

Walk Kansas

celebrate healthy living

Atchison County Extension Office
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K-STATE
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New in 2012

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Like MyPlate?

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April 16 - Family Fun and Fitness
Event. Kite flying, scavenger hunt
and more. More details coming.

There's still time to order a t-shirt
if you forgot.

Coming Next Week

It's Not Your Father's
Heart Disease

Know the Numbers that Count

Recipe: Salmon Burgers
with Creamy Dill Sauce

Like us on Facebook: Kansas State University Walk Kansas

This newsletter developed by Sharolyn
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Research and Extension.

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What a Bargain!

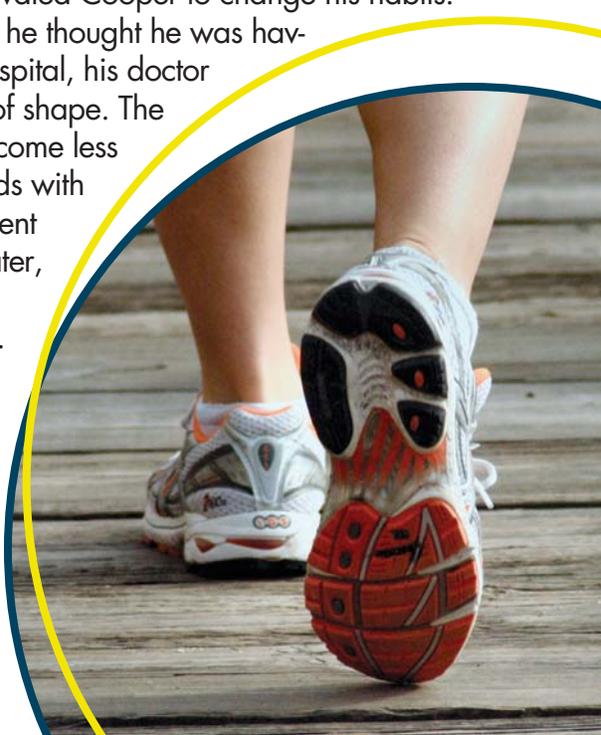
*"Physical activity is one of the greatest bargains this world has
ever known." — Kenneth H. Cooper, M.D., M.P.H., Founder
and Chairman, Cooper Aerobics Center*

Welcome to *Walk Kansas* 2012. K-State Research and Extension is bringing you this program for the 11th year. It is awesome to imagine 20,000 people moving more each year because of their involvement with *Walk Kansas*!

While there is no solution or magic bullet that can provide good health for everyone, we know that regular physical activity is as close to this as we can get. As Dr. Cooper states: It truly is a bargain. Remember that being informed and knowing what we should do is not enough; we have to change our own behavior.

A personal health crisis motivated Cooper to change his habits. While waterskiing one day, he thought he was having a heart attack. At the hospital, his doctor told him he was simply out of shape. The 29-year-old Cooper had become less active and gained 40 pounds with the stress and time commitment of medical school. A year later, he had lost weight and was running in his first marathon. In 2010, the Cooper Aerobics Center celebrated 40 years, and he continues to be recognized as a leader of the international physical fitness movement.

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New in 2012 – Move Every Hour

Do you spend a good portion of your day in front of a screen — at a computer, watching TV, driving or riding in a car? This pattern of prolonged sitting is linked to increased risk of heart disease, Type 2 diabetes, some types of cancer, and can cause back and shoulder pain. *Walk Kansas 2012* challenges you to break this pattern, sit for 60 minutes — stand/move for 2. You can add 15 bonus minutes to your activity total at the end of the week if you break sitting during every waking hour for at least 6 days each week.

If you need a nudge to move, consider downloading a free app to your computer or phone that will prompt you to move every 60 minutes. One example is Workrave <http://www.workrave.org>.

Brand names appearing in this publication are for product identification purposes only. No endorsement is intended nor is criticism implied of similar products not mentioned.

What a Bargain!

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As you embrace the goals and challenges of *Walk Kansas*, think about your personal motivation. What is your story? What habits do you want to change? Are you ready to feel better every day? Have a great *Walk Kansas* experience — and let's move!

– Sharolyn Flaming Jackson
Specialist, Family and Consumer Sciences
State *Walk Kansas* Coordinator

Measure Your Progress

Those who are successful at making lifestyle changes — including exercise — say they **schedule** time for physical activity almost every day, keep a **journal or daily log**, and **measure their progress** in some way.

Scheduling time for physical activity and keeping a log can be as simple as making notes on a calendar, or something much more detailed. Use whatever method works best for you. Also, measure the progress you make over the next eight weeks.

A simple way to measure your progress is to do a walk-test. Do this test the first week of *Walk Kansas* to establish a benchmark or point of reference. You

will need a watch with a second hand.

Find a walking course that is at least ½ mile long. It can be in your neighborhood, an indoor or outdoor track, or a measured distance on a treadmill. Make sure you use the same course each time you do the test. Walk the course at a comfortable speed — a pace where you can just barely carry on a conversation with someone.

To take the test:

- Walk the course. Time how long it takes you to cover the course to the nearest second and record this time.

Repeat the test exactly the same way at Week Four and Week Eight of *Walk Kansas*. If you consistently increase your physical activity, you will see some changes. Your time for walking the same distance should be shorter.

Success from Walk Kansas 2011

*I am from Johnson County and I have lost 8 pounds during the **Walk Kansas** program. I attribute that to tracking my walking activity and increasing the fruits and veggies I have been eating. This program has helped me understand how these changes, small changes, can make a big difference in my health.*

Does Your Plate Look Like MyPlate?

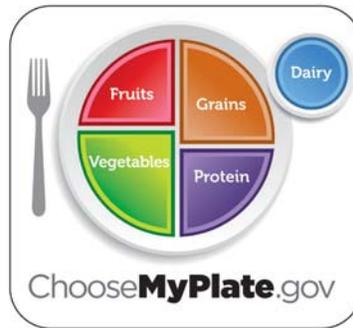
A new symbol for eating right was released last year. MyPlate is designed to be a quick, simple reminder to eat more healthfully. Dietary Guidelines for Americans were also released a year ago and these work with MyPlate to send a health message. Here is a quick review.

Make half your plate fruits and vegetables, as represented by the colors red and green on the plate. Variety is best, so make your plate colorful — orange, yellow, dark green, red, white, purple, and so on. Whole fruit is better than 100% juice because of the dietary fiber whole fruit provides. Fresh, frozen, canned and juiced, or pureed fruits and vegetables count, although some are advised with caution. Look for “reduced sodium,” “low sodium,” or “no salt added” on labels. Choose fruits canned in 100% fruit juice or water rather than syrup.

The orange-colored wedge represents grain foods. Choose whole grains at least half of the time. Food labels tell what you are getting, so check the first item on the ingredient list. Items listed as “multi-

grain,” “stone-ground,” and “bran” are not whole-grain products. The following are whole grains: “whole wheat,” “whole oats,” “quinoa,” “wild rice,” “brown rice,” “oatmeal,” “rolled oats,” and “whole rye,” to name a few.

The protein wedge is colored purple. Note the portion size, 3 to 4 ounces. Choose lean or low-fat meat and poultry, and include seafood at least twice a week.



The blue circle represents dairy products in forms that pack calcium such as milk, yogurt, ice cream, and cheese. Choose low-fat or nonfat options whenever you can. Butter and cream are not included in the recommendations. Enjoy them occasionally, and only in very small amounts.

MyPlate alone can't solve problems such as obesity and the increasing trend of chronic disease. It is a move in the right direction, though, placing fruits and vegetables on center stage.

Look for more advice to rework your plate at www.choosemyplate.gov.

Mediterranean-Inspired Vegetables

Makes 8 servings

Ingredients:

- 2 tablespoons olive oil
- 8 cups assorted prepared vegetables (bite-sized cubes or wedges of carrots, bell peppers, asparagus, zucchini, yellow squash, onions, broccoli, sugar snap peas, tomatoes, mushrooms, eggplant, etc.)
- 2 cloves minced garlic
- 1 teaspoon rosemary
- 1 teaspoon basil
- 2 tablespoons balsamic vinegar
- pepper to taste
- 2 tablespoons feta or Parmesan cheese



Directions:

Heat oven to 425 F. Pour oil into a large roasting pan. Add prepared vegetables, garlic, rosemary, and basil; toss until thoroughly coated with oil. Bake vegetables 15 minutes, stir, and then bake another 15 minutes. Check mixture and continue to bake until golden brown and just tender. Add balsamic vinegar and pepper, mix thoroughly. Sprinkle with cheese and serve.



Nutrition information per serving (1 cup raw):

174 Calories; 4 g fat; 54 mg sodium; 9 g carbohydrate; 2 g fiber.

Make it a MyPlate meal — 2 servings Mediterranean-Inspired Vegetables, 4 ounces roasted chicken, 1 slice bread, and ½ cup yogurt with ¼ cup strawberries.



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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



Welcome to Walk Kansas. I hope it's been a great week for you.

Walk Kansas is designed to assist you to gain skills to make healthy lifestyle changes. With time, these new behaviors will become a way of life for you. Walk Kansas is planned to encourage you to take small steps towards a life of wellness. I hope you will find support from fellow team members as they offer encouragement for eating an extra serving of vegetables or increasing your physical activity time. Some teams are returning for their "annual Walk Kansas tune up". Others are joining the journey for the first time. Together, the 17 Atchison County teams are on fun adventure to improve our personal health.

Remember these Walk Kansas lifetime tips:

- **Pat yourself on the back.** Celebrate the small positive choices you make each day.
- **Deal with setbacks.** Respond positively to those "bumps in the road" that just happen. Rather than being discouraged that you didn't log enough minutes or eat enough fruit, think instead of how you could control the situation differently next time.
- **Take care of yourself.** Only when you take care of yourself can you truly take care of others. You need to be well fed, well rested, well supported and in good physical shape. Make nourishing and nurturing your body a priority in your life so you can care for those important people in your life.

Walk Kansas may be just an 8 week program but it's a chance to celebrate living life to its fullest.

Enjoy your week,
Diane Nielson
County Extension Agent