

# Walk Kansas

celebrate healthy living

Atchison County Extension Office  
[www.atchison.ksu.edu](http://www.atchison.ksu.edu)

**K-STATE**  
Research and Extension

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## In This Issue

Break for Instant Recess

Planned-Over Meals

Recipe: Healthy Beef Fajitas

May 15 - Sign up deadline for Be Cool Walk for the Pool Walk/Run 2K/5K on June 2.

May 19 - Fix It Fresh demonstrations by Diane Nielson at Farmers Market.

May 21 - Family Fun & Fitness Night - Join the fun at Chamber of Commerce parking lot in Atchison. From 6:00-8:00. Free for the entire family.

## Coming Next Week

A Gift, Not a Chore

Be Prepared for Summer Heat

Recipe: Ice Cream Treasure

### Like us on Facebook: Kansas State University Walk Kansas

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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## Wellness at Work

Workplace wellness programs are on the rise as more employers realize that healthier employees call in sick less often, are more productive and efficient on the job, and have a better attitude at work. In addition, these employers recognize that every effort needs to be made to reduce health-care costs. This makes good sense considering that adults spend approximately half of their waking hours on the job.

Wellness programs at worksites address a variety of life-style choices, including physical activity. In many ways, technological advances have engineered physical activity out of daily life, and people now need to find a way to put it back. Consider farming, for example. In the late 1800s, the typical farmer worked at a level equal to someone running at 5 miles per hour — all day. In 1850, it took more than 100 man-hours to harvest an acre of wheat. In 1940, it only took a few hours. Now it can be done in a matter of seconds.

As people enjoy and benefit from progress and many  
*continued on page 2*

(Photo at right: Rebecca McFarland, Frontier District family and consumer sciences agent, enjoys Instant Recess at a professional development conference.



## Wellness at Work

continued from page 1

conveniences in daily life, it is important to note how these advances contribute to a sedentary lifestyle. Because modern jobs and activities require less physical effort, everyone needs to make a conscious effort to be active each day.

What are some ways to add more physical activity to a normal day? Here are a few ideas to consider:

- Take a 10-minute activity break at a scheduled time each day at your workplace or any place where people gather for an hour or more. (It can be a brisk walk or a more structured activity such as Instant Recess.)
- For every hour that you sit to perform your job or a task, stand for at least 2 minutes during that hour. (You burn 33 percent more calories when standing instead of sitting.)
- Link networked computers to printers a short walk away from work or study spaces.
- Move your trash can away from your desk.
- Replace some conference and desk chairs with stability balls.
- Have walking meetings or include a brainstorm session while enjoying a quick walking break.
- If you are a presenter, in charge of meetings, a classroom teacher, etc., structure time to include activity breaks.
- Make standing ovations, instead of sitting and clapping, the standard way to show appreciation for speakers.

Worksites provide an optimal opportunity to initiate and support healthy environments. Susan Johnson, Douglas County family and consumer sciences agent, reminds us that "healthy people have more fun and get more done!"

## Success from Walk Kansas 2011

I appreciate the opportunity to add ways to our jobs to incorporate physical fitness and health as there is a direct impact on performance and productivity!

Douglas County

## Benefits of Lean Beef

- Lean beef makes a notable contribution to a healthy diet. Beef is a good source of protein, B vitamins, zinc, and selenium. It is also rich in iron.
- The concern about red meat is the high saturated fat content in some cuts. On average, you should eat no more than 16 grams of saturated fat per day. A 6-ounce ribeye steak provides about 16 grams of saturated fat, while a 6-ounce serving of lean round roast contains only 2 grams.
- Check labels the next time you shop for beef. According to the U.S. Department of Agriculture, lean beef should contain less than 10 grams of total fat and 4.5 grams or less of saturated fat per cooked 3-ounce serving.

## Break for Instant Recess

Toni Yancey, M.D., M.P.H., is passionate about recess. Yancey is a professor in the Department of Health Services and co-director of the UCLA Kaiser Permanente Center for Health Equity at the School of Public Health, University of California, Los Angeles. She is also creator of *Instant Recess* — tools that

inspire people of all ages to move and be active 10 minutes at a time.

Dr. Yancey, an expert in the field of workplace wellness, believes "what is good for the waistline is good for the bottom line." Her goal is to make prolonged sitting as socially unacceptable as smoking, and

drinking then driving.

*Instant Recess* tools are available through local K-State Research and Extension offices and the Walk Kansas website <http://walkkansas.org>. You can also learn more about Dr. Yancey (a Kansas City, Kan. native) by visiting <http://www.ToniYancey.com>.

# Planned-Over Meals

Turn leftover foods into tasty planned-over meals to save time and energy while stretching your food dollar. Here are some possibilities:

**Baked potatoes:** Prepare extra portions and enjoy as a vegetable side, then as the foundation of a meal with toppings such as chili, cooked chicken, beans, vegetables, salsa, sour cream, and shredded cheese.

**Roasted chicken:** Make sandwiches, use in tacos, add to soups and casseroles.

**Mashed potatoes:** Mix into salmon cakes and meatloaf, top a shepherd's pie, add to soup, add to yeast rolls.

**Spaghetti sauce:** Make lasagna, use as pizza sauce, add to soup and casseroles, freeze to enjoy later.

**Cooked rice:** Make fried rice, rice salad, add to soup, use in a wrap — spoon rice down the center of a tortilla, top with salsa, beans, veggies, sprinkle with cheese, roll it up and warm in a microwave oven.

**Fajita filling:** Make fajita salad. Spread the filling over a bed of salad greens or spinach, top with tomatoes, red onions, black beans, corn, sprinkle with shredded cheese, and top with fat-free sour cream. For a quick salsa dressing, combine 1½ cups salsa and ¼ cup light Italian dressing.

Handle food safely and in the best way so that planned-over meals are tasty. Cooked food should be refrigerated within two hours after cooking and used within two days. Freeze for longer storage. When serving, heat foods until steamy hot throughout (165° F). More information on storing and using planned-over foods is available at <http://lancaster.unl.edu/food/checklistplannedover.pdf>.

## Healthy Beef Fajitas

Makes 6 servings

### Ingredients:

- 1 tablespoon olive or canola oil, divided
- 1 tablespoon balsamic vinegar
- 2 tablespoons lime juice (juice from 1 lime)
- 2 teaspoons chili powder
- 1 teaspoon paprika
- ½ teaspoon ground cumin
- 2 teaspoons oregano
- ½ teaspoon garlic powder
- 1 red bell pepper, cored, seeded, and sliced into ¼ inch strips
- 1 green bell pepper, prepared as above
- 1 onion, sliced
- 1 12-ounce flank steak, sliced into ½-inch strips
- 1 tomato, sliced into wedges
- 6 whole-wheat tortillas (8-inch or soft taco size)



### Directions:

1. Place 1 teaspoon oil, vinegar, lime juice, chili powder, paprika, cumin, oregano and garlic powder in a bowl. Mix well.
2. Add the steak and toss to coat.
3. Heat a large skillet over medium high, add 1 teaspoon oil. Add red and green bell peppers and onion to the pan. Cook, stirring frequently for approximately 8 to 10 minutes. Remove to a plate.
4. Return skillet to heat and add remaining 1 teaspoon oil. Add the beef and cook, tossing well, until browned, approximately 10 minutes.
5. Combine cooked peppers and onions with beef in the skillet. Add tomatoes; cook an additional 2 to 3 minutes.
6. Serve on whole-wheat tortillas.

**Nutrition information for one fajita:** 260 calories; 9 g fat; 27 g carbohydrate; 5 g fiber; 18 g protein; 370 mg sodium.

**Put MyPlate on your table:** Serve with shredded lettuce, sliced avocados, low-fat sour cream, and salsa.

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

EVERYWHERE  
IS WITHIN  
WALKING  
DISTANCE IF  
YOU HAVE THE  
TIME.

~STEVEN  
WRIGHT

# WALK KANSAS

ATCHISON COUNTY NOTES & NEWS

WEEK 7

## Weekly Team Progress and Totals

Team	Wk 7 Miles	Total Miles	Wk 7 F/V	Total F/V
5 Babes and a Dude	104	841	106	915
Babes & Bambinos Booking Across Kansas	122	833	123	742
Bold, Dynamic, Preppy, Dashing, Positive Team	101	751	144	897
Just Doers	82	604	110.50	838.50
Justice League	120	732	85	428.50
K.S.B.	180	552	118	396
Mike's Madness	242	510	125	489
Pace Makers	174	1151	121	739
Reno's River Walkers	174	1140	138	900
Sister, Sister	194	194	306	306
Sole Sisters	140	1450	147	1187
Team Barb	115	751	138	916
Team CC	65	188	102	269
The Extension Elites	99	738	127	895
UBOK/Scholz Insurance	139	904	121	917
WACKY	70	502	60	540
Walkie Talkies	296	1622	85	720
Walking Wonders	94	661	190	1255



## Roasted Fish Crispy Slaw Wrap

by Liberty Middle School, Orlando, FL

A crunchy taste delight! A pleasing combination of colors and textures, Roasted Fish Crispy Slaw Wrap overflows with fresh vegetables, spicy fish, and a burst of citrus – all contained in a whole-grain tortilla.

### Ingredients

makes 6 servings

6 portions of tilapia, 4 oz each

6 portions of whole-grain tortilla, 6" diameter

1½ tsp of Mexican seasoning

1½ oz of fresh, sliced avocado

6 slices of lime

3 oz of chopped Romaine lettuce

1¼ oz of olive oil

6 oz of shredded carrots

6 oz of shredded white cabbage

6 oz of shredded red cabbage

3 oz of julienned bok choy

3 Tbsp of chopped cilantro

4 oz of balsamic vinegar dressing



Nutrition Facts	
Serving size: 5 oz	
Amount Per Serving	
Calories	275
From Fat	34%
From Saturated Fat	5.9%
From Sugar	7%
Sodium	590mg

### Preparation

Preheat oven to 375 degrees. Sprinkle Mexican seasoning and olive oil on fish, place on baking sheet with pan liner. Bake for 12 minutes until internal temperature reaches 165 degrees. Lay wrap on paper. Put chopped romaine on wrap. Cut tilapia in half, place on top of Romaine lettuce. Put cabbage slaw on top of fish. Place avocado on top of slaw mixture. Squeeze lime on top of mixture. Roll wrap, cut in half.



Center for Nutrition  
Policy and Promotion

Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) for more information.



## The Atchison County Connection



### Highlighting Healthy Activities In Our Community

#### Spinach . . . Lettuce . . . Radishes

Necessary ingredients for a delicious spring salad. And when grow it yourself, you can't wait to taste it. Atchison Elementary 5th graders are learning about gardening techniques from Atchison County Extension Agent, Ray Ladd.

In a quest to learn about science, Rusty Willis' students this spring planted the school's first garden. A Department of Education mini-grant encourages students to eat locally grown produce from the classroom garden. Rows of lettuce, radishes, spinach, peas, potatoes, onions, green beans, carrots and turnips have been planted.



College students help prepare the garden.



Atchison Elementary school gardeners checking on progress.

Giving assistance to the garden project, the Kansas Future Teachers organization provided volunteer man power on March 31. Atchison County native and Benedictine College student, Brandee Falk currently serves as the group's president. Nearly 100 future teachers participated in the service learning project. Students from colleges and universities across Kansas gathered in Atchison for a state workshop.

Local 5th graders are discovering that becoming a gardener can teach you many life skills. Learning about nutrition, physical activity and science are a few of the by-products of harvesting and sampling garden fresh produce.

Eating a radish grown in the classroom garden is a tasty assignment that keeps students coming back for a healthy second helping of vegetables.

Gardening is one way to make the healthy choice, the easy choice for 5th grade youth.

#### Farmers Markets Offer A Taste of Local Produce

The Atchison Farmers Market runs from May through October featuring locally grown vegetables and fruit. Vendors offer a wide variety of in-season produce, other food products and fresh flowers. The Market is located in downtown Atchison between 4th and 5th streets on Wednesday afternoons and on Saturday morning. Hours of operation are 2:30-5:30 p.m on Wednesdays and 8:00 a.m to noon on main market day (Saturday). May 19th will mark the official opening of the market for the 14th year. Diane Nielson, Atchison County Extension, will be demonstrating recipes from K-State Research & Extension Fix It Fresh collection of garden fresh recipes. The complete book which features recipes plus produce selection, preservation and yield tips can be downloaded from the Atchison County Extension website after May 19.

## The Atchison County Connection



Highlighting Healthy  
Activities  
In Our Community



Find us on Facebook.

## Atchison County Working Together We Can Make It The Healthiest Place In Kansas To Call Home



The autumn sunshine paints some postcard perfect pictures of the community we call home. In my job, I have the opportunity to travel from border to border of our county. Regardless of the season, I continue to enjoy the natural beauty of Atchison County. As the Atchison County Extension Family and Consumer Sciences Agent, my job is to help the local community apply researched based information to improve the lives of local citizens.

A 2009 Kansas Health Institute Report regarding health rankings of Kansas counties revealed some sobering facts. Atchison County had a summary health index score of 96 out of 105 counties. In the category of positive health behaviors, the county score was 105 out of 105. A copy of this report is posted to the Atchison County Extension website. In response to this news, a group of community members gathered to look at the data and talk about our future. As the result, a local community initiative Live Well, Live Atchison-Creating Healthy Communities was started. The group has been gathering information and working on plans for Atchison County since the fall of 2010. Atchison Hospital volunteered to provide leadership to this effort.

The goal of Live Well, Live Atchison is simple: Together we can make Atchison County, Kansas the healthiest place in Kansas to call home. A Facebook account has been created. Tips about Atchison County community wellness events and small steps you can take to live well are posted. Perhaps Globe editor, Joe Warren captures the spirit of Live Well, Live Atchison-Creating Healthy Communities best in his March 30 blog "This is one of those groups you can't help but be proud to be a part of. Talk about a major undertaking, changing the entire culture of a community. The goal is to quell apathy and encourage positive cultural norms throughout Atchison County." Yes, if Atchison County is to become the healthiest place in Kansas to call home, it is up to each of us to volunteer and become involved. This could be as simple as asking your neighbors to join you for a walk, bringing a healthy snack to the next potluck, sharing news about upcoming healthy happenings on Facebook, or volunteering to serve on one of the action committees of Live Well, Live Atchison-Creating Healthy Communities. Contact our office for more details.



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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,

As I write this message, Walk Kansas is wrapping up. You will report final mileage to your team captain this weekend. You will receive two additional newsletters as we conclude this year's journey across Kansas. One team is celebrating with a team luncheon of healthy, tasty foods. Do take time to celebrate your success stories with team mates.

Speaking of time, Mother's Day, May 13, will kick off National Women's Health Week. This year's theme is "It's Your Time." Each of us can celebrate the special women in our lives during National Women's Health Week by encouraging them to make the time to address their own health. Healthy, strong women are essential to having healthy strong children and communities, but too often women place the needs of others before their own needs.

National Women's Checkup Day, May 14, serves as a reminder that women should schedule a visit with their doctor to discuss which screening tests they need. Regular checkups and appropriate screenings can help detect diseases early, when treatment is most effective. Changes in health care law, as a result of the Affordable Care Act, now provide coverage for appropriate screenings without co-pays and cost-sharing. Women with non-grandfathered health coverage or Medicare can obtain preventive care screenings for well-women visits, mammograms, pap smears, and cancer screenings.

Celebrate National Women's Health Week and encourage the women in your life to make their health a priority. To learn more about National Women's Health Week, visit [www.womenshealth.gov](http://www.womenshealth.gov). Check out the e-reminder cards on this site that you can share with family and friends.

Keep walking and enjoy your summer.  
Diane Nielson

County Extension Agent, Family and Consumer Sciences