

**K-STATE**  
Research and Extension

# Walk Kansas

celebrate healthy living

www.WalkKansas.org  
Newsletter 1 • 2016

## Spring Tune Up for Your Health

Welcome to Walk Kansas 2016! Many of you have told us that the start of Walk Kansas is a welcome sign of spring. We are kicking off a little later than usual this year, due to our new online system for registration and reporting. We appreciate your patience as everyone involved is learning!

I've been asked many times "why are you involved with Walk Kansas?" The simple answer is "I feel better when I move more — you will too." Physical inactivity has emerged as a significant public health threat. According to the Partnership to Fight Chronic Disease: If Americans were to stop smoking, exercise regularly, and eat well, they could prevent up to 80 percent of heart disease and stroke, 80 percent of type 2 diabetes, and 40 percent of cancers. This is powerful! By practicing healthy lifestyle habits, you will also feel better, have a better attitude, be more productive, and enjoy life more.

Most of us engage in the tradition of spring cleaning and organizing, so why not "tune-up" your health at the same time? Stock your refrigerator and cupboards with healthful food for snacks and meals, and find a prominent place to stash your walking shoes and gear so you are ready to go at any time. Schedule time for exercise on your calendar so it becomes a regular part of your day.

[continued on page 2](#)

## In This Issue

Spring Tune-Up  
Pain — What Did I Do Wrong?  
5K for the Fight!  
Healthful Eating — What's New?  
Recipe: Frittata

## Coming Next Week

Posture is Everything!  
Exercise and Cancer  
Eat the "Get Rich" Way  
Recipe: Layered Salads



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

As you begin your Walk Kansas journey, please be mindful of the types of activity that you count toward Walk Kansas minutes. It's not about making every activity or movement you already do count. We are measuring moderate and vigorous activity that is done for at least 10 consecutive minutes OR steps that you take after you have reached 6,000 in one day. You can also count minutes when you do strengthening exercises. For more guidance on what to count, refer to the Walk Tall, Walk Strong guide in your packet.

You will receive a weekly newsletter and resources throughout the program. Check [walkkansas.org](http://walkkansas.org) for information and use the online system to chat with your team and learn about local events that are part of Walk Kansas. "Like" and follow us on Facebook, Twitter, and Pinterest.

Now, let's get moving — have a great Walk Kansas!

### **Sharolyn Flaming Jackson**

Family and Consumer Sciences Specialist  
State Walk Kansas Coordinator

## 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 K-State 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](http://walkkansas.org/5K.html). To register, go to: [runsignup.com/Race/KS/Manhattan/WalkKansas5k](http://runsignup.com/Race/KS/Manhattan/WalkKansas5k) or contact [sharolyn@ksu.edu](mailto:sharolyn@ksu.edu) for a registration form.

## I Feel Pain – What Did I Do Wrong?

It is perfectly normal to feel sore after exercise; however, aches and pains should be minor. Muscles go through stress when you exercise, and small microscopic tears occur in the muscle. This damage, along with inflammation, causes the discomfort. The gradually increasing soreness you often feel 24 to 48 hours later is called delayed onset muscle soreness (DOMS) and is a natural outcome of any physical activity.

Your muscles should burn a little when walking, and you should feel a bit sore a few days after doing strengthening exercises. You know you've done too much if soreness prevents you from performing daily activities or if excessive soreness lasts three days or more after exercise. Too much soreness can discourage you from continuing exercise. Here are some tips to promote recovery after exercise and keep muscle soreness in check.

**Hydrate.** Water is the best way to hydrate during and after exercise and during recovery. The easiest way to tell if you are dehydrated is by the color of your urine. It should be light yellow or clear within a couple of hours after exercise. If it is dark yellow, you need more hydration.

**Fuel.** After exercise, have a snack containing carbohydrates and protein. Good choices include yogurt and almonds, peanut butter with a banana, rice cakes, or whole-wheat pretzels. Eating the right foods after exercise will improve your energy level and help with recovery.

**Circulation.** A light activity, such as an easy bike ride, light stretching, or slower walking, will stimulate blood flow and help you cool down after activity. Better circulation will improve the speed of your recovery.

**Compression.** A massage or use of a foam roller can help move inflammatory fluids out of muscles and help with sore or tight spots from worked muscles.

**Rest.** Normal muscle soreness will peak about 48 hours after exercise, and should be much better by the third day. This is why a rest day between strengthening exercises is recommended. If you want to do strengthening on consecutive days, alternate upper body exercise one day and lower body the next. Just don't work the same muscle group two days in a row.

# Guidelines for Healthful Eating – What’s New?

The USDA released new guidelines for healthful eating in January 2016, and you will learn more about these each week. Dietary Guidelines for Americans can be summed up by these points:

1. Follow a healthy eating pattern throughout your life. All food and beverage choices matter.
2. Focus on variety, nutrient density, and amount.
3. Limit calories from added sugars, saturated fats, and reduce sodium.
4. Shift to healthier food and beverage choices.
5. Support healthy eating patterns for all.

There are many ways you can eat healthfully, and your cultural and personal preferences can be met. All recipes provided will meet guidelines for nutrient density, meaning that significant nutrition is provided along with calories consumed.

## New beginning for eggs

The egg has long been a symbol of new beginnings. They are celebrating a new chapter as the revised Dietary Guidelines lifted the limit on dietary cholesterol. For most people, the cholesterol they eat doesn't significantly raise blood cholesterol. Saturated fat seems to be the problem.

People often think of eggs as breakfast food, but egg dishes can be a one-pot entrée for any meal during the day.

## Potato, Pepper, and Cherry Tomato Frittata

*A hearty egg dish that is easier to cook than an omelet.*

*Makes 4 servings*

### Ingredients:

- 4 large eggs
  - 4 large egg whites
  - 1 tablespoon olive oil
  - 1 medium red potato, cut into ¼ inch slices
  - 1 ½ cups halved cherry or grape tomatoes
  - ½ cup diced green bell pepper
  - ½ cup diced onion
  - ½ cup diced mushrooms
  - ¼ teaspoon dried basil
  - ¼ teaspoon dried oregano
  - Salt and pepper to taste
- Optional: marinara sauce or hot sauce*

### Directions:

1. In a mixing bowl, whisk together eggs and egg whites, set aside.
2. Heat a non-stick skillet over medium-high heat; add the olive oil and swirl to coat the surface. Add potato slices and saute for 6 minutes, turning slices occasionally, until tender but not too soft. Transfer potatoes to a plate.
3. Add the bell pepper, onion, tomatoes, and mushrooms to the skillet. Saute for 4 minutes, stirring frequently, until vegetables are tender.
4. Pour the beaten eggs over the vegetables in the skillet. Set the heat to low. Arrange potatoes over the eggs in a circle. Season with salt, pepper, basil, and oregano.
5. Cover and cook over low heat until the eggs are just set, about 3 to 5 minutes.
6. Gently slide the frittata onto a serving dish, cut into 4 pieces. Serve hot with marinara or hot sauce, if desired.



### Nutrition Information per serving:

201 calories  
10 g fat  
17g carbohydrates  
12 g protein  
3 g fiber  
290 mg sodium.

Recipe reprinted with permission from the American Institute for Cancer Research, [www.aicr.org](http://www.aicr.org)

# Choose health. Drink water.

Drink, Calories and Container Size (fluid ounces)	Teaspoons of Sugar per Container Size	Minutes of Brisk Walking to Burn Off the Drink (walking at 3.5 mph)
 <b>Soda</b> <b>227</b> calories 20 fl. oz.	<b>14</b> tsp 	<b>49</b> min. 
 <b>Sports Drink</b> <b>125</b> calories 20 fl. oz.	<b>9</b> tsp 	<b>27</b> min. 
 <b>Energy Drink</b> <b>240</b> calories 16 fl. oz.	<b>15</b> tsp 	<b>52</b> min. 
 <b>Juice Drink</b> <b>305</b> calories 20 fl. oz.	<b>17</b> tsp 	<b>66</b> min. 
 <b>Fruit-flavored Soda</b> <b>165</b> calories 12.5 fl. oz.	<b>11</b> tsp 	<b>36</b> min. 
 <b>Vitamin-added Water</b> <b>125</b> calories 20 fl. oz.	<b>8</b> tsp 	<b>27</b> min. 
 <b>Sweetened Tea</b> <b>213</b> calories 20 fl. oz.	<b>14</b> tsp 	<b>46</b> min. 
 <b>Water</b> <b>0</b> calories 20 fl. oz.	<b>0</b> tsp 	<b>0</b> min. 

**Note:** Walking times are based on the average calorie expenditure for a 154-pound individual walking at 3.5 mph (280 calories/hour). Calories burned per hour will be higher for persons who weigh more than 154 pounds and lower for persons who weigh less. Teaspoons of sugar are rounded to the nearest whole number. All walking times are rounded up to the next whole number.

United States Department of Health and Human Services, U.S. Department of Agriculture. *Dietary Guidelines for Americans, 2005*, Table 4, Calories/Hour Expended in Common Physical Activities. <http://www.health.gov/dietaryguidelines/dga2005/document/html/chapter3.htm>. Accessed May 15, 2012.



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net).



SIGN-556/Rev. 03/14

# Beverages: Make Every Sip Count

## When Choosing Drinks, Ask:

**How can I make every sip count?** Drink natural, nutrient-packed beverages like milk, 100% juices and water to boost your nutrition.

**Did I drink 2-3 cups of milk today?** If not, drink low-fat or fat-free milk to build strong teeth and bones.

**Am I thirsty?** Choose water to stay hydrated without adding extra calories. Use tap water and add ice cubes to save money. Add flavor with sliced fruit or cucumber.

**What if I don't like the taste of tap water?** Leave water overnight in an open container. Chlorine evaporates so water tastes better.

**What should I do with the large drink from a meal combo at fast food restaurants?** Substitute low-fat or fat-free milk, water or split a drink with family.



## What Size Is Your Drink?

**This glass is the actual size of one cup, or 8 ounces.**

Compare your cup here. Then check your label to see how much you are drinking.

## What's in Your Drink? Read the Label

### Find the serving size.

One container isn't always one serving. This container has 3 servings. Drinking the whole container is 510 calories!

### Limit added sugars.

### Read ingredients.

Milk or 100% juice should be listed first.

## Nutrition Facts

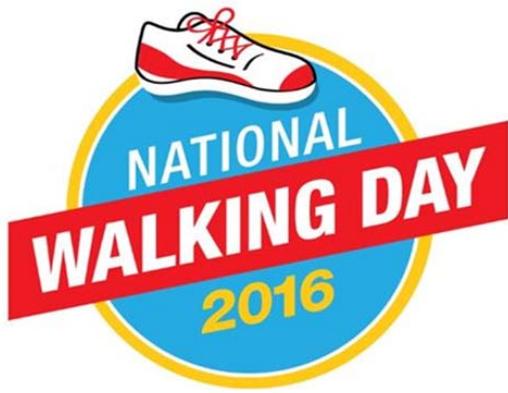
Serving Size 8 fl oz (245g)  
Servings Per Container 3

Amount Per Serving		
<b>Calories</b>	170	Calories from Fat 20
		<b>%Daily Value*</b>
<b>Total Fat</b>	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
<b>Cholesterol</b>	5mg	2%
<b>Sodium</b>	190mg	8%
<b>Total Carbohydrate</b>	29g	10%
Dietary Fiber	1g	5%
Sugars	27g	
<b>Protein</b>	8g	
Vitamin A	10%	Vitamin C 6%
Calcium	30%	Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.

Choose Most Often	Drink Less Often
Milk: Low-fat or fat-free	Soda
Water	Sports drinks, energy drinks
100% juice	Fruit-drinks
Fortified soy-based beverages	Sweetened teas, coffees and other beverages
Unsweetened beverages	
I Will Drink More:	I Will Drink Less:





This week the American Heart Association encouraged us to celebrate National Walking Day on April 6. How did you celebrate your national walking day? Did you invite friends and family to join your walking party? Did you park the car a little farther away and walk? Did you create the need to do walking errands rather than sending an e-mail to a co-worker? Maybe your family took a stroll around the neighborhood. I hope you enjoyed National Walking Day as much I did!

## Earth Day Walk-A-Thon

Maur Hill Mount Academy invites community members to take a step toward better health and a better world by participating in an Earth Day Walk-A-Thon on April 23 from 9 a.m.-12 p.m. Cost is \$12 per person and includes a t-shirt and bottle of water. The 7.5 km walk will benefit the efforts to build the Wangari Educational Greenhouse. Wangari Maathai graduated from Mount St. Scholastica College, now Benedictine College, in 1964 with a degree in biology. Earning a Nobel Peace Prize in 2004 for her efforts to promote democracy, peace and sustainable development, she is the first winner to have an environmental focus. Todd Miller, MH-MA teacher is leading local efforts to construct an educational greenhouse in her honor while teaching students about the environment and providing fresh produce to local food banks. Contact Miller at 913-367-5482 or 913-426-1353.

## Thank You Walk Kansas For Building A Born Learning Trail In Our Community

This year as we promoted Walk Kansas, it was suggested that we might challenge you to support a local community wellness project. Checking with local officials we have received a variety of suggestions about **investing the coins we save by switching from sugary drinks to water to “purchase” something healthy for our community.** Ideas ranged from painting community bike trails, purchasing playground equipment to simply providing funds to help maintain current equipment. All good ideas but the cost of some was too great. **Then I learned about the Born Learning trail from United Way of Kansas City.** The first five years of life are important ones. We learn to walk. We learn to talk and read. New skills learned by babies, toddlers and preschoolers are amazing. In fact research links the brain architecture built during this time to essential adult life skill use and well-being later in life.



Children who experience extreme stress during the early years are at greater risk to suffer from chronic diseases such as heart attacks, diabetes, strokes and cancers later in life. A set of 10 signs encourages families to learn together as they stroll down the trail. My Atchison County Walk Kansas Challenge is: **Could we save enough coins from not drinking pop and drinking water instead to buy a set of signs for our community? A set of signs costs \$1500. Project participation would be optional.** I would welcome your feedback about this potential community Walk Kansas project.



# **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: [AtchisonCoExt@ksu.edu](mailto:AtchisonCoExt@ksu.edu)  
Web: [www.Atchison.ksu.edu](http://www.Atchison.ksu.edu)

### **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.

### **Welcome to Walk Kansas 2016**

You are one of over 200 Atchison Countians who have joined the Walk Kansas movement. Today there are 35 local teams registered with promises of a few more to register. Walk Kansas is an 8 week celebration of healthy living. During the next 8 weeks, I challenge you to celebrate the small steps you are making towards healthy living.

Sharolyn Jackson, state Walk Kansas coordinator, shares "If Americans were to stop smoking, exercise regularly and eat well, they could prevent 80 percent of heart disease and stroke, 80 percent of type 2 diabetes and 40 percent of cancers." Yes, this is a powerful statement especially when I change the statement to read "If my family, my friends, my co-workers, my neighbors and I (Americans) were to stop smoking, exercise regularly and eat well, we could prevent 80 percent of heart disease, 80 percent of type 2 diabetes and 40 percent of cancers." This is a reason to celebrate!! Did you realize that research reveals that every hour invested in physical activity lengthens your life an additional 2 hours? As Americans, we like to celebrate. When I think of birthdays, graduations, weddings, backyard barbeques and holiday celebrations, the invitation lists include friends and family we care about. Remember Walk Kansas is really about supporting you to make lifestyle choices that will allow you to spend more time celebrating with those you love. Yet, too often we are encouraged to view lifestyle changes in negative terms.

During the next 8 weeks, as you participate in Walk Kansas, think about what you can celebrate about the small steps you are making towards a healthier lifestyle rather than feeling guilty about all the things you should be doing but are not. Start where you are today and make small changes daily. If you haven't been walking, don't disappoint yourself by expecting to suddenly be able to walk 30 minutes simply because you signed up for Walk Kansas! Remember the goal is not about winning the 8 week race across the state; rather it is about helping YOU make life long healthy lifestyle changes that will enable you to continue to celebrate with family and friends! Enjoy your walks this week .

—Diane Nielson, County Extension Agent