



# Walk Kansas

a fitness challenge

K-State Research and Extension

Week 5 • 2011

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### Kansas State University Walk Kansas

This newsletter developed by  
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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 Clyde Howard, Director of Affirmative Action, Kansas State University, (TTY) 785-532-4807.

### Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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## Fitness Trends Emerge

Fitness fads have come and gone. Exercise equipment that sounded too good to be true was probably just that. Now, experts at the *American Council on Exercise (ACE)* predict that emerging *trends* are less gimmick-laden than in the past.

### Popular Workouts

A workout that tops the popularity list is Zumba, a class that focuses on Latin dance moves. Zumba has become popular because “everyone loves it,” says Jennifer Ploeger, Brown County family and consumer sciences agent with K-State Research and Extension. “It appeals to all ages.”

Walk Kansas participants gathered in the lobby of the Brown County Courthouse (see picture at right) to enjoy a Zumba workout at the program kick-off on a chilly day in early March. The 35 or more who gathered ranged in age from 7 to 74. Ploeger credits much of the success of the event to certified Zumba instructor Amy McNulty, who tailored the moves to the needs and abilities of participants.

### Exercise Buddy

Today’s buddy trend is to be more selective and not ask just any friend to team



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## Fitness Trends Emerge

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up with you. First, ask if the potential buddy likes outdoor or indoor activities and determine if you have similar interests. It is great to find someone who is at the same level of fitness, but the most important thing is matching levels of commitment. Consider schedule compatibility: If you prefer a morning walk, a buddy who likes to sleep in will not be a good match. Personality also matters, so find someone whose company you enjoy outside of exercise time. Finally, a good fitness buddy should be positive and offer the motivation you need to stick with it.

### Youth-Based Fitness

Child obesity rates are increasing at an alarming rate, and more youth-based fitness programs are emerging. *Walk Kansas for Kids* is just one example. (To learn more, go to <http://www.walkkansas.org/kids>.)

Kids prefer activities that don't feel like exercise. A watered-down version of an adult program will not appeal to children. Last year, First Lady Michelle Obama launched *Let's Move!* — a comprehensive initiative to change the way a generation of kids thinks about food, nutrition, and physical activity. To learn more about Let's Move! go to <http://www.letsmove.gov>.

In 2011 and beyond, we also see a trend toward turning to exercise for stress reduction as well as a surge in the use of technology as a support resource.

### Eat Well — but Less

New dietary guidelines suggest that we enjoy food, but eat less.

In a society where food plays a key role when people gather, it is important to pay attention to calorie balance. Calories provide energy. When the energy is not balanced or used through physical activity, the result is weight gain.

The best advice is to monitor consumption and replace foods higher in calories with nutrient-dense, lower-calorie foods and beverages. For example: Replace an afternoon candy bar with fruit and string cheese.

Choose water instead of a soft drink with meals. Beverages can easily add empty calories, and many restaurants offer free refills — encouraging overconsumption. A 22-ounce regular soda has 260 calories. A refill can easily total 500 calories (energy) without providing any nutrients.

## Healthy Smile Links to Healthy Heart

You may have a powerful weapon against heart disease sitting on your bathroom counter — a \$2 toothbrush.

Problems that result from poor oral hygiene include decaying teeth, swollen gums, and bad breath. A bacteria-filled mouth, medical experts say, can also lead to problems throughout the body, including heart disease, diabetes, blood infection, and even low birth-weight babies.

"People who have gum disease, are suffering from a chronic low-grade infection," says Jean Connor, president-elect of the

*American Dental Hygienists' Association*. "Your whole body is a little bit compromised."

According to the *Centers for Disease Control and Prevention*, recent studies have shown an increased risk of heart disease and stroke in people with gum infections. The risk appears to increase with the severity of the infection. Gum disease produces a tremendous amount of bacteria. If you have a heart valve problem, the bacteria can invade and infect the heart.

Remember that regular and thorough brushing and flossing

represent the first line of defense against gum disease. Make sure you get regular dental check-ups, choose a healthy diet without sugary snacks and sodas, avoid tobacco products, and limit alcohol intake.

If you discover that you have gum disease, you can avoid spreading the problem. Do not share a glass with anyone or blow on your child's food to help cool it.

Maintaining good oral health is something you can do. Consult your physician and dentist for more information.

## Eggs: High-Quality Protein

In the new dietary guidelines, Americans are encouraged to consume eggs more frequently. In the past, egg consumption was questioned because of cholesterol content. Now, more than 40 years of research shows that healthy adults can eat eggs without significantly affecting the risk of heart disease. The key point is that eggs can be part of a balanced diet. Most individuals can enjoy them several days a week — but limit consumption to average one or less per day.

The egg is a nutrient-dense food and an inexpensive source of high-quality protein. One egg provides a wide range of nutrients in proportion to calories — about 70 per large egg.

Enjoy eggs in moderation, and pay attention to other foods you eat with them. Often, preparation methods or accompanying foods are the problem, rather than the egg itself. Consider having a poached egg on a bed of sautéed spinach. Smother eggs with vegetables such as zucchini, asparagus, potatoes, and onions. Replace the typical breakfast sausage or bacon with spicy pinto beans or black beans. If you enjoy quiche, make a crustless variety (saving fat and calories), and pair it with fresh fruit and whole-grain toast. Try the recipe below.

## Walk Kansas Success Story

"Helen is 92 years old. She has participated in Walk Kansas for several years. Last year she took part in the program by walking the hallway of the nursing home with her walker while recovering from a stroke. This year, she will reach her Walk Kansas goal on her stationary bike at home."

— Submitted by  
Nancy McBride,  
team captain,  
Silver Snails,  
Woodson County

## Crustless Quiche

Makes 8 servings

### Ingredients

- |     |  |   |
|-----|--|---|
| 1/2 | teaspoon cooking oil   | Dash salt and pepper  |
| 1/2 | cup chopped onions   | 1 1/4 cups shredded cheese (mozzarella, Italian, Mexican, etc.) |
| 1   | cup sliced mushrooms   | 1/4 cup Parmesan cheese   |
| 1   | cup frozen spinach, thawed and squeezed, or 3 cups fresh spinach | Optional:   |
| 1/3 | cup lite sour cream  | 1/4 teaspoon dried basil  |
| 1   | cup nonfat milk  | 1/4 teaspoon dried mustard powder                               |
| 7   | eggs   |   |

### Directions

- 1) Preheat oven to 350° F. Lightly grease a deep 9-inch pie pan.
- 2) Heat oil in a large skillet over medium-high heat. Add onions and cook, stirring occasionally, until onions are soft. Stir in mushrooms and spinach; cook until excess moisture has evaporated and (fresh) spinach is wilted.
- 3) In a large bowl, combine lite sour cream, nonfat milk, eggs, salt, pepper, and cheese. Add optional seasonings, if desired.
- 4) Scoop into prepared pie pan. Bake on lower oven rack 30 to 40 minutes, or until quiche is set in the center. Cool 10 minutes before serving.

Nutrition information per serving: Calories — 180; fat — 12 g (saturated fat — 6 g); carbohydrate — 6 g; fiber — 1 g; protein — 13 g; sodium — 250 mg.





**K-STATE RESEARCH  
& EXTENSION  
ATCHISON COUNTY**

**HOW TO  
COUNT  
MILES TIPS**

- Every 15 minutes of activity counts as a mile. Two miles equals the recommended 30 minutes of activity a day.
- Focus on improving your personal fitness level to achieve health benefits.

**Walking  
Wisdom of  
the Week**

**Every-  
where is  
within  
walking  
distance if  
you have  
time**

**~Steven  
Wright**

# WALK KANSAS

**K-STATE RESEARCH & EXTENSION— ATCHISON COUNTY  
ATCHISON COUNTY NOTES & NEWS WEEK 5**

## Weekly Team Progress and Totals

<b>Team</b>	<b>Wk 5 Miles</b>	<b>Total Miles</b>	<b>Wk 5 F/V</b>	<b>Total F/V</b>
Atchison Trotters	20	150	28	244
Brave Walkers	46	205	47	182
Red Hot Peppers	107	369	138	562
Reno's River Walkers	84	453	204.50	573.50
Team CC	64	401	108	510
The Huffers & The Puffers	62	355	128.25	762.75
Thunder Hawks	45	201	130	658
Trinity Walkers	0	0	0	0
UBOK	72	354	141	600
Walk, Talk & Gawk	97	97	162	162
Walkie Talkies	125	681	124	574
Walking Wonders	94	439	195	976

Random weekly encouragement recognition goes to the following team for the fifth week:

Team CC



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Atchison County Extension 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, teaching 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**



Do you eat like it's your job? In a busy world it is sometimes easy to skip eating right. To keep hunger down and energy up all day, include complex carbs, lean protein, and healthy fat at every meal. Be sure to remind yourself that you have an important job in life - feeding your body every day. Investing in this job will pay great dividend over your lifetime. Here are a few eat healthy tips:

- For on the go breakfasts, pack 3/4 cup servings of easy to grab cereal in advance. Add dried fruit and nuts. Store in your glove compartment for rushed mornings (like today).
- Brown bag it. Make sandwiches with crisp veggies, like red peppers or cucumbers, for lunch. You'll get vitamins, a satisfying crunch and fiber to help fill you up.
- For high protein, stay with you all day snacks, bring in hard boiled eggs, light mozzarella sticks, and peanut butter sandwiches squares (on whole grain bread) and refrigerate.
- Tempted by your vending machine? Try snacking on "anything with nuts," like Snickers, peanut M&M's, or mixed nuts. The nuts provide filling protein and fat.
- For instant energy, eat fruit. It's great for the office because it contains fructose, which is a fast acting carb, so it provides a quick boost. Eating an apple after lunch

can clean your teeth.

- Must have coffee afternoon slump? Get a nonfat latte. It has 100 calories and 10 grams of protein, which is about the same as half a serving of meat.
- If your car is on fast food autopilot, get a plain hamburger. Most small burgers have fewer calories than breaded chicken sandwiches.

And if eating is your job so is being active. I would like to share the article below that discusses heart health.

### **Simple Changes Can Improve Heart Health**

It beats an average of 103,680 times a day. It weighs less than a pound and is about the size of a fist. The human heart is a powerful, efficient organ that operates without any thought or effort on your part; however, a lack of attention to heart health is the number one cause of death in the United States. In Kansas, one of every three deaths is di-

rectly linked to cardiovascular disease. Two main reasons people have heart disease or stroke are high blood pressure and high cholesterol. Both these conditions are dangerous, potentially deadly, and most importantly, preventable. Nearly 68 million American adults have high blood pressure, but one in two doesn't have it under control. In addition, 71 million U.S. adults have high cholesterol, but one in two doesn't have it under control. Taking control of your heart health involves simple steps:

- Eat a healthy diet - low in salt, total fat, saturated fat, and cholesterol; rich in fresh fruits and vegetables.
- Take at least 1 brisk 10-minute walk, 3 times a day, 5 days a week.
- Don't smoke.
- Follow your doctor's instructions - use medications appropriately and as prescribed.

Increasing physical activity and improving your food choices are two of the easiest ways to improve your heart health.

Source: Live Healthy

Enjoy your walk this week - it's your job!

Diane Nielson  
Atchison County Extension Agent  
Family and Consumer Sciences  
& Youth Development