

Walk Kansas

celebrate healthy living

Atchison County Extension Office
www.atchison.ksu.edu

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This newsletter developed by Sharolyn Flaming Jackson, Extension Specialist – Family and Consumer Sciences, K-State Research and Extension.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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It's Never too Late

Don't let Marge Neely's small stature — just 5 feet tall early in the morning and after a good stretch — or age fool you. At 92, when many of her contemporaries have slowed down, she's recruiting participants for *Walk Kansas*.

Neely credits much of her energy and enthusiasm for life to an active lifestyle. She grew up in rural Kansas, and, at the age of 5, convinced her parents to teach her how to milk a cow. She soon landed a regular assignment, helping her father with small jobs in the fields.

She enlisted in the Marines during World War II, and was assigned to a communications unit. After the war, she thrived on her education at K-State. She met and married a farmer, fulfilled the roles of a farm wife and partner, raised a family of six children, and has been blessed with 16 grandchildren. She also taught school for 22 years and has earned the rank of Master Gardener.

"It's never too late," said Neely (pictured at right.) She is a 10-year veteran of *Walk Kansas* and recruits participants wherever she goes. "Do you know about *Walk Kansas*?" she asks — at the grocery store, her tax preparer's office, and so on. This year, she has recruited

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It's Never too Late

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10 teams (60 people) and is serving as captain for two.

She has scoliosis, an abnormal lateral curvature of the spine, which she said has helped her learn to appreciate the therapeutic value of regular exercise. She can speak from experience, which explains why she makes an effort to recruit Walk Kansas participants in assisted living residences and nursing homes.

"We've got to keep moving; it makes everything easier," said Neely, who touts the benefits of stretching first (her advice, try to pull your toes to your nose), and what she calls "walking in bed" — simulated walking to use the feet, legs, knees, and hips. She also walks on a treadmill and advocates getting up to move around for every hour of sitting.

"Marge's passion for physical activity is encouraging," said Tara Solomon, K-State Research and Extension agent in the Southwind Extension District, Chanute office. "She is a leader and an energetic example for health-promoting physical fitness," Solomon said.

Neely definitely has a zest for life. "Your health is the result of what you eat, what you do, and what you are born with," she says. To read more about Marge Neely go to: http://www.ksre.ksu.edu/news/story/fitness_enthusiast040412.aspx.

Success from Walk Kansas 2011

My husband and I enjoy eating lunch at a fast food restaurant. With a goal for Walk Kansas of eating more fruits and vegetables, we changed our usual french fries to a side salad with a light pomegranate dressing. Can we keep this up? We hope so. Old habits die hard, but we are going to continue working at it.

Scott County

Turn on the Tap

You know that healthy food choices, regular physical activity, and adequate rest are among the top recommendations for living a healthy life. Water is often taken for granted and is actually the most vital nutrient in your diet.

Water and other nutritious fluids play a key role in keeping body systems functioning and preventing dehydration. Even the slightest amount of dehydration can lead to a headache and cause you to feel tired, dizzy, and weak. Your kidneys need water to aid in removing toxins and waste products. Water is also needed to lubricate your joints, to keep muscles functioning, and to help you breathe. You just can't do without it!

How much water is enough?

People need a minimum of 6 cups of fluids each day. Some people will need more as fluid needs vary with each person. One simple way to check if you are getting enough fluids is by the color and quantity of urine. Urine that is clear and a light color means your body has a normal water balance. If you have little or no urination, and any produced is dark yellow or amber in color, you could be dehydrated.

Can other fluids count? Water is absorbed quickly by your body, and it is free of calories. Sports drinks are very popular; however, most people don't need them. Water is best if you participate in physical activities for one hour or less in moderate temperatures. Drinks that con-

tain alcohol or caffeine have a diuretic effect — they cause the body to lose fluids. Carbonated beverages and fruit drinks add a large dose of sugar calories.

Strive to get at least half of your fluids each day, or more, from water. Reach your goal by carrying a reusable water bottle with you, and choose water with meals instead of a sugary beverage. Just turn on the tap and enjoy the best beverage — water.

For more information on the value of fluids to your health, go to: <http://www.ksre.ksu.edu/library/fntr2/mf2739.pdf> or contact your local K-State Research and Extension office for the publication *Liquid Assets: The Value of Fluids to Your Health*.

Healthy Pasta Choices

A variety of pasta favorites can be healthy options as long you keep portion sizes under control and make good choices of sauce and toppings.

Go for whole-grain pasta. Whole-wheat pasta has a chewy texture and darker brown color, and it packs about three times as much fiber as traditional pasta. Ease your family into eating healthier by using half whole wheat and half traditional pasta.

One serving is about 1 cup of cooked pasta, or about the size of your fist, not a pile of pasta. Measure it next time and see what 1 cup of cooked pasta looks like on your plate. Most eating plans allow several carbohydrate foods each day, so you can include two servings of pasta at a meal if you adjust for it throughout the day.

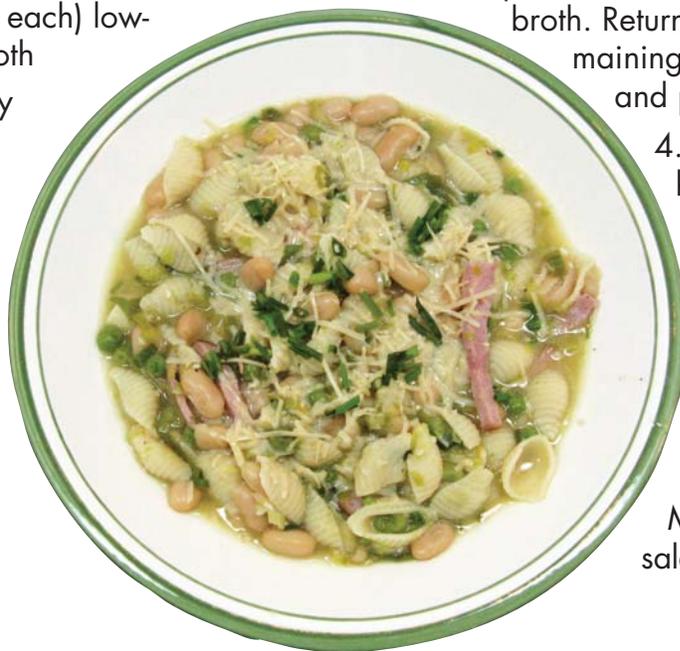
Prepare a lighter sauce — lower in fat and sodium. You can easily save 600 to 1,000 mg of

Spring Pasta e Fagioli

Makes 6 servings

Ingredients:

- 8 ounces whole grain shell pasta
- 4 ounces thick-sliced baked ham, reduced sodium; cut into 1-inch-long matchsticks
- 1 tablespoon minced garlic
- 2 large leeks, white and pale green parts only, cleaned, split lengthwise and thinly sliced
- 1 cup shelled fresh or frozen green peas
- 2 cans cannellini beans, drained and rinsed
- 2 cans (14.5 ounces each) low-sodium chicken broth
- 3 green onions, thinly sliced
- ¼ teaspoon freshly ground pepper
- 2 tablespoons finely chopped chives
- 1 ounce freshly grated Parmesan cheese (optional)
- Olive-oil cooking spray



sodium by making your own sauce. Sauces with a tomato base are usually lighter in fat than a cream sauce. When selecting a ready-made spaghetti sauce, find one that contains 5 grams or less of fat and 800 mg or less of sodium per cup.

Add more vegetables to your plate. Salad and cooked vegetables are obvious choices; you also can add vegetables to the pasta. Coarsely chopped kale cooks nicely with pasta. Try combining equal parts pasta and cooked spaghetti squash. Add carrots, bell peppers, mushrooms, broccoli, and other vegetables to the sauce. Low-fat meat and seafood can be added in small amounts or enjoy a meatless pasta dish.

Fresh herbs can provide a tasty kick that you miss from a lowered salt content, and a sprinkle of shredded cheese can finish the dish.

Directions:

1. Bring a large pot of water to a boil and cook pasta until al dente (slightly firm).
2. Heat a 6-quart saucepan over medium-high heat and coat with cooking spray. Add ham and sauté until beginning to brown, 1 to 2 minutes. Add garlic and leeks. Reduce heat to medium-low and sauté about 5 minutes. Add peas and beans; stir until well combined and beans are warm.
3. Remove 1 cup bean mixture and puree, in a food processor or blender, with 1 cup chicken broth. Return mixture to saucepan; add remaining chicken broth, green onions, and pepper.
4. Stir in reserved pasta; cook until heated through. Garnish with chives and Parmesan, if desired.

Nutrition information per serving:

340 calories, 4.5 g fat, 56 g carbohydrate, 10 g fiber, 360 mg sodium.

Put MyPlate on your table:

Make a complete meal with a side salad and a yogurt-fruit parfait.

**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**

**A MAN'S
HEALTH CAN
BE JUDGED BY
WHAT HE
TAKES TWO AT
A TIME, PILLS
OR STAIRS.**

~JOAN WELSH

WALK KANSAS

ATCHISON COUNTY NOTES & NEWS

WEEK 6

Weekly Team Progress and Totals

Team	Wk 6 Miles	Total Miles	Wk 6 F/V	Total F/V
5 Babes and a Dude	105	737	136	809
Babes & Bambinos Booking Across Kansas	153	711	148	619
Bold, Dynamic, Preppy, Dashing, Positive Team	121	650	125	753
Just Doers	87	522	131	728
Justice League	134	612	41	343.50
K.S.B.	180	552	118	396
Mike's Madness	268	268	364	364
Pace Makers	162	977	98	618
Reno's River Walkers	331	654	256	502
Sister, Sister	194	194	306	306
Sole Sisters	173	1310	157	1040
Team Barb	85	636	118	778
Team CC	65	188	102	269
The Extension Elites	106	639	132	768
UBOK/Scholz Insurance	119	765	122	796
WACKY	70	502	60	540
Walkie Talkies	277	1326	137	635
Walking Wonders	102	567	173	1065

The Atchison County Connection



Highlighting Healthy Activities In Our Community

Kansas Kids Fitness Safety Day

Four years ago, a Benedictine college professor was looking for a real life project for college students to plan and deliver. Meanwhile, an extension agent had heard about Kansas Kids Fitness Safety Day and hoped local third graders could enjoy the experience some day.

Visit the Benedictine College's Wilcox field the first Friday of May and you will witness third graders and college students interacting. Youth are learning about the importance of being active and safety tips. The college students are learning about third graders and how to plan and organize.

Kansas Kids Fitness and Safety Day is a statewide event held every year. The day focuses on increasing physical activity and safety awareness among Kansas third grade students. Nearly 18,000 students participate at more than 40 sites across the state. A 2009 Youth Risk Behavior Survey conducted in Kansas High Schools reported that 13.1% of students surveyed were at risk for being overweight and 12.4% of students were overweight.

Annually Mary Flynn's Physical Education Organization and Administration class works on planning and organizing the Kansas Kids Fitness Day in Atchison. We salute their efforts.

A desire for a real world experience and an extension's agent's dream has resulted in 202 third graders enjoying a fun, fitness field day.



Providing Knowledge For Life It's What We Do

Walking For A Cause

Walking is great exercise for both the body and mind. As you log your weekly miles, consider walking for a cause. Two upcoming community events combine the pleasure of activity with raising funds.

The Effingham Lions Club is sponsoring a 2K/5K walk-run to help purchase a new pump for the Effingham City Pool. Scheduled for June 2, the event will kick off at 8:00 am on Main Street in Effingham. A \$20 participation fee includes a t-shirt and pancake breakfast. The fee for those 11 and under is \$10. Signup by May 15 is encouraged. Contact Kate Oswald at 913-370-1809 or 913-833-4401 for details. Complete details are posted at www.thenewsleaf.com/effinghamlions.htm.

Relay For Life

Relay for Life of Atchison County will kickoff Friday, June 22 at 6:00 pm and continue until 6:00 pm Saturday, June 23. This fun filled overnight event will be held at the Atchison High track. For complete details about Relay for Life or to register a team, contact Robyn Hinton at 913-255-5221 or email the committee at atchcorfl@gmail.com.

Luminary bags sell for \$5 each. They may be purchased through May 14. A May 14 special will be a 2 for 1 bag sale day to honor your loved one.

Relay for Life represents walking at its best. A night to be active, to team up with friends and family and walking for a cause. Relay for Life is sponsored by the American Cancer Society.





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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**

Greetings Walk Kansas Friends,

After six weeks, Atchison county teams have logged in 11,810 miles. That is an impressive amount of miles you have covered.

For fun, I did a little Google map calculating to see how far the Walk Kansas journey has taken us. A one way trip from Atchison to Anchorage, Alaska totals 2,725 miles. Meanwhile, the distance from Atchison to Augusta, Maine is a mere 1,653 miles. Traveling from Atchison to Reno, Nevada is 1,556 miles. Adding the mileage of all these destinations together and you will discover Atchison County teams have been busy. You have “walked” to Anchorage and back; made a round trip to Augusta, Maine and are currently less than 100 miles from returning from Reno, Nevada.

While it is easy to calculate the physical miles traveled, the health benefits of your travels are a little harder to track. Some report lowering blood pressure, others share that they lost a few pounds along the way. Meanwhile, other walkers report that the value has been the mental health benefits of stress reduction that has been their personal Walk Kansas success story. K-State Extension has asked local extension offices to collect your stories about why walking is important. Watch your mailbox for the survey and newsletter. Keep walking and enjoy your week.

P.S. If you feel that Walk Kansas has flown by, perhaps it because you racked up 8,782 reward miles on your flight from Kansas City to Detroit to London and your food choices have been much better than airline food!

Diane Nielson
County Extension Agent, Family and Consumer Sciences