

K-STATE
Research and Extension

Walk Kansas

celebrate healthy living

www.WalkKansas.org
Newsletter 8 • 2016

Exercise to Prevent and Manage Diabetes

Regular physical activity plays a key role in managing diabetes. It can also help you prevent or delay the onset of diabetes. Proper meal management is also essential, along with taking medications as prescribed, and managing stress effectively.

Why is physical activity so important? Your cells become more sensitive to insulin when you are active, which allows insulin to work more effectively. Also, during exercise, your cells remove glucose from the blood using a mechanism totally separate from insulin.

The bottom line is that exercising consistently can lower blood glucose and improve your A1C, which could reduce the amount of medication needed to manage your diabetes.

Lifestyle habits are also powerful in preventing diabetes. The number of Americans with diagnosed diabetes has increased four-fold since 1980 — a trend we have the ability to change.

Here are key tips for preventing diabetes.

Maintain a healthy weight. One of the leading risk factors for type 2 diabetes is obesity. If you are overweight, dropping just 5 to 10 percent of your weight cuts your risk of developing diabetes in half.

Eat plenty of fruits and veggies. Studies show that eating a variety of fruits and

continued on page 2

In This Issue

Exercise to Prevent and Manage Diabetes

Exercise with Weights: How Much? Whole Grains

Recipe: Whole Grain Waffles

Coming Next Week

Celebrate Success!

Summer Safety

Walk Kansas 2017

Recipe: Corn and Quinoa Salad with Chicken

www.WalkKansas.org

[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, Manhattan, KS 66506-0124, (Phone) 785-532-6220; (TTY) 785-532-4807.



continued from page 1

vegetables may cut your diabetes risk by as much as 22 percent.

Avoid sugary beverages. Replace sweet drinks, such as soda or fruit juice, with water, tea, and other non-sugary options.

Get moving. Regular physical activity can help you achieve and maintain a healthy weight and cut your diabetes risk.

Reduce TV time. There is a correlation between the amount of time spent watching television and diabetes risk. The assumption is that people who watch TV are not physically active and are likely consuming unhealthy snacks as well.

Photo Challenge Deadline Extended

We are seeking inspirational photos from amateur photographers that capture the spirit of Walk Kansas. Photos will be used to promote Walk Kansas, displayed on the website, and featured on social media. The photographer must be a Walk Kansas participant, and photos can show kids, families (including pets), and/or adults being physically active, supporting Walk Kansas goals, or include a motivational message.

Photos will be accepted through June 17. Each photographer that submits a selected photo will receive a Walk Kansas SportTek shirt of their choice. More information is available at <http://www.walkkansas.org/doc/wkphoto.pdf>

Exercise with Weights: How Much?

During the first several months of strength training, you will notice the most rapid changes. You may find it is easier to climb stairs, carry groceries, perform gardening activities, etc. Also, it is normal to have more energy at the end of a hectic day. These are welcome changes and to keep things moving in the right direction you will need to challenge yourself when the exercises you are doing become easy.

The best way to continue getting the best results from strength training is to stay in Level 4 on this Exercise Intensity Scale.

Exercise Intensity	Description of Effort
1	Very Easy: Too easy to be noticed, like lifting a pencil.
2	Easy: Can be felt but is not fatiguing, like carrying a book.
3	Moderate: Fatiguing only if prolonged — like carrying a full handbag that seems heavier as the day goes on.
4	Hard: More than moderate at first, and becoming difficult by the time you complete four or five repetitions. You make the effort 10 times in good form, but need to rest afterwards.
5	Extremely Hard: Requires all your strength, like lifting a piece of heavy furniture that you can only lift once, if at all.

When to add more weight:

If you can do more than 10 or 12 repetitions with the current amount of weight, it is time to increase the intensity of your workout by adding weight.

When to scale back:

If you are challenged to complete 10 repetitions with good form, or are not feeling well from illness or soreness, you should decrease the intensity by decreasing weight.

When it is just right:

If you are challenged by the amount of weight and can maintain the integrity of the movements (practicing good form), you are using a “just right” weight. Continue at this level until the weight seems easier and then move to the next level of weight.

Choose Whole Grains

Whole-grain foods are essential for good health. They provide energy, help promote digestive health, and reduce the risk of developing a number of diseases such as heart disease, type 2 diabetes, obesity, and some forms of cancer. Whole-grain foods are also more satisfying. They have great texture and taste, provide a feeling of fullness, and have staying power. You won't feel hungry as quickly.

While health benefits from whole grains are known, only 10 percent of Americans eat the recommended minimum of three servings a day.

Why? One reason is that it is hard to tell which foods are whole grain. Packages of grain products might say "multigrain," "100% wheat," "stone ground," and these sound healthy, but they are not whole grains. Check the ingredient list to be sure. The first item listed is the ingredient highest in quantity by weight. Look for the word "whole" in front of a grain, such as "whole wheat." If the list starts with "wheat flour," it is not a whole grain.

Another reason Americans avoid whole grains is they have the perception that whole grains just don't taste good or they don't like the texture. With the variety of whole grain products available today, it is

likely there are some that will satisfy your taste buds. Common whole grains include brown rice, oatmeal, popcorn, whole wheat, and wild rice. Expand your whole-grain choices with quinoa, whole-grain barley, whole-grain corn or cornmeal, whole rye, and others.

One easy way to add whole grain is to replace half the flour in a recipe with whole-wheat flour. Give white whole-wheat flour a try. White wheat is lighter in color and has a sweeter, milder, and somewhat nutty flavor. It has the same nutritional benefits as traditional whole wheat. White whole-wheat flour is available in most grocery stores. Another way to lighten up a whole wheat product is to use whole-wheat pastry flour in any recipe that is not leavened by yeast, so this works well for many baked items such as quick breads and cookies.

Another way to ease into more whole grains is to mix whole-grain pasta and rice with the traditional variety.

If you have celiac disease, gluten intolerance, and/or wheat allergies, you can still enjoy whole grains. Gluten-free grains include quinoa, oats, rice, corn, buckwheat, sorghum, wild rice, amaranth, and millet.

Whole-Grain Waffles

This recipe lists two types of whole-wheat flour; however, you may use 1½ cups of either whole-wheat pastry flour or white whole-wheat flour

Makes 4 Belgian-style (deep-pocket) 7-inch waffles

Ingredients:

- ¾ cup whole-wheat pastry flour
- ¾ cup white whole-wheat flour
- 2 teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 2 tablespoons sugar
- 1 large egg
- 1½ cups lukewarm fat-free milk
- ½ cup vegetable oil (or melted butter)



Instructions:

1. Preheat your waffle iron while you make the batter.
2. In a medium-sized bowl, whisk together both types of flour, baking powder, baking soda, cinnamon, salt, and sugar.
3. In a separate bowl, whisk together the egg, milk, and oil.
4. Add wet ingredients to dry ingredients, stirring just until combined. The batter will be a bit lumpy.
5. Cook the waffles as directed in the instructions that came with your waffle iron.
6. Top each waffle with sliced fresh fruit and drizzle a small amount of maple syrup before serving.

Nutrition Information for 1 waffle:

390 calories
20 g fat
42 g carbohydrates
10 g protein
5 g fiber
630 mg sodium

MyPlate Celebrates 5th Year!



Find Your Healthy Eating Style & Maintain It for a Lifetime

Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—*making sure that your choices are limited in sodium, saturated fat, and added sugars.*

Make half your plate fruits and vegetables: Focus on whole fruits

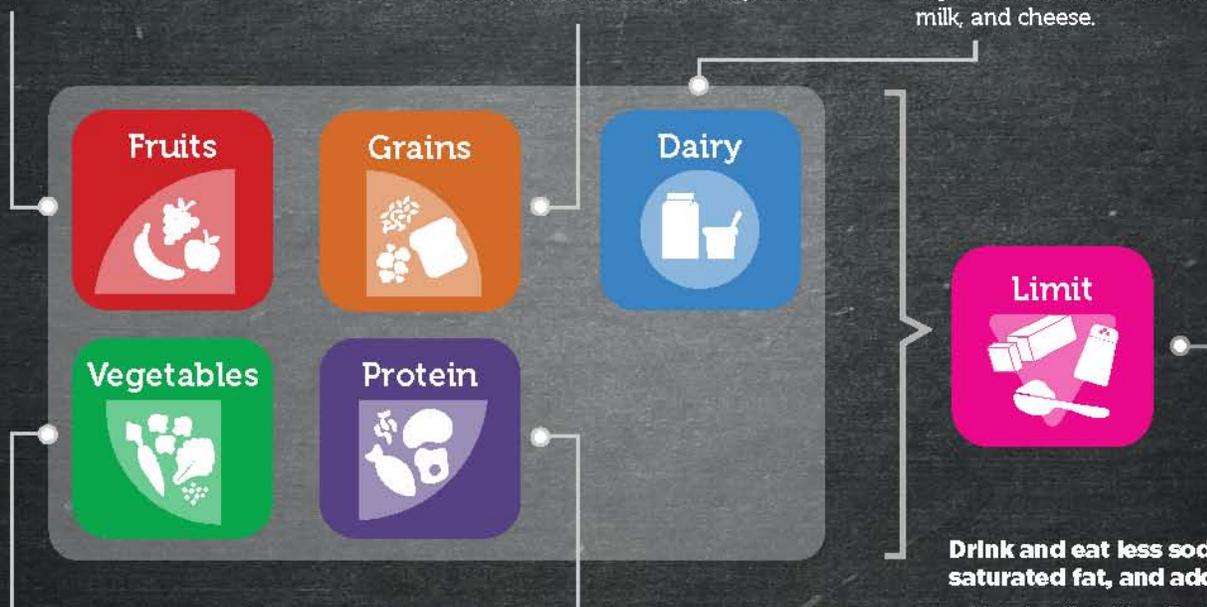
- Choose whole fruits—fresh, frozen, dried, or canned in 100% juice.
- Enjoy fruit with meals, as snacks, or as a dessert.

Make half your grains whole grains

- Look for whole grains listed first or second on the ingredients list—try oatmeal, popcorn, whole-grain bread, and brown rice.
- Limit grain desserts and snacks, such as cakes, cookies, and pastries.

Move to low-fat or fat-free milk or yogurt

- Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on saturated fat.
- Replace sour cream, cream, and regular cheese with low-fat yogurt, milk, and cheese.



Make half your plate fruits and vegetables: Vary your veggies

- Try adding fresh, frozen, or canned vegetables to salads, sides, and main dishes.
- Choose a variety of colorful veggies prepared in healthful ways: steamed, sautéed, roasted, or raw.

Vary your protein routine

- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try main dishes made with beans and seafood, like tuna salad or bean chili.

Drink and eat less sodium, saturated fat, and added sugars

- Use the Nutrition Facts label and ingredients list to limit items high in sodium, saturated fat, and added sugars.
- Choose vegetable oils instead of butter, and oil-based sauces and dips instead of ones with butter, cream, or cheese.
- Drink water instead of sugary drinks.



Everything you eat and drink matters. The right mix can help you be healthier now and into the future. Find your MyWins!

Visit ChooseMyPlate.gov to learn more.

Center for Nutrition Policy and Promotion
January 2016

USDA is an equal opportunity provider and employer.



United States Department of Agriculture



MyPlate Daily Checklist

Find your Healthy Eating Style

Everything you eat and drink matters. Find your healthy eating style that reflects your preferences, culture, traditions, and budget—and maintain it for a lifetime! The right mix can help you be healthier now and into the future. The key is choosing a variety of foods and beverages from each food group—and *making sure that each choice is limited in saturated fat, sodium, and added sugars*. Start with small changes—“**MyWins**”—to make healthier choices you can enjoy.

Food Group Amounts for 2,200 Calories a Day

				
2 cups	3 cups	7 ounces	6 ounces	3 cups
<p>Focus on whole fruits</p> <p>Focus on whole fruits that are fresh, frozen, canned, or dried.</p>	<p>Vary your veggies</p> <p>Choose a variety of colorful fresh, frozen, and canned vegetables—make sure to include dark green, red, and orange choices.</p>	<p>Make half your grains whole grains</p> <p>Find whole-grain foods by reading the Nutrition Facts label and ingredients list.</p>	<p>Vary your protein routine</p> <p>Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.</p>	<p>Move to low-fat or fat-free milk or yogurt</p> <p>Choose fat-free milk, yogurt, and soy beverages (soy milk) to cut back on your saturated fat.</p>



Drink and eat less sodium, saturated fat, and added sugars. **Limit:**

- Sodium to **2,300 milligrams** a day.
- Saturated fat to **24 grams** a day.
- Added sugars to **55 grams** a day.

Be active your way: Children 6 to 17 years old should move **60 minutes** every day. Adults should be physically active at least **2 1/2 hours** per week.

Use **SuperTracker** to create a personal plan based on your age, sex, height, weight, and physical activity level.

SuperTracker.usda.gov

MyPlate Daily Checklist

Write down the foods you ate today and track your daily MyPlate, MyWins!

Food group targets for a 2,200 calorie* pattern are:	Write your food choices for each food group	Did you reach your target?	
 <p>Fruits 2 cups 1 cup of fruits counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked fruit; or • 1/2 cup dried fruit; or • 1 cup 100% fruit juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Limit:</p> <ul style="list-style-type: none"> • Sodium to 2,300 milligrams a day. • Saturated fat to 24 grams a day. • Added sugars to 55 grams a day.
 <p>Vegetables 3 cups 1 cup vegetables counts as</p> <ul style="list-style-type: none"> • 1 cup raw or cooked vegetables; or • 2 cups leafy salad greens; or • 1 cup 100% vegetable juice. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N
 <p>Grains 7 ounce equivalents 1 ounce of grains counts as</p> <ul style="list-style-type: none"> • 1 slice bread; or • 1 ounce ready-to-eat cereal; or • 1/2 cup cooked rice, pasta, or cereal. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	 <p>Be active your way:</p> <p>Adults:</p> <ul style="list-style-type: none"> • Be physically active at least 2 1/2 hours per week.
 <p>Protein 6 ounce equivalents 1 ounce of protein counts as</p> <ul style="list-style-type: none"> • 1 ounce lean meat, poultry, or seafood; or • 1 egg; or • 1 Tbsp peanut butter; or • 1/4 cup cooked beans or peas; or • 1/2 ounce nuts or seeds. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>Children 6 to 17 years old:</p> <ul style="list-style-type: none"> • Move at least 60 minutes every day.
 <p>Dairy 3 cups 1 cup of dairy counts as</p> <ul style="list-style-type: none"> • 1 cup milk; or • 1 cup yogurt; or • 1 cup fortified soy beverage; or • 1 1/2 ounces natural cheese or 2 ounces processed cheese. 	<hr/> <hr/> <hr/> <hr/>	<input type="checkbox"/> Y <input type="checkbox"/> N	<p>* This 2,200 calorie pattern is only an estimate of your needs. Monitor your body weight and adjust your calories if needed.</p>



Track your MyPlate, MyWins



ATCHISON

2016 WEEK 7

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 7 Activity	Wk 7 Strength	Total Miles	Cumulative Miles	Wk 7 F/V	Total F/V	Wk 7 Water	Total Water
AES Winged Walkers	66	0	66	480	18	308	32	261
Are We There Yet?	8	0	8	355	0	715	0	953
Bank of Atchison	52	0	52	401	27	318	164	1107
Better Buns	110	0	110	718	33	303	498	2134
Blue Sky Walkers	80	280	99	651	98	759	117	962
Bods Walking	747	940	810	2590	291	1896	530	2226
Bun Burners	0	0	0	756	0	132	0	2567
Chamber Chics & A Rooster	86	0	86	775	8	314	0	836
Connie Ellerman's Team	14	0	14	514	0	34	0	687
County Sloths	110	0	110	648	52	216	194	651
Ext Team Wildcats & Jayhawks	88	0	88	793	97	589	74	660
Fantastic Six	188	120	196	1261	132	825	269	1597
Farmerettes	97	0	97	787	248	1528	0	10
Happy Feet	14	15	15	605	30	341	28	794
Hard-To-Ware-Us-Out	57	0	57	673	0	0	42	288
I Love Walk and Stroll	47	80	52	785	123	870	106	1194
Masters of Miles	64	0	64	438	27	332	24	623
Move Your Feet, Keep the Beat	70	105	77	405	32	275	137	1834
Not Fast, But Fabulous	286	80	292	2157	164	1058	433	2854

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 7

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 7 Activity	Wk 7 Strength	Total Miles	Cumulative Miles	Wk 7 F/V	Total F/V	Wk 7 Water	Total Water
Pavement Princesses	117	60	121	823	15	186	57	707
Sister Sister	0	1060	0	434	105	787	0	0
Sole Sisters Run	202	317	224	1260	185	1055	304	1705
Soles Sisters Soar	141	180	153	1270	103	898	257	1558
Sole Sisters Strength	96	240	112	1003	0	1168	214	1887
Sole Sisters Walk	235	290	254	916	88	296	852	2398
Spring Steppers	4	1290	90	694	180	1374	141	888
Sunsetters	121	0	121	671	159	897	221	1673
Team of Two	18	0	18	121	0	0	100	475
The Leftovers	86	0	86	592	0	261	0	0
The Ridiculous Six	136	0	136	644	0	54	0	8
The Young and the Rest of Us	0	0	0	0	0	0	0	0
Tight Ends	2	90	8	368	30	324	60	800
USD 409	19	20	20	507	41	459	21	557
Walkee Talkees	0	0	0	507	101	609	54	278
Walking With the Stars	0	0	0	512	113	855	0	0
Walking Wonders	0	0	0	542	110	802	6	13
Wishful Shrinking	113	100	120	1146	1	17	6	77

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.



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

Walk Kansas Celebrations According To Dr. Suess

*A recent graduation celebration inspired me to visit Dr. Suess wisdom once again. Dr. Suess offers wit and wisdom for kids ages 8 to 88. We can learn about celebrating healthy living from our youth. **YOU HAVE BRAINS IN YOUR HEAD. YOU HAVE FEET IN YOUR SHOES. YOU CAN STEER YOURSELF ANY DIRECTION YOU CHOOSE.** Eight short weeks ago, you began a journey. **KID, YOU'LL MOVE MOUNTAINS!** Your destination was to travel across the state of Kansas in some fashion. Goals were set by teams and you. **AND WILL YOU SUCCEED? YES YOU WILL INDEED! (98 AND 3/4 PERCENT GUARANTEED.** Now is a great time to look back at these goals. Celebrate your successes. **THINGS START HAPPENING, DON'T WORRY, DON'T STEW, JUST GO RIGHT ALONG AND YOU'LL START HAPPENING TOO.**" Have you reached your goals and are you ready to set new goals? **NOW MY TROUBLES ARE GOING TO HAVE TROUBLES WITH ME!** Have you come across some barriers in reaching your goals? Rather than feeling guilty, take some time to ponder what may have caused the road blocks. Goals need to be achievable; it can be discouraging if they are impossible to achieve. **BE WHO YOU ARE AND SAY WHAT YOU FEEL, BECAUSE THOSE WHO MIND DON'T MATTER AND THOSE WHO MATTER DON'T MIND.** Continue celebrating healthy living with your family and friends. Your teammates are willing to cheer you on when the road is difficult. Don't be afraid of asking for support. **YOU'LL BE ON YOUR WAY UP! YOU'LL BE SEEING GREAT SIGHTS! YOU'LL JOIN THE HIGH FLIERS WHO SOAR TO HIGH HEIGHTS.** As we head into the home stretch for Walk Kansas 2016, do take some time to consider ways you are celebrating healthy living today that you were not 8 weeks ago. **IF YOU NEVER DID YOU SHOULD. THESE THINGS ARE FUN, AND FUN IS GOOD.**" Celebrating healthy living can become a way of life. **YOU'RE IN PRETTY GOOD SHAPE FOR THE SHAPE YOU ARE IN.** One of the benefits of celebrating healthy living is you are reducing your risk for heart disease, diabetes and cancers. **TODAY YOU ARE YOU, THAT IS TRUER THAN TRUE. THERE IS NO ONE ALIVE WHO IS YOUER THAN YOU. IT IS FUN TO HAVE FUN BUT YOU HAVE TO KNOW HOW.** When facing health challenges, having a celebration attitude can be very beneficial. **IT IS BETTER TO KNOW HOW TO LEARN THAN TO KNOW.** Build on the Walk Kansas messages learned, don't stop celebrating healthy living just because you have reached the finish line. Have a great week! —Diane*