

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 in March

Walk Kansas 2013:
March 17 to May 11

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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Walk Kansas 2013

Grab your walking shoes — *Walk Kansas* begins March 17. Once again, this K-State Research and Extension health initiative will challenge teams of six people to log regular physical activity equivalent to walking at least 423 miles, the distance across the state of Kansas.

Each team identifies a goal, or challenge, it wants to reach. Three challenges are offered. Challenge 1 is the distance across the state and would require each member to reach the minimum guidelines for physical activity, 150 minutes per week. To reach Challenge 2, the team must go across and back, or 5 hours per week for each participant. Challenge 3 takes the team 1,200 miles around the perimeter of the state, a 6-hour-per-week goal for each person.

Team progress will be posted at www.walkkansas.org each week. Check the website map regularly to find points of interest and Kansas history information at each milestone on your journey.

Walk Kansas continues for 8 weeks, March 17 through May 11. Information about this program in your community is available from your local K-State Research and Extension

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Walk Kansas 2013

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office. Registration packets include program guidelines, forms to sign and return, a daily log, and more. T-shirts can also be purchased.

Gather your team, decide which challenge to work toward, and submit your registration materials before the deadline. Please join us for Walk Kansas this year!

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

2012 Success Story

I was so happy to see my blood pressure go down to a normal range. I ate more fruits and veggies and lost 10 pounds. It wasn't as hard as I thought it would be, because I wanted to be a really good team contributor.

Wildcat District, Labette

• Can I Exercise • if I Have the Flu?

- If you have a basic cold, but no fever, mild to moderate physical activity is usually OK. In general, exercise should be fine if symptoms of your illness are all "above the neck." Let your body be your guide. If you feel miserable, take a break.
- You should avoid exercise if signs and symptoms of illness are "below the neck" such as chest congestion, hacking cough, or upset stomach. Also, don't exercise if you have a fever, fatigue, or muscle aches.

Motivation to Walk: Top 10 Strategies

10. Wear a pedometer.

Start by wearing a pedometer for several days to determine how many steps you take during a typical day. Then set a goal that adds 2,000 to 4,000 steps per day.

9. Find a walking buddy.

A walking buddy can make exercise fun, and you are more likely to walk if someone else is counting on you. Make sure your partner has similar fitness goals.

8. Keep a walking journal. Write down your goals and track walking steps or minutes on a calendar or in a journal. Having a written goal helps motivate you to make those numbers add up.

7. Get a new pair of walking shoes. Athletic shoes should last around 500 miles before they lose

some cushioning or you begin to see the sole wearing out. Most people continue to wear walking shoes long after they have lost cushioning. Try to replace them about every 6 months.

6. Go for 5 minutes.

Getting started can be the hardest part. Go for 5 minutes and if you still don't want to walk, then stop. Chances are good you will want to keep going!

5. Sign up for a charity walk, walk-a-thon, or a 5K event. Preparing for these events can provide motivation.

4. Listen to music, audiobooks, or podcasts while you walk. Reserve certain tunes or books to listen to only when you walk. You will look forward to hearing your favorites.

3. Determine your best time for walking.

Early morning walks are good for some people. Others feel most energetic later in the day. Analyze your habits, choose the best time for you, and put it in your schedule.

2. Get a dog. Instead of home exercise equipment, consider something with four legs and a wagging tail. Dogs can be powerful motivators because they need to walk, too. Studies show dog owners are more likely to take regular walks and that they are more active overall.

1. Join Walk Kansas 2013! Request a registration packet from your local extension office and your team is ready to go!

Learn to Love Kale

Kale seems to provide the best of everything — it is inexpensive, tasty, versatile, and super healthy. Kale was grown in gardens by the ancient Greeks and Romans, and Europeans brought kale to America in the 1600s. During World War II, kale was grown in Victory Gardens because it was so nutritious. Today, kale is enjoying a revival. Its appealing complex flavors and a punch of nutrients have earned it the title of “superfood.”

Packed with beta-carotene, vitamin A, and vitamin C, kale is also rich in minerals such as iron, manganese, calcium, and potassium. One cup of kale provides 1,300 percent of the recommended daily allowance of vitamin K. This is important for healthy blood coagulation and maintaining bone mass.

While some people love the rich, earthy flavor of kale, it can be a little intimidating to first-timers. Read on to learn how to appreciate kale.

Kale is available year round, but the perfect time is fall and winter because a light frost will sweeten the

flavor. Leaves should be dark and frilly, with some “spring” to them.

While kale stands alone as a side dish, steamed or sautéed, it can be added to other foods such as breakfast egg dishes, a stir-fry, or soup. The flavor of kale pairs well with hearty meats, beans, and sausages. Add chopped kale while cooking pasta, about 5 minutes before it is done, or add to a simmering marinara sauce. Kale combines well with grains in a rice pilaf or barley risotto. You can also roast kale, which will bring out smoky, buttery flavors.

Give Kale a Rubdown

One of the most popular ways to use kale is in salads. There is one trick to improve the texture of kale — give it a massage. Grab bunches of kale, squeeze, and rub together for a couple of minutes. The structure breaks down, the leaves seem to wilt, and the volume will shrink. This also enhances the flavor, similar to the sweetness that develops from long, slow cooking.

Butternut Squash and Kale Soup

Makes 8 servings

Ingredients:

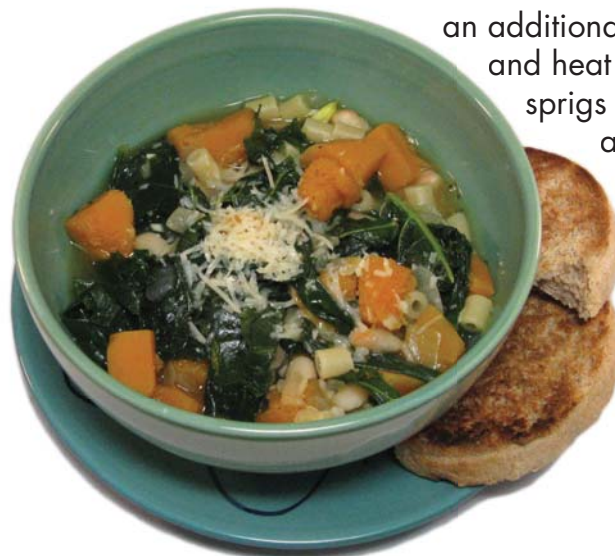
- 1 tablespoon olive oil
- ½ medium onion, chopped
- ¾ cup peeled and chopped carrot
- ¾ cup chopped celery
- 2 tablespoons chopped green onions
- ¼ to ½ teaspoon garlic salt
- 6 cups chicken or vegetable broth
- 2 cups water
- 3 to 4 cups 1-inch chopped butternut squash
- 2 cups torn or chopped kale leaves
- 2 to 3 sprigs fresh rosemary and thyme
- 1½ cups small pasta
- 1 (15.5-ounce) can white beans, rinsed and drained

Salt and pepper, to taste

Parmesan cheese for topping

Directions:

1. Heat olive oil in a large soup pot, add onion, carrot, celery, green onions, and garlic salt. Cook and stir 5 to 6 minutes, or until vegetables begin to soften.
2. Add broth, water, and butternut squash. Bring to a boil, then reduce heat to low and simmer for 15 minutes. Add kale, pasta, and herbs and simmer an additional 10 minutes. Stir in the beans and heat through. Remove the fresh herb sprigs and discard. Season with salt and pepper. Sprinkle individual servings with Parmesan cheese, if desired.



Nutrition information per 1-cup serving: 180 calories; 3 g fat; 35 g carbohydrate; 10 g protein; 6 g fiber; 360 mg sodium.