

Celebrate

healthy living

2018 Week 8

Improving Balance

Balance is essential to living a healthy, functional life. Many systems in your body work together so you can stand, walk, and run safely. Your muscles, joints, visual system, and vestibular system — the apparatus of the inner ear — all contribute to your body's ability to balance, both while standing or sitting still and while moving.

Ideally, four types of exercise should be included in your activity routine, including strength, endurance, flexibility, and balance. Balance exercises are often associated with older adults because they can help prevent falls. However, older adults are not the only ones who can benefit. Many adults may not be fully aware they have weak balance until they try balance exercises.

T'ai chi and yoga are both excellent forms of exercise to improve balance. T'ai chi targets all the physical components needed to stay upright, including leg strength, flexibility, range of motion, and reflexes. It requires constant movement, which benefits balance as your body learns to flow seamlessly from one move to another. Yoga emphasizes static poses and is especially beneficial to balance while you are standing still because it teaches you to distribute weight evenly across your feet, improving stability.

There are simple exercises you can do anywhere and anytime that will also improve balance.

Single Leg Stance:
Stand behind a chair or next to something stable for support. Slowly lift one leg off the ground and maintain your balance standing on one leg for 5 to 10 seconds. Return to starting

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How Long Does it Take to Lose Fitness?
Make Water Your Beverage of Choice
The DASH Diet
Recipe: Refrigerator Pickles

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Balance continued

position and repeat five times, then perform with the opposite leg. As your balance improves, modify the exercise to make it more challenging. Close your eyes while standing on one foot; stand on a soft, squishy surface such as a pillow or piece of foam; or lift your leg off the ground 1 inch higher. You can practice balance throughout your day by standing on one foot while working in the kitchen, standing in line, and while brushing your teeth.

Walk Heel to Toe: Steady yourself with a wall if necessary and walk forward by placing the heel of one foot directly in front of the opposite toe. Take 20 steps. You can practice this around the house or office as well.

Walk Backwards and Sideways: Again, using a wall for support if necessary, walk backwards. Face the wall and side step one direction and then the other.

Heel to Toe Raises: Stand with feet shoulder width apart. Slowly raise your heels a few inches off the floor while you balance on your toes, then slowly lower heels to the ground. Repeat 10 times.

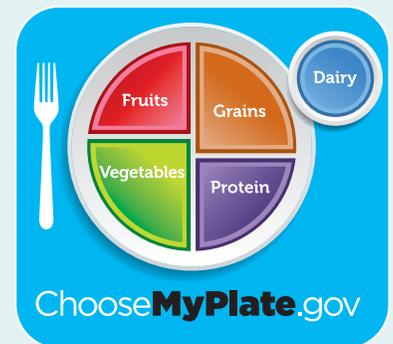
Exercise Ball: There are many exercises you can do on an exercise ball, and you can simply sit on it while you watch television or work on the computer. While you are sitting on the ball, you are also improving your balance.

Balancing Your Diet

A healthy eating style is about balance. Everything you eat and drink matters. The key is finding the right mix and balance that can help you be healthier now and in the future. Think of healthy eating as a lifelong journey that is shaped by many factors. Your nutritional needs will differ depending on your stage in life. Personal decisions you make about food are influenced by situations, preferences, access to food, culture, and tradition.

MyPlate is a reminder to find your healthy eating style and build it throughout your lifetime. At www.choosemyplate.gov you will find resources that support these recommendations:

- Focus on variety, amount, and nutrition.
- Choose foods and beverages with less saturated fat, sodium, and added sugars.
- Start with small changes to build healthier eating styles.
- Support healthy eating for everyone.



Manage Stress with Guided Imagery

Guided imagery is a simple technique that can help you reduce tension and anxiety by redirecting your thoughts and helping your body relax. Basically, you close your eyes and take your mind to a place that you find relaxing and soothing. You can practice guided imagery by using audio recordings, taking a class where you are guided through the process by an instructor, or you can tap into your inner voice and imagination by following these simple steps.

1. Find a quiet place free from distractions and get comfortable.
2. Close your eyes and breathe deeply. Let your belly expand as you breathe in and relax your shoulders. As you exhale, think about breathing out stress.
3. Now, envision yourself in a relaxing environment. Perhaps you are: floating on the water off of a tropical island; wrapped up in a blanket, sitting by a fire while snow falls outside; remembering a time and place when you felt wonderful and relaxed — maybe a scene from

your childhood — a “happy place” in your memory.

4. Involve all of your senses as you imagine this scene. What does it look like? How does it feel? What sounds do you hear? Make your vision as real as possible.
5. Stay in this place as long as you like. When you are ready, slowly count backward from 10. You will return to your surroundings, but in a calmer state and feeling refreshed. Try to translate this calmness to the rest of your day.



Health Quest Credit for Walk Kansas

If you have the state employee health plan (SEHP) benefits, you are eligible to receive Health Quest rewards for participating in Walk Kansas. This program is considered a "Wellness Challenge" and worth four Health Quest credits.

Please provide your legal first/last name and Employee ID# [through this survey](#).

You can also submit information for a spouse that is participating. If you are not able to submit information through the survey link or have questions, please contact Sharolyn Jackson, sharolyn@ksu.edu, 785-532-2273.

Stretching for Better Balance

Lower body stretches are helpful for balance. Try a calf stretch, hamstring, and hip flexor stretches as described in previous Walk Kansas newsletters. This quad stretch is especially helpful as it also tests your balance. If you need to, hold on to a wall or stable surface while you do this stretch.

Stand with your legs hip-distance apart, bend your left leg at the knee behind you and grab your ankle with your left hand. Hold here for 15 to 20 seconds. Try to balance without holding on to anything for support. To challenge your balance even more, close your eyes while you do this stretch. Switch sides and repeat.



Balance Stretch

Tuscan Steak Salad and Baked Parmesan Tomatoes

Makes 2 servings

Ingredients:

- 1 clove garlic
- ½ teaspoon salt
- 2 tablespoons olive oil, divided
- 1 teaspoon minced fresh rosemary, or ½ teaspoon dried
- ½ teaspoon grated lemon zest
- ½ teaspoon black pepper, divided
- 1 (8 ounces) boneless strip steak
- 2 teaspoons balsamic vinegar
- 1 teaspoon Dijon mustard
- 3 cups mixed salad greens and vegetables (yellow pepper, red onion, etc.)
- 2 tablespoons shaved Parmesan cheese

Ingredients for tomatoes:

- 1 medium tomato, halved
- ½ teaspoon dried basil or Italian herb blend (can also use 1 teaspoon pesto)
- 1 tablespoon shaved Parmesan cheese



Directions:

1. Mince garlic on a cutting board. Sprinkle garlic with salt and mash with the side of a knife to form a paste. Combine garlic paste, 1 tablespoon oil, rosemary, lemon zest, and ¼ teaspoon pepper on a bowl. Rub garlic mixture evenly over steak and let stand 15 minutes.
2. Preheat oven to 400° F. Arrange tomato halves in a baking dish or tray and top each with ¼ teaspoon herbs or ½ teaspoon pesto and ½ tablespoon Parmesan cheese.
3. Roast the tomatoes until the Parmesan cheese is slightly browned and melted, about 18 to 20 minutes.
4. While the tomatoes are roasting, cook the steak. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add steak to pan and grill 5 minutes on each side or until desired degree of doneness. Place steak on a cutting board and let stand 5 minutes. Cut across the grain into thin slices.
5. Combine remaining 1 tablespoon oil, remaining ¼ teaspoon pepper, vinegar, and Dijon mustard in a bowl and stir with a whisk. Add greens and vegetables, toss to coat. Place half of the salad on each of two plates. Top each serving with half of the sliced steak and 1 tablespoon Parmesan cheese; serve with Parmesan tomato and crusty whole grain bread.

Nutrition Information per serving of salad and tomato:

350 calories; 21 g fat (5 g saturated fat, 0 trans fat); 13 g carbohydrates; 26 g protein; 3 g fiber; 820 mg sodium



ATCHISON 2018 WEEK 7

COUNTY NOTES & NEWS

Weekly Team Progress Totals

Team	Wk 7 Activity	Total Miles	Wk 7 Strength	Total Strength	Wk 7 F/V	Total F/V	Wk 7 Water	Total Water
Atcorod1	10	82	0	0	18	146	56	408
Belly Acres	45	299	0	11	95	573	174	925
Busy Bees	61	532	0	14	46	558	63	2246
Cruzin Kansas	128	842	10	108	107	860	310	2116
Deer Creek Valley Walkers	12	444	4	49	13	139	22	574
Evaluators In Motion	146	841	5	60	42	327	116	696
Mister & The Sisters	95	561	0	0	0	0	0	0
Progress Rail Team 1	47	620	5	18	49	441	250	2289
Progress Rail Team 2	8	299	0	13	16	171	8	792
Progress Rail Team 3	0	706	0	92	0	293	0	991
Scrambled Legs	71	527	0	0	83	623	53	287
Sister Sister Wonders	0	98	0	1	0	118	0	8
Team Dare To Be You	27	275	2	10	65	196	73	294
The Pacemakers	103	591	0	0	0	0	0	0
The Ramblers	238	502	10	30	179	593	200	796
The Walking Read	32	201	0	22	53	319	68	439
Treas-tastics I	43	227	0	14	0	350	0	791
Treas-tastics II	26	353	0	4	20	191	64	881
Trixie's Troopers	81	433	3	48	0	28	22	133
Walkie Talkies	64	546	0	20	72	522	0	80
Walking Wonders	176	571	0	0	248	829	208	784
Wishful Shrinking	138	705	19	82	62	275	199	1068

Website & Reporting Tips

- When you add **minutes** in the purple box, **(activity)** it converts to miles and displays as miles.
15 min = 1 mile.
- **Strength Training** this year (Yellow box) is logged as **days**, you will mark whether or not you completed it for the day.
- Report fruits/vegetables in **cups**.
- Report water in **8 oz glass** amounts.
- Report numbers are based on information reported by noon Tuesday.
- Teams can log weekly or daily.
- If your team was unable to report this week, information can be updated next week.

Celebrating Customs & Cuisine

Your Walk Kansas journey has taken your team across our great state to the many Wonders of Kansas. The customs of Kansas are often hidden gems waiting to be discovered. Music, fight songs and clicking your heels to say the famous Wizard of Oz phrase, “There’s no place like home” are all Kansas customs.



Can you name an Atchison County business that features our local Yellow Brick road? Call to win a prize.

Another Kansas custom is ordering a soda fountain treat. Kansas oldest operating fountain can be found at Potwin Drug in Topeka. It has been in operation since 1902.

Many Kansas towns claimed at least one soda fountain during the early 1900s. By 2011, Kansas operating soda fountains number was 38. Gateway to Kansas located at 504 Commercial features a 17 stool 1950s foundation and grill. Famous menu items include their Green River an original and Drug Store Tenderloins are the Big T. The 1st person who walks in wearing a Walk Kansas T-Shirt and says, “I want to order and 8 Wonder of Kansas” will win a \$5 gift certificate.

In our daily life food customs play an important role. Does your family serve a favorite birthday cake? Food is shared with loved ones as a source of comfort during funerals. Holiday menus often feature the food customs of our ancestors and their native country. Food nourishes our own body with vital nutrients, it also serves to link friends and family. Today’s social media often introduces us to “diets that offer a long list of bad foods we shouldn’t eat plus a few magically wonderful foods.” A healthier approach is to remember there are no bad foods or good foods—rather think of foods as sometimes and always foods. Yes, we should strive to fill half of our plate with fruits and vegetables at each meal. Meanwhile, it is healthy to gather with friends and celebrate too.

Gathering at Gateway to Kansas to celebrate with a Green River and a Drug Store Tenderloin is also healthy to do on occasion. While on the topic of cuisine did you realize that Atchison Paolucci’s Restaurant featuring original family Italian foods is another local 8 Wonders of Kansas finalist.

As we have had limited response to having a Walk Kansas celebration, no plans are in place for a celebration. Do let us know if you would like to change our plans. Teams should report team totals by May 18.



K-STATE

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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**

Dear Kansas Walkers,

This week is the eighth and final week of Walk Kansas 2018. Congratulations on your personal fitness journey. Looking back over the past eight weeks, take time to celebrate your success. Looking at weekly team totals, many of you are walking the recommended 30 minutes per day. Meanwhile, you are drinking more water. Proper hydration is key to maintaining your body's fitness. Fruit and vegetable consumption has increased. However, knowing the many health benefits – of eating the rainbow of colors. I want to challenge you to aim to consume at least 2 cups everyday to help prevent heart diseases, and some types of cancer. Later this summer, I will be hosting a Mediterranean diet class. Do let me know if you would like to attend, plans are to sample a variety of foods from the region and learn why adapting a Mediterranean lifestyle can happen in Atchison County, Kansas.

Did you have state sponsored health insurance plans? Be sure to complete the Health Quest Credit Survey to earn your credits. Here is the link for the survey:

kstate.qualtrics.com/jfe/form/SV_1Ba8xJRMPH9czP

Do let me know if you have questions about completing the survey!

Diane Nielson
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