasted (for croutons)

### Instructions:

1. Bring a large pot of water to boil over high heat. Add fresh broccoli and cook until easily pierced by a fork, about 7 to 10 minutes. Drain and set aside.
2. In a separate saucepan, combine evaporated milk and cornstarch. Slowly bring to a boil while stirring often. When the milk comes to a boil, remove it from the heat and add the cheese. Continue to stir until the cheese is melted and evenly mixed.
3. Add the Worcestershire and hot sauces, and stir. Pour cheese over hot broccoli.
4. Sprinkle whole-wheat croutons over broccoli and cheese mixture, and serve.



### Nutrition Information for 1 serving:

185 calories  
7 g fat  
400 mg calcium  
13 g carbohydrates  
13 g protein  
5 g fiber  
248 mg sodium



ATCHISON

2016 WEEK 5

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 5 Activity	Wk 5 Strength	Total Miles	Cumulative Miles	Wk 5 F/V	Total F/V	Wk 5 Water	Total Water
AES Winged Walkers	61	30	63	367	31	267	36	208
Are We There Yet?	44	45	47	293	100	595	116	794
Bank of Atchison	49	0	49	299	19	245	50	819
Better Buns	285	210	299	573	30	246	438	1564
Blue Sky Walkers	286	420	314	503	84	571	100	743
Bods Walking	374	572	412	1720	355	1363	327	1428
Bun Burners	196	445	211	649	0	74	0	935
Chamber Chics & A Rooster	251	0	251	636	201	294	198	774
Connie Ellerman's Team	62	0	62	332	0	34	149	687
County Sloths	80	0	80	384	15	158	57	434
Ext Team Wildcats & Jayhawks	133	0	133	618	94	400	108	469
Fantastic Six	93	75	98	943	103	613	153	1062
Farmerettes	150	0	150	603	258	1088	0	10
Happy Feet	84	48	87	568	49	292	99	740
Hard-To-Ware-Us-Out	94	105	101	544	0	0	40	212
I Love Walk and Stroll	234	90	240	635	121	623	175	901
Masters of Miles	28	0	28	368	54	297	105	574
Move Your Feet, Keep the Beat	33	120	41	271	39	213	209	1606
Not Fast, But Fabulous	263	353	286	1569	81	673	180	1750

### 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 5**

**COUNTY NOTES & NEWS**

**Weekly Team Progress Totals**

Team	Wk 5 Activity	Wk 5 Strength	Total Miles	Cumulative Miles	Wk 5 F/V	Total F/V	Wk 5 Water	Total Water
Pavement Princesses	96	0	96	586	12	143	43	538
Sister Sister	0	1450	96	278	303	549	0	0
Sole Sisters Run	199	305	219	969	154	811	252	1279
Soles Sisters Soar	131	405	158	924	125	714	222	1154
Sole Sisters Strength	125	170	136	770	134	852	215	1387
Sole Sisters Walk	161	170	172	640	59	208	791	1546
Spring Steppers	91	0	91	518	161	1025	184	603
Sunsetters	93	0	93	482	100	602	336	1201
Team of Two	25	0	25	100	0	0	169	375
The Leftovers	0	1385	160	424	64	261	0	0
The Ridiculous Six	125	0	125	508	0	54	0	8
The Young and the Rest of Us	0	0	0	14	0	0	0	0
Tight Ends	84	0	84	337	62	294	121	740
USD 409	105	115	112	440	62	363	88	483
Walkee Talkees	0	1199	80	444	84	423	47	98
Walking With the Stars	94	0	94	429	120	636	0	0
Walking Wonders	74	1820	195	460	121	466	0	7
Wishful Shrinking	112	100	118	863	0	16	0	74

### Reporting Tips

- Report numbers are based on information reported by noon Tuesday.
- Let us know about any reporting errors so they can be corrected.
- Teams can report weekly or daily.
- If your team was unable to report this week, information can be updated next week.
- T-shirts arrive late Thursday afternoon. We'll try to deliver by the following day or notify you of their arrival.

# born learning

welcome to the **bornlearning** trail!

Did you know that learning is happening all the time?

For ways to learn together, just look for the *Born Learning Trail* signs. By playing and exploring you help young children get ready for success in school and in life.

Together, you can turn everyday moments into learning moments.

Happy trails!

**1**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

**2 Trail Stencils**

watch learn stop play

Let your child lead the way.

Try this:

- Watch what your child likes to do. Is it playing with other children, looking at bugs or heading for the slide?
- Do the things your child likes to do.

Is your child staring or pointing at something? Ask, "What do you see?"

Trail tip: When you follow a child's lead, curiosity and confidence grow.

**3**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

look learn laugh

Take time to pay attention to your child.

Try this:

- Stand in the circles, looking at each other. Make each other smile or laugh.
- Hold hands, give your child a hug, a smile or a pat on the back.
- Watch, listen and learn. See what your child looks at, talks about and does.

Trail tip: Paying attention to children helps them to feel special and secure.

**4**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

listen talk sing

Talk it up while you play.

Try this:

- Listen to the birds. Ask, "What are they saying? Can you sing like them?"
- Talk with your child. Ask, "What should we do next?"
- Make up silly stories or songs. Sing, "Swing, swing, bo, bing ..."

Trail tip: Talking and singing with children teaches them words and gets them ready to read.

**5**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

say see point read

Start your child on the road to reading.

Try this:

- Point to the letters painted on the ground. Say the sound each letter makes.
- Think of words or names that start with A, B or C.
- Point and say, "I see a tree. What rhymes with tree?" Take turns.

Trail tip: Playing with letters and sounds helps children get ready to read.

**6**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

imagine create pretend

Turn any time into story time.

Try this:

- Tell stories about yourself and your family. Begin with "When I was little ..."
- Look around for story ideas. See a bird? Say, "Once there was a bird named ..."
- Have your child help tell the story. Ask, "What do you think the bird likes to do?"

Trail tip: Storytelling can grow a child's ability to imagine and listen.

**7**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

jump skip clap move

Get your child up and active.

Try this:

- Pretend to move like an animal. Walk like a duck or jump like a frog.
- Walk backwards or skip. Can your child do the same?
- Ask your child to do what you do. Clap or wave your hands. Point. Smile.

Trail tip: Physical activity exercises a child's body and mind.

**8**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

hop toss shake wiggle

Get up and moving with your child.

Try this:

- Play hopscotch. Toss a small rock on one of the squares. Then hop over it.
- Wave your arms or tap your head as you hop.
- Call out a number and ask your child to stand on it. Take turns.

Trail tip: Games like these will get children's brains and bodies moving.

**9**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

describe compare learn

Turn simple ideas into learning games.

Try this:

- Look at the shapes on the ground. How are they the same? Different?
- Can you find anything else in the park that is shaped like a circle or a rectangle?
- Ask your child to stand inside (or outside) the square.

Trail tip: Looking at the world in a new way helps children get ready for reading and math.

**10**

For more ideas, visit [bornlearning.org](http://bornlearning.org)

listen look touch think

Learn about the world around you.

Try this:

- Find a flower or a tree. Touch it. Talk about it. (Is it hard or soft? Rough or smooth?)
- Compare things, like flowers or leaves. (Which are bigger? Smaller?)
- Talk about these bits of nature. (Did they fall from a tree? Grow up from the ground?)

Trail tip: Exploring the things around you helps children learn how to solve problems.

**11**

For more ideas, visit [bornlearning.org](http://bornlearning.org)



## **K-State Research & Extension Atchison County**

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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.**

Dear Kansas Walkers,

This week as I took a peek at Atchison County team mileage totals, I was impressed. Atchison County teams are traveling the distance to meet their goals. Totaling the mileage of all Atchison County teams, you have collectively traveled 21,062 miles. Realizing Atchison County teams are no longer in Kansas caused me to wonder what world sites we would have viewed as a county. Internet sources estimate circumference of the earth at the equator point to be between 2,4901.5 miles and 24902 miles. Only mathematicians and folks involved in Walk Kansas might argue about the ½ mile difference!!!!

On a more serious note, math calculations discovered we are only 3840 miles short of circling the globe. If each team averages 101 more miles, we will have circled the world in eight short weeks. That is something we should celebrate!

Speaking of celebrations, I had the opportunity to help with the first Walk Kansas 5K For the Fight. Those participating included families pushing toddlers in strollers, first timers and seasoned veterans. The effort supported cancer research at the Johnson Cancer Center on the K-State campus and honored two extension staff members who lost their battle with cancer. Yet it was a joyous day to see the 70 plus year old mother cross the finish line to honor her daughter. The 5K Run and 2.5K Walk was a cause for celebration.

At the beginning of Walk Kansas, I challenged local team members to collect their coins they saved from switching from sugary beverages to water. Together, you have reported drinking 25,203 cups of water. My challenge also included pooling some of these coins together to create a Born Learning walking trail in our community. This week I have included pictures of the Born Learning signs. I would like to suggest that teams might want to adopt a sign to celebrate their small changes to celebrate healthy living. Cost is \$125 per sign. Signs provide tips to young parents to encourage early learning while practicing the healthy behavior of taking kids outside to enjoy nature.

Providing tips about raising kids, spending smart, eating right and living well in a sentence describes what extension family and consumer science educational programs are about. Research reveals that babies are born ready to learn and the brain development during the first three years of life can influence our adult lives. Adult diseases such as cancer, diabetes, and heart disease have a strong connection with the early years of development. Establishing a Born Learning Trail in our community will serve as reminder that we are never too young or too old to begin to celebrate healthy living. I invite you to join me in celebrating healthy living in Atchison County by launching our first Born Learning Trail .

Happy trails this week and enjoy your journey around the world!!

~Diane