

Walk Kansas

celebrate healthy living

Atchison County Extension Office
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We trust you have continued to exercise and eat healthy after doing 2012 Walk Kansas.

Coming Next Year

Walk Kansas 2014:
March 16 to May 10

Like us on Facebook: Kansas State University Walk Kansas

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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Fall for Fitness

Fall can be a treat for the senses. The air is crisp, apples are in season and leaves crunch underfoot as you walk under a gorgeous canopy of fall foliage. This is a perfect time to be outdoors and to enjoy a variety of exercise, such as raking leaves and doing yard work, playing a vigorous game of fetch with your dog, or walking and hiking while admiring awesome colors.

Each season inspires us to change in some way. Fall represents a new beginning with the start of a new school year and adjusting to changes in schedules and activities. Use this time to modify your physical activity routine so you stay energized. Here are a few tips that can help:

Think outside the box. Is there a skill you would like to develop or a new activity that interests you? Maybe you have always wanted to tap dance, try *tai chi*, or take an art class. Support a community event or organization by volunteering. Look for opportunities that will challenge you and improve your overall health and well-being.

Rethink how you weave exercise into your life. Are there times when you could be active rather than sitting? Walk around the field during your child's soccer practice, have walking discussions during

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Fall for Fitness

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meetings, walk instead of drive to do errands, and park in a different parking lot that is further from your workplace. People take an average of 5,117 steps a day, according to a 2010 study published in the journal *Medicine & Science in Sports & Exercise*, while experts suggest a daily goal of 10,000 steps. Wear a pedometer to track the steps you take each day and challenge yourself to increase that number.

Be safe when you are active outdoors. Even though the sun sets earlier and temperatures fluctuate in fall, you can be active outdoors. If you are outdoors for a walk, run, or bike ride after dark, dress in layers so you are comfortable. Choose light colored, reflective clothing. Stick to well-lit streets and familiar areas. Invite a friend to join you and carry a flashlight. Bring your cell phone to use in an emergency and tell someone where you will be or what route you plan to take. Consider using a free phone application such as Glympse, which allows family and friends to track you.

Be active when you watch television. Make a date with exercise while you watch your favorite fall television shows. Use the treadmill or exercise bike, walk or run in place, or do strengthening exercises and stretches. At the very least, get up and move during each commercial break.

Reconnect with Walk Kansas teammates or find a new exercise buddy. The main thing is to surround yourself with people who support and encourage you to reach your wellness goals. Use a change of weather and routine as an opportunity to rejuvenate your health habits. Enjoy the delights of the fall season!

2013 Success Story

I entered Walk Kansas with two brothers, two sisters and one brother-in-law. We had a great experience together, encouraging each other and sharing good recipes and strategies for increased exercise. When we finished, we made a joint decision to modify our group by adding several other family members to our walking program. We are using the same guidelines as Walk Kansas but have modified it to Waltz around the state of Texas for 8 more weeks.

— Edwards County

What is Glympse?

One of the easiest ways to safely share your location with someone is with the Glympse app for your cell phone. This free app is available at <http://www.glympse.com/>. Glympse will immediately generate a web link to your current location that you share with recipients you choose. You can send a Glympse via SMS, email, Facebook, or Twitter and recipients can view it using any web-based device.

Reduce Your Risk of Type 2 Diabetes

Type 2 diabetes is a chronic condition that affects how your body uses its main source of fuel — sugar (glucose). Insulin is a hormone that regulates the movement of sugar into your cells. If you have type 2 diabetes, your body either resists the effects of insulin or it doesn't produce enough insulin to keep glucose at a normal level. Type 2 diabetes can be life-threatening if untreated. While there is no cure, you can often manage this condition through healthy lifestyle habits.

Most people go through a "pre-diabetes" phase before they are diagnosed with type 2 diabetes. During this time blood glucose levels are higher than normal. Generally, there are no symptoms of pre-diabetes so a test is required to know for sure. This condition is especially common among older adults, as one in two people ages 65 and older

have pre-diabetes. During this phase, there is still an opportunity to delay and even prevent development of type 2 diabetes.

Research shows you can lower your risk for type 2 diabetes by 58 percent through moderate exercise (30 minutes, five days per week) and losing 7 to 10 percent of your body weight, if you are overweight.

Other lifestyle habits that can prevent or help manage type 2 diabetes include not smoking; eating a healthful diet (vegetables, fruits, whole grains, low fat dairy, lean protein) with moderately sized portions and limited sweets; drinking alcohol in moderation; and getting enough sleep. Reducing the amount of sweetened beverages you drink can also help. New research confirms that consuming just 12 ounces of sugar-sweetened soft drinks per day increases the risk for type 2 diabetes in adults by 22 to 25 percent.

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Tomatoes Take Center Stage

Tomatoes naturally lend themselves to health-conscious cooking, and they are one of the most versatile and flavorful fruits nature provides. Tomato consumption in the United States has increased 30 percent during the last 20 years. Consumers enjoy them raw, stewed, fried, crushed, pureed, reduced to sauce, and added to countless dishes, with salsa topping the list.

Garden-grown tomatoes are plentiful right now, and they are sweeter than supermarket varieties. Tomatoes are a good source of vitamins A, C, K, and potassium. Nutrients in tomatoes promote healthy skin, strong bones, and improved vision. These nutrients also help regulate blood sugar, prevent kidney stones and gallstones, and promote heart health. Lycopene, found in tomatoes, helps prevent several cancers, and the antioxidants in tomatoes can reduce cell damage.

You can easily freeze raw tomatoes to enjoy later in cooked foods such as soups, sauces, and stews. They may be frozen without their skins or frozen whole with their skins. Tomatoes should be washed first. Cut away the stem scar and surrounding area and dry them by blotting with a clean cloth or paper towels.

To freeze whole tomatoes with skins: Place them on cookie sheets and freeze. Once frozen, transfer the tomatoes into freezer bags or containers and seal. To use frozen tomatoes, remove as many as you need, run them under warm water in the kitchen sink, and the skins will slip off easily.

Other methods for preserving tomatoes through freezing and canning are discussed in the K-State Research and Extension publication *Preserving Tomatoes*, MF1185, at www.ksre.ksu.edu/bookstore/pubs/MF1185.pdf

Reduce Your Risk of Type 2 Diabetes

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More information about diabetes is available from the American Diabetes Association. A simple Diabetes Risk Test is available at: <http://www.diabetes.org/diabetes->

[basics/prevention/diabetes-risk-test/](http://www.diabetes.org/diabetes-basics/prevention/diabetes-risk-test/). If you could be at risk for type 2 diabetes, the first step is to see your doctor to determine if testing is needed.

Summer Fresh Tomatoes with Pasta

Makes 4 servings

Heat intensifies the flavor of all tomatoes. Try roasting or grilling them in a foil packet, or in dishes similar to this.

Ingredients:

- 8 ounces angel hair pasta
- 2 tablespoons olive oil
- 5 cloves garlic, minced
- ¼ teaspoon red pepper flakes (optional)
- ¾ cup white wine, broth or pasta water
- 3 cups fresh cherry, grape or mixed small heirloom tomatoes
- ⅓ cup fresh basil, chopped
- grated Parmesan cheese, optional

Directions:

1. Bring a large pot of water to a rolling boil; cook angel

hair pasta at a boil until tender but still firm, 4 to 5 minutes. Drain the pasta, reserving ¾ cup of cooking water if you plan to use that for the sauce. Transfer the drained pasta to a large serving bowl.

2. Heat oil in a large heavy skillet over medium-high heat, add garlic and red pepper flakes, and cook until fragrant, about 30 seconds. Add the wine, broth, or pasta water and cook over high heat, stirring occasionally, for 2 minutes. Add tomatoes and cook until they begin to soften and burst.

Add basil, season with salt and pepper to taste, and stir. Mash the tomatoes lightly in the pan. Serve over cooked angel hair pasta. Sprinkle with Parmesan cheese if desired.



Nutrition Information per serving:
330 calories; 9 g fat; 48 g carbohydrates; 9 g protein; 3 g fiber; 10 mg sodium.