



Walk Kansas

a fitness challenge

K-State Research and Extension

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Ten Years of Walk Kansas

K-State Research and Extension professionals and community partners are preparing for Walk Kansas 2011. This is a special time as the fitness challenge program is celebrating its 10th year. Since its introduction in 2001, Walk Kansas has attracted nearly 150,000 participants and has been offered through all local K-State Research and Extension offices in the state.

Walk Kansas is a K-State Research and Extension health initiative. It is based on physical activity guidelines established by the U.S. Department of Health and Human Services and the 2010 Dietary Guidelines for Americans.

Participants receive weekly newsletters like this one, with information designed to motivate them to be physically active. The newsletter provides connections to trusted and valid resources on health and nutrition, shares inspiring success stories from Walk Kansas participants, and includes a healthy recipe to try.

Walk Kansas 2011 begins March 13 and continues for eight weeks. Contact your local office soon for details about registration and local events to be offered. Register your team by the deadline to participate.



New to Walk Kansas in 2011 — Choose Your Challenge

Each team will have the opportunity to register for a challenge. **Challenge 1** is the basic program, very similar to that of previous years, with each individual striving to get 150 minutes (2½ hours) of moderate/vigorous physical activity per week. If each member reaches this goal, the team would walk 423 miles, which is the distance across the state of Kansas.

If your team has participated before and continues to be physically active, you may be ready for **Challenge 2**. This goal requires each team member to get approximately six hours of moderate/vigorous physical activity per week. By reaching this goal, your team would walk 1,200 miles, or the distance around the perimeter of the state.

Gather your team and decide which challenge to pursue!

2010 Dietary Guidelines Provide New Sodium Recommendation

New Dietary Guidelines for Americans were just released. Since February is “heart month,” highlighting one of the recommendations that affects heart health is appropriate.

The guidelines encourage people to reduce daily sodium intake to less than 2,300 milligrams (mg). Those who are age 51 and older should further reduce daily sodium to 1,500 mg. This recommendation also applies to those of all ages who are African American or have hypertension, diabetes, or chronic kidney disease. This lower amount would apply to about half of the U.S. population, including children, and the majority of adults.

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Walk Kansas 2010 Impact

Thanks to those who completed program evaluation surveys in 2010. This is what you told us after your Walk Kansas experience:

- Of those who reported meeting the goal of 150 minutes of physical activity per week (98 percent of reporting participants), 73 percent felt confident they could continue.
- Participants who added strengthening exercises to weekly activity routine — 40 percent of those reporting.
- Fruit and vegetable consumption was increased by 80 percent of reporting participants. (The Centers for Disease Control and Prevention says only 19 percent of Kansans consume the recommended amount of fruits and vegetables.)
- Physical and mental changes reported by participants after 8 weeks of Walk Kansas:
 - increased energy — 65 percent
 - better attitude — 49 percent
 - improved sleep — 41 percent
 - reduced weight — 41 percent
 - increased muscle strength — 40 percent
 - increased flexibility — 30 percent
 - Better able to manage stress — 30 percent

Keep Colds at Bay with Regular Exercise

Recent studies have confirmed that moderate exercise most days of the week can boost your immune system and keep colds at bay. These studies were based on the recommendation of 150 minutes of walking or other moderate activity per week. A University of South Carolina study found those

who were active averaged one cold per year, while less active people reported at least four colds per year. Research from the American College of Sports Medicine found that active employees take 50 percent less sick time during the winter.

It is believed that moderate

activity can stimulate immune cells that target cold infections, and physical activity far exceeds anything a pill can offer. A word of caution — don't overdo it. Heavy exertion can stress the body's systems and may actually increase your risk of catching the seasonal bug.

2010 Dietary Guidelines Provide New Sodium Recommendation

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You may not be aware of how much sodium you consume, and chances are good it is too much. Most Americans age 2 and older consume about 3,400 mg per day. While sodium is primarily consumed as salt, the salt shaker on your dinner table is not the problem. Most sodium comes from the salt added to processed food, which are foods that Americans enjoy and consume frequently.

Look at foods from three categories: condiments, chicken dishes, and pizza. One tablespoon of ketchup, for example, contains up to 190 mg of sodium. Next time you pick up a bottle of ketchup, measure out a tablespoon on your plate to see what that amount looks like and estimate how much you would normally eat.

An average recipe for chicken tortilla soup provides approximately 900 to 1,700 mg of sodium per serving. The main ingredients include chicken, chicken broth, frozen corn, salsa, and tortilla chips along with seasoning. One slice (one sixth) of a 12-inch pepperoni pizza contains 800 mg of sodium.

These numbers convey just how challenging it could be to meet new recommendations, so here are a few tips from the 2010 Dietary Guidelines:

- Read Nutrition Facts labels on foods you buy and check the sodium content of foods you like to have when eating out. The first step is being aware of how you consume sodium in your diet.
- Choose fresh foods whenever possible and eat fewer processed foods, which are generally high in sodium.
- Eat more foods prepared at home, where you have more control over sodium. Use little or no salt or seasonings that contain salt.
- When eating away from home, ask that salt not be added to your food or order lower sodium options when available.

Read the nutrition articles in Walk Kansas newsletters during Walk Kansas 2011 for more tips. Learn more about the 2010 Dietary Guidelines, by visiting www.cnpp.usda.gov/DGAs2010-PolicyDocument.htm.

Red Lentil Soup

Makes 7 servings



1½	tablespoons olive oil	½	teaspoon salt
1	large onion, chopped	1	cup dried red lentils
3	garlic cloves, chopped	4	cups water
2	carrots, chopped (1 cup)	1½	cups chicken broth
1	cup fresh or canned tomatoes, chopped	2	tablespoons fresh parsley, chopped
1	celery rib, chopped		Pepper to taste
1¼	teaspoons ground cumin		

Directions:

- 1) Heat oil in a 4- to 5-quart heavy saucepan over moderately high heat until hot but not smoking. Sauté onion, stirring, until golden, about 5 minutes.
- 2) Add garlic, carrots, tomato, celery, cumin, and salt. Sauté, stirring, 2 minutes.
- 3) Add lentils, water, and broth. Simmer uncovered, stirring occasionally, until lentils are tender, about 20 minutes.
- 4) Stir in parsley, then season with pepper as desired.

Nutrition information per 1-cup serving: Calories – 80; fat – 3.5 g; carbohydrate – 10 g; sodium – 270 mg; protein – 4g

Watch a video about making this recipe at <http://www.walkkansas.org/p.aspx?tabid=70>