

# 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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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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## *Are You House Walking?*

Are you walking with purpose, or just “house walking” — moving at a speed people walk when going from one room in the house to another? With several weeks of *Walk Kansas* behind you, this is a good time to increase your walking pace.

When you walk, or do other types of activity, make sure you are working at a level that ensures the most benefit for your physical activity — not overdoing or underdoing it. Basically, there are two ways to determine if you are working at the right level of intensity. One is based on how you feel during exercise and the other involves measuring your heart rate.

**Take the talk test.** Activity minutes you report for *Walk Kansas* should be at moderate or vigorous intensity. Moderately intense activity means you can just barely talk, but you can't sing. Your breathing quickens; however, you are not out of breath. You develop a light sweat after about 10 minutes of activity.

Vigorous activity will feel challenging. Your breathing is deep and rapid and you develop a sweat after a few minutes of activity. You can say only a few words before pausing for breath.

**Measure your heart rate.** A more scientific way to measure intensity is to see how hard your heart is beating during exercise. First, you need to know your maximum heart rate, which is

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## Are You House Walking?

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the upper limit of what you can handle during physical activity. A basic formula for this is to subtract your age from 220. Moderate intensity exercise is 50 to 70 percent of your maximum heart rate. Vigorous intensity is 70 to 85 percent of your maximum heart rate. A quick and easy way to determine your desired heart rate zone is to use an online target heart rate calculator such as this one: [www.webmd.com/fitness-exercise/healthtool-target-heart-rate-calculator](http://www.webmd.com/fitness-exercise/healthtool-target-heart-rate-calculator). To determine if you are working in the zone, check your heart rate during exercise using these steps:

1. Stop for a moment.
2. Take your pulse for 15 seconds.
3. Multiply this number by 4 to calculate your heartbeats per minute.
4. Compare this number with your heart rate zone for moderate or vigorous activity.

To benefit the most from your physical activity, make sure you are exercising at the proper intensity level for your health. Also, be aware that certain types of medication can lower your maximum heart rate zone. Be sure to talk with your physician about your appropriate heart rate zone if you take any medications or have any medical conditions.

## Success Stories from 2012

"After having two total knee replacements in the past year, I was having difficulty walking. Walk Kansas gave me the motivation to increase activity and focus on creating a new stride. As a result, I now have the strength and balance back to feel confident and comfortable walking."

— Sumner County

## Choose "Soda-briety"

### Part 2

By choosing tap water as a beverage, you save calories and you'll notice savings in your wallet, too. For every beverage you replace with water (when eating out or from a vending machine), you'll save at least \$1.50. Make this change five times each week and you would save \$60 during the eight weeks of *Walk Kansas*.

Think about what you would save during one year (\$390) or 2 years (\$780). What could you do with an extra \$780? You could buy a new laptop computer, a new wardrobe, or it could go toward a vacation. It is quite simple, and the payoff is huge — all because you substitute water for soda when you eat out or pass up a vending machine. Think it over — choose water!

## Take 10 for Better Health

Taking 10-minute breaks in your day is like having recess. Children look forward to recess breaks at school, and adults should do the same to break up their daily routine.

Physical activity guidelines from the U.S. Department of Health and Human Services recommend a minimum of 150 minutes of activity (moderate to vigorous) each week. The guidelines also highlight the need to do these activities for at least 10 minutes at a time.

"Instant Recess" is a tool that inspires people of all ages to move and be active 10 minutes at a time. You can enjoy recess at home, at work, during meetings and conferences — wherever and whenever you need a break. Your recess could be a 10-minute brisk walk, or play one of the "Instant Recess" videos and join the fun!

"Instant Recess" videos can be found at [www.walkkansas.org/p.aspx?tabid=77](http://www.walkkansas.org/p.aspx?tabid=77) or request a DVD from your local K-State Research and Extension office.

To learn how workplaces and communities across the country are implementing recess, like "Instant Recess" on Facebook.

*Toni Yancey, M.D., M.P.H., 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" and believes that "what is good for the waistline is good for the bottom line."*

## Vary Your Protein

Protein-rich foods are vital for good health. Most people eat enough protein, and some eat more than needed. Adults typically require 5 to 7 ounces of protein foods each day. While you may be getting enough protein in your diet, it is possible you could make better choices. The key is to choose variety and go lean with protein.

Foods that contribute protein include beans and peas, nuts and seeds, soy foods, seafood, red meat, eggs, poultry, and dairy products. As you make protein choices, opt for lean or low-fat cuts of meat such as round or sirloin, and choose ground beef that is at least 90 percent lean. Watch portion sizes and be aware that many restaurant portions are often greater than 4 to 5 ounces. Eggs are also a great source of protein, and an average of one egg each day does not increase your risk for heart disease. The most recent dietary guidelines promote eating seafood twice a week in place of meat or poultry, and to eat plant proteins more often.

A plant-based food gaining popularity right now is quinoa. While often considered to be a whole grain, quinoa is actually a seed. The plant is native to the Andes Mountains of Bolivia, Chile, and Peru. Quinoa is a highly nutritious food and has the highest protein content of all whole grains. It provides all nine essential amino acids, is gluten-free, and cholesterol-free.

There are many ways to enjoy quinoa. It tastes great on its own and when combined with almost any vegetable for a side dish or entrée. In the recipe below, quinoa and vegetables combine with beef to add flavor and to stretch your food dollar. Enjoy these with marinara sauce and spaghetti (or spaghetti squash), or on a whole-grain hoagie as a meatball sandwich. Try them as an entrée with different sauces. Make smaller meatballs and add to soup, stew, a casserole, or top a pizza.

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### Beef and Quinoa Meatballs

Makes 6 servings

#### Ingredients:

- Nonstick cooking spray
- 1 pound lean ground beef
- $\frac{3}{4}$  cup cooked quinoa
- $\frac{1}{4}$  cup finely chopped onions
- $\frac{1}{4}$  cup grated carrots
- $\frac{1}{4}$  cup grated zucchini
- $1\frac{1}{2}$  tablespoons ketchup
- 1 tablespoon chopped garlic
- 1 tablespoon reduced sodium soy sauce
- $\frac{1}{2}$  teaspoon pepper
- $\frac{1}{4}$  teaspoon dried oregano
- $\frac{1}{4}$  teaspoon dried thyme
- 1 egg

#### Directions:

1. Preheat oven to 450 degrees F.
2. Line a large baking sheet with foil, then spray with cooking spray, set aside.

3. In a large bowl, mix together all remaining ingredients.
4. Shape beef mixture into 18 balls and transfer to prepared baking sheet.
5. Roast until cooked through and meatballs reach internal temperature of 165 degrees (approximately 12 to 15 minutes).

**Note:** To cook quinoa, bring 1 cup water to boil in a small pot. Add  $\frac{1}{2}$  cup quinoa, cover and simmer 10 to 12 minutes until water is absorbed. Remove from heat and let set for 10 minutes, then fluff with a fork. This makes about  $1\frac{1}{2}$  cups.

#### Nutrition information for one

**serving (3 meatballs):** 190 calories; 9 g fat; 8 g carbohydrates; 1 g fiber; 210 mg sodium.

**To freeze cooked meatballs:** Place them on a cookie sheet and then in your freezer. After meatballs are frozen, transfer to a freezer bag and seal. Take out and reheat as needed.



K-STATE RESEARCH  
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ATCHISON COUNTY

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.

Weekly  
Walking  
Wisdom

WALKING IS THE BEST POSSIBLE EXERCISE. HABITUATE YOURSELF TO WALK VERY FAST.

~Thomas Jefferson

# WALK KANSAS 2013 WEEK 2

## ATCHISON COUNTY NOTES & NEWS

### Weekly Team Progress and Totals

Team	Wk 2 Miles	Total Miles	Wk 2 F/V	Total F/V
3 Hens and Their Chicks	77	135	104	230
AHS 3	108	198	59	91
Atchison Trotters	160	316	56	120.50
Babes of AHS	139	269	131	270
Court Jesters	85	169	57	57
Foxy Farmerettes	141	231	173	310
Holy Walkamolies	69	130	141.50	335.50
Lean and Mean in 2013	182	355	102	227
Make Pace	119	119	72	72
Mini Skirts	55	55	81	81
Sister/Sister	0	0	0	0
Sister Wives	0	0	0	0
Sole Sisters	139	308	142	275
Sole Survivors	131	266	111	214
Sunsetters of Atchison	91	162	40	93
Team Extension Board	73	109	135	196
The Six of Us	92	92	116	116
UBOK/Scholz Insurance	96	172	161	257
USD 409 District Office	86	174	125	418
Walking Wonders	76	165	166	335

T-shirts orders have arrived and may be picked up. Call if you need us to deliver. T-shirts may still be ordered. Team captains when talking/walking with your team this week, please check that they are receiving Walk Kansas news by e-mail or mail.



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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

*It is health that is real wealth and not pieces of gold and silver. ~Mahatma Gandhi*

**April 3, 2013 is National Walking Day!** In an attempt to get us up and moving, the American Heart Association calls on all Americans and their employers to incorporate at least 30 minutes of brisk walking into their day. Ancient Greek physician Hippocrates (known as the father of western medicine) once said, "Walking is man's best medicine." What a relatively simple and inexpensive 'pill to take' to make such a big impact on maintaining and improving our health. Dr. Mike Evans agrees with Hippocrates. As a professor of Family Medicine and Public Health at University of Toronto and staff physician at St Michael's Hospital, he presents the investigating he did to come to this conclusion in an entertaining and educational YouTube video called, [23½ hours: What is the single best thing we can do for our health?](#) I shared this video link last year but his fun message about the importance of walking is worth a repeat! Here are some of the findings that convinced him:

- ◆ Patients with knee arthritis who walked three times weekly "reduced their rates of pain and disability by 47%."
- ◆ Patients at high risk for diabetes who walked and participated in other healthy lifestyle changes reduced their risk by 58%.
- ◆ According to a meta-analysis study (that is, one that reviewed a number of similar studies to compare their results), walking reduced anxiety by 48%.
- ◆ Walking is also the number one treatment for improving sleep.

The list goes on, with all data pointing toward walking as the single most effective factor for better health. What better time than now to get off the couch or step away from the computer and go for a walk — do it for your health!

Diane Nielson  
County Extension Agent, Family and Consumer Sciences

