



Walk Kansas

a fitness challenge

K-State Research and Extension

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In This Issue

Strengthening Moves
Small Steps Challenge
DASH to Good Health
Eat Outside of the Box
Recipe: Create a Casserole

Calendar

Coming Next Week

Every Move Matters
More Strengthening Options
Choose Low-fat Milk Products
Recipe: Banana Smoothie

On Facebook

Kansas State University
Walk Kansas

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**Kansas State University
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Strengthening Moves

You can lose up to one-half of your body strength and muscle mass between ages 25 and 80. Some of the loss is part of the aging process, and inactivity accounts for the rest. This is why strength training is included in the physical activity guidelines for Americans, www.health.gov/paguidelines. However, progressive strength training can prevent muscle loss and even increase strength and muscle mass in adults and older adults. Strength training can also increase bone density.

Muscle-strengthening activities should be done at least two days a week, with a rest day between. Work all major muscle groups, including the legs, hips, back, stomach, chest, shoulders, and arms. You can alternate activities, using upper-body muscle groups one day and lower-body muscles the next time.

Resistance bands/tubing are inexpensive and widely available. Tubes and bands offer weight-like resistance when you pull on them, effective for building strength in arms and other muscles. Bands are available in light, medium, and high resistance levels. Start slowly and use light resistance if you are new to strength training. If you have used resistance bands before and are starting in again, the medium level is good.



continued on page 2

Strengthening Moves

continued from page 1

First, warm up with 5 to 10 minutes of stretching or walking. Each exercise set should include 12 repetitions, meaning you will lift the weight (band) the same way 12 times in a row, then rest. Aim to perform two to four sets of 12 repetitions with each exercise. Work opposite muscle groups with each set to increase endurance and prevent early fatigue during your workout. For example, if you start with a set of exercises using your right arm, switch to the left and perform the same set.

If you are unsure of how to perform strengthening exercises, go to www.walkkansas.org and click on "Steps to Fitness." You will find how-to videos on using resistance bands and other strengthening exercises, as well as a related handout, "Ten Minute Workout." You can make copies of this handout about resistance bands, or ask your local K-State Research and Extension office for a copy. More strengthening moves will be in the next newsletter.

2010 Success Story

Our team, the Lady Hearts, appreciates this program because it gets us into the exercise mode after a long winter; we work as a team and enjoy the camaraderie. By keeping the stats, we are more aware of fruits and vegetables we need for healthy eating.

– 2010 Walk Kansas Participant

- *DASH to Good Health*
- Evidence shows that as sodium
- intake for adults decreases, so does
- blood pressure. Americans consume
- an average of 3,400 mg of
- sodium per day. The 2010 Dietary
- Guidelines for Americans recom-
- mends reducing daily sodium intake
- to less than 2,300 mg, and those
- 51 and older should further reduce
- sodium to 1,500 mg per day.
- Making lifestyle changes — such
- as increasing physical activity,
- and following an eating plan such
- as Dietary Approaches to Stop
- Hypertension (DASH) — can lower
- blood pressure. The DASH plan
- includes menus and recipes for two
- levels of daily sodium consumption
- — 2,300 mg and 1,500 mg per
- day. Learn more about the DASH
- eating plan, at www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Small Steps Challenge Begins April 10

Just in time for warm spring weather and more time spent outdoors, the Cooperative Extension Service is launching an online Small Steps to Health and Wealth (SSHW) Challenge called "Spring 2011 SSHW Challenge." This free five-week program is open to anyone who enrolls online. It begins April 10 and continues through May 14.

The SSHW Challenge is part of Small Steps to Health and Wealth, a national program developed to motivate Americans to take action to improve their health and personal finances. It has been well documented that, when people monitor their behavior

and measure how they're doing, they are often inspired to do better and achieve positive results.

This challenge is based on performing 10 recommended practices daily: five that involve health and nutrition and five that involve financial management.

Daily health and nutrition practices: eat at least 4 cups of fruits and vegetables; get at least 30 minutes of exercise; drink water or unsweetened beverages; walk 10,000 steps with a pedometer; and learn something new about health and nutrition.

Daily financial management practices include: save a \$1 bill

(or more) and/or pocket change, invest \$5 or more per day, track money spent throughout the day, eat lunch prepared at home, and learn something new about personal finance.

Doing even one of the 10 recommended daily practices gets you started on the path to better health and improved financial security. Sign up for "Spring 2011 SSHW Challenge" at <http://njaes.rutgers.edu/sshw>. Set up a user name and password, and download a one-page user's guide for instructions on how to proceed. For more information, contact your local K-State Research and Extension office.

Eat Outside of the Box (or Can)

About three-fourths of the salt we consume is from processed foods. Even though some foods may not taste salty, they can be loaded with sodium. One tablespoon of ketchup, for example, contains up to 190 mg of sodium.

If you are purchasing a processed food, look for packages that say “unsalted,” “sodium-free,” “low,” or “very low” in sodium. Canned foods will be higher in sodium, and while manufacturers make low-sodium or no-salt-added varieties, they typically cost more. Draining and rinsing canned vegetables can reduce sodium by 25 to 45 percent.

Condensed cream soups are used frequently in casseroles, meat dishes, and other foods. You can reduce sodium significantly if you switch to a powdered sauce mix that is easy to prepare. Your grocery bill will be lower, too.

What do you save by making this mix? Here’s a comparison:

Regular canned cream of mushroom soup (1 can): Calories — 258, fat — 18 g, sodium — 1,955 mg, cost — 95 cents (for name brand).

Casserole sauce mix ($\frac{1}{3}$ cup prepared): Calories — 84, fat — 1 g, sodium — 795 mg, cost — about 25 cents. If you use sodium-free bouillon, the mix has only 75 mg sodium.

Casserole Sauce Mix

- 2 cups nonfat milk
- $\frac{3}{4}$ cup cornstarch
- $\frac{1}{2}$ teaspoon pepper
- $\frac{1}{4}$ cup instant chicken bouillon (low sodium)

- 2 tablespoons dried minced onion
- 1 tablespoon garlic powder

Combine all ingredients and store in airtight container. Makes 3 cups mix, equivalent to 9 cans of cream soup.

To use soup mix: Combine $\frac{1}{3}$ cup mix with $1\frac{1}{4}$ cups water in a saucepan or microwave cooking dish. Cook and stir until thickened. (Or, add mix and water to browned and drained casserole meat and cook in skillet with other casserole ingredients until thickened.) Makes the equivalent of one can of condensed cream soup.

Create a Casserole

Makes 4 servings

- | | |
|---------------------------------------|--|
| 1 cup whole wheat rotini pasta | 1 teaspoon thyme |
| 4 cups vegetables, uncooked | 1 teaspoon basil |
| 1 cup cooked chicken, chopped | 2 teaspoons balsamic vinegar (optional) |
| $\frac{2}{3}$ cup casserole sauce mix | $\frac{1}{2}$ cup sharp cheddar cheese, shredded |
| $2\frac{1}{2}$ cups water | |

Directions:

- 1) In a large skillet, combine pasta, vegetables, and chicken. Add sauce mix and water.
- 2) Bring to a boil. Reduce heat to a simmer and cook 30 minutes until uncooked ingredients are tender. Stir occasionally to prevent sticking.
- 3) Stir in herbs, balsamic vinegar, and cheese. Cook to 165 degrees F.

Nutrition information per serving: Calories — 224 ; fat — 6.5 g; fiber — 3.9 g; sodium — 349 mg

More recipes for seasoning mixes and tips to reduce sodium in your diet can be found at www.walkkansas.org/p.aspx?tabid=45. Click on “Super Seasonings.”

