

Walk Kansas

celebrate healthy living

Atchison County Extension Office
www.atchison.ksu.edu

K-STATE
Research and Extension

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April 23: Cook Once - Eat For A Month. This lesson will be held at 10:15 am at the First Baptist Church in Atchison.

April 23: Emotional Eating. Come join us at 1:00 pm at the First Baptist Church in Atchison.

Coming Next Week

Keep Your Routine Fun!
Action Plan for Success
Enjoy a Great Catch!
Recipe: Tuna Salad

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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Moving Beyond Kansas

Cheryl Hermann joined a Pottawatomie County Walk Kansas team for the first time in 2010. After finishing the program, she wanted to keep herself and others involved in the transition to a healthier lifestyle. Using the “Walk Kansas” model, she and a coworker created a “Walk Across the U.S.” challenge.

Cheryl works for Community Health Care System Inc., in St. Marys, Kan., as a restorative nurse’s aide. She and a coworker paired staff with residents and kept track of all miles walked to help them “travel” faster. Since then, Cheryl, her staff, and residents have traveled across 20 states and counting.

Keeping residents moving is important to Cheryl. She incorporates range of motion, group cardio, and strengthening exercises into their walking minutes. She creates games and activities centered on the cultural aspects of a particular state. Activities include throwing out fishing nets, tossing peanuts in buckets, and racing through the corn rows. These activities help with mind, body, balance, and endurance. Some residents keep a log sheet to track exercise independently and they enjoy seeing a large map that shows their progress.

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Moving Beyond Kansas

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Kitchen staff have joined this effort by providing a special treat such as a Hawaiian feast, healthy shakes, and good old fashioned BBQ.

Cheryl enjoys working with the residents, and she has benefitted personally from Walk Kansas. Since 2010, she has lost 20 pounds. She participates in the program every spring and recruits others, improving her own health and the lives of others.

Contributing Writer:

Erin Tynon, Pottawatomie County Extension Agent

Success Stories from 2012

"I think Walk Kansas helped our office put activity in the spotlight. We took 15-minute walking breaks, which made our working hours even more productive. It was great to see so many from the office out walking."
— Geary County

Make the Healthy Choice the Easy Choice

What do you think a culture of health would look like — a place where the healthy choice was the easiest choice to make? Where the default option was a healthy choice?

Health promotion efforts across the country support this shift in culture. Creating cultures of health often involves changing the environment and policies. It requires action at multiple levels including government, industry, community, neighborhood, school, church, worksite and in your own home.

Shifting a culture to support more physical activity could start with something very simple, such as adding signage on already established bike routes and walking trails, posting creative messages to encourage walking the stairs instead of riding the elevator in buildings, and encouraging your children to play outside more often.

Culture change ideas that are slightly more complex could include adding bicycle racks to buses, placing benches along walking paths in areas where older adults live so they can rest periodically, and adding lights and safety features to walking and biking trails. Changes that are certainly doable, although require more funding, include adding bike lanes, trails, and sidewalks, and creating pedestrian-friendly intersections. A community service project might be a bike drive where used bicycles are refurbished and given to someone who is able to ride but can't afford a bike.

Perhaps the easiest way to influence culture change is to set an example. The more you see others out walking, riding, and being active, the more likely others are to join in. Thank you, Walk Kansas participants, for being that example!

Flavor Water Naturally

Flavored water is so refreshing. For subtle flavor, toss frozen berries into your water bottle and let them melt as you drink. Add frozen berries or citrus zest to water when you make ice cubes. For a clean refreshing taste, add freshly cut cucumbers to water. For a natural tummy tamer, add fresh sliced ginger. The flavor combinations below are refreshing, healthy, inexpensive, and gorgeous!



Citrus Water. Slice one orange, one lime, and one lemon into rounds; cut the rounds in half. Place fruit in a jar, press, and twist with a muddler or handle of a wooden spoon to release some of the juices. (Don't pulverize the fruit.) Fill the jar with ice and pour in water to the top. Put on a lid and place it in the refrigerator to chill.

Raspberry Lime Water. Quarter two limes and squeeze the juice into a jar, then add the limes. Add raspberries. Gently muddle to release some juices. Fill the jar with ice and top it off with water.

Other flavor combinations to try: Watermelon and rosemary; pineapple and mint; blackberry and sage; pomegranate and blueberry; cranberry and orange; lemon and ginger; strawberry and vanilla; apple slices; mango and kiwi.

Flavored water will keep up to three days, covered with a lid, in your refrigerator. If you find these are undrinkable without sweetening, add a very small amount of sweetener. One teaspoon of sugar has 15 calories, compared to a single can of soda that has the equivalent of 10 teaspoons of sugar.

Reasons to Love Legumes

The legume family includes beans, peas, lentils, chickpeas, and other seeds that grow in pods. Beans, in particular, are inexpensive sources of protein and readily available. They are tasty, packed with fiber, and virtually fat free.

Legumes in your diet can help fight diabetes, heart disease and some types of cancer. They are good sources of folate, potassium, iron, and magnesium — a mineral that offers protection against the development of Type 2 diabetes. Legumes are a good choice for people who must control blood sugar and a good alternative for a meatless meal.

Beans also give you a boost of antioxidants. These are health-promoting substances that neutralize molecules called free radicals, which form when cells burn oxygen for energy. Free radicals damage or destroy healthy cells. Beans are considered heavyweights when it comes to antioxidant power,

especially those with a deep-colored coat such as black, kidney, and pinto beans.

Legumes are available dried, canned, and frozen. Canned beans are easy to use and rinsing them removes about 40 percent of the sodium. To save time in the long run, cook dry legumes, divide into smaller quantities and freeze to use later. For more information on using legumes, including recipes, go to www.walkkansas.org/p.aspx?tabid=69.

'Lose It' App for Weight Loss

This app provides a simple way to track calories ingested in the form of food and expended in the form of exercise. You set weight loss goals and track over time.

<https://itunes.apple.com/us/app/lose-it!/id297368629?mt=8>



Wrap and Go Burrito

Makes 6 servings

Ingredients:

- 2 teaspoons olive oil
- 1 cup diced onion
- 1 sweet bell pepper, chopped
- 1 tablespoon minced garlic
- 1 ¾ cups cooked pinto beans
- 1 ¾ cups cooked black beans
- 1 ½ cups diced fresh tomatoes
- 1 tablespoon ground cumin
- 2 jalapeno chile peppers, diced (optional)
- 1 tablespoon lime zest
- 2 tablespoons lime juice
- 2 teaspoons dried oregano
- ¼ teaspoon ground black pepper
- 6 whole-wheat tortillas (8-inch)
- 1 ½ cups shredded 2% cheddar cheese, divided

Directions:

1. Heat oil in a non-stick

skillet over medium heat. Add onion, bell peppers, and garlic; sauté until softened. Stir in beans.

2. Add tomatoes, cumin, jalapenos, lime zest, lime juice, oregano, and pepper; cook 5 minutes. Remove skillet from heat; let filling cool completely.
3. Place tortillas flat on a counter. Divide filling evenly among tortillas and top each with ¼ cup Cheddar cheese. Fold in two sides of one tortilla; bring the front over the filling, continue rolling and tucking in the filling until it's completely enclosed. Repeat with remaining tortillas.
4. Wrap each burrito in two layers of plastic wrap. Tightly seal wrapped tortillas in freezer bags and freeze up to 8 weeks.
5. To reheat: Unwrap burrito and discard plastic wrap. Place burrito on microwave-safe plate and heat in microwave oven for 3 to 4 minutes. Heat a thawed burrito for 2 minutes or until filling is hot. Enjoy with tomato salsa!

Note: You can use canned beans and canned tomatoes for this recipe; however, the total amount of sodium would be more than double at 1,080 mg per serving.

Nutrition information per serving: 370 calories; 8 g fat; 55 g carbohydrates; 14 g fiber; 500 mg sodium.



Cook Once - Eat For A Month

Do busy schedules make cooking healthy meals a challenge for your family? One of the community lesson topics offered by K-State Research and Extension in 2013 is titled Cook Once - Eat For A Month. Cindy Williams, Meadowlark District Extension Agent will be demonstrating this concept in the kitchen on April 23. The program starts at 10:15 am at the First Baptist Church, 1640 Riley Street, Atchison, KS. You are welcome to join local FCE members in the kitchen as they prepare a few of the lesson recipes for tasting. Can't join the morning session due to schedule conflicts; you are welcome to join us for noon time taste testing. Call 913- 833-5450 by noon on April 22 if you plan to attend so we can do the necessary shopping.



A \$3.00 sampling fee will help with program costs. If this date doesn't fit your schedule, gather a group of 10-12 friends, family or co-workers and visit with Diane about scheduling a tasting party of the recipes or think fun and put on your apron and schedule a let's cook for a month workshop that let's you leave with healthy meals to heat and eat.

Emotional Eating Topic of April 23 Class

Have you ever mindlessly nibbled your way through a bag of chips? Ever turned to a chocolate bar to deal with the stress of the day? If you answered yes, you are not alone. Sometimes we eat because we are physically hungry; other times we may eat to fill an emotional need. Diane Nielson, Atchison County Extension agent will be exploring the topic of emotional eating on Tuesday, April 23. The program is part of the annual family and consumer science lesson series offered by K-State Research and Extension staff across the state each year. The presentation



starts at 1:00 pm at the First Baptist Church, 1640 Riley Street, Atchison, KS. The presentation is open to the public; Atchison FCE members will join KSRE in sponsoring the program. There is no charge to attend the 60 minute presentation. Pre-registration is encouraged by calling 913-833-5450 or emailing at@listserv.ksu.edu before noon on April 22.

Are you interested in the topic but unable to attend; contact Diane for lesson materials. Or consider scheduling a presentation for another group at a later date. Did you know that Extension agents, Diane Nielson and Ray Ladd, can be requested to present a program at worksites, for civic clubs, church groups or an informal gathering of 15 or more friends and neighbors? Providing Knowledge for Life is more than a logo for K-State Research and Extension staff, it's what we do! Give us a call.



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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

Making the Healthy Choice the Easy Choice was embedded in the planning of the Kansas Health Foundation Conference. Refreshment breaks featured plenty of fruits and vegetables and Wichita tap water infused with flavor plus MyPlate meals that appeared to come from the cover of a foodie magazine. Physical activity breaks were built into the schedule. Planning by someone made it easy to make the healthy choice.

We were invited to gather at 5:00 for a community walkability tour. Our guides from the YMCA and KU med school led us on a tour along the river front, through quaint neighborhoods and the historic Delano business district. They challenged us to not only walk but to take a look around us. How did what we see influence making healthy choices if we lived and worked here? Were the sidewalks wide enough for a young family with a stroller and preschoolers? Could a senior citizen buy groceries in the neighborhood? Were the sidewalks in good repair or did I need to walk through mud puddles on my journey? Did the scenery encourage me to want to go outside? Could I enjoy a healthy food options on the menus of local food establishments? Were there any public drinking foundations, benches to rest or playgrounds for children on the route?

While the tour gave me an opportunity to log Walk Kansas miles, it caused me to pause to think about the “walkability” of my personal lifestyle choices. Do I place healthy snacks within easy reach in the refrigerator or do I hide them? Do I savor the unique flavor of fruits and vegetables on my plate or do I grumble because they deprive me of empty calorie foods? Do I plan physical activity as part of my daily routine or do I need to fit it somehow into my schedule? Do I give myself permission to make the healthy choice the easy choice, because my health matters?

From my walk last week in Wichita, I discovered a few facts about my personal wellness environment. I'm doing great in some areas and I also have a few “sidewalks” in my life that make it difficult to make the healthy choice the easy choice. I know change isn't always easy - but giving myself permission to rearrange my schedule and change the order in the food pantry are great first steps to take.

Enjoy your week and ask yourself how “walkable” is your life style to make the healthy choice the easy choice?



Diane Nielson
County Extension Agent, Family and Consumer Sciences

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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

Me thinks that the moment my legs begin to move, my thoughts begin to flow.

~Henry David
Thoreau

WALK KANSAS 2013 WEEK 4

ATCHISON COUNTY NOTES & NEWS

Weekly Team Progress and Totals

Team	Wk 4 Miles	Total Miles	Wk 4 F/V	Total F/V
3 Hens and Their Chicks	99	321	90	404
AHS 3	125	323	97	158
Atchison Trotters	326	642	149.50	270
Babes of AHS	132	522	141	541
Court Jesters	107	276	57	57
Foxy Farmerettes	121	464	140	584
Holy Walkamolies	74	284	163	646.50
Lean and Mean in 2013	169	739	98	427
Make Pace	261	508	120	293
Mini Skirts	47	239	121	418
Sister/Sister	0	0	0	0
Sister Wives	0	0	0	0
Sole Sisters	140	580	165	590
Sole Survivors	165	553	141	489
Sunsetters of Atchison	144	235	50	143
Team Extension Board	131	387	98	464
The Six of Us	134	344	125	364
UBOK/Scholz Insurance	119	404	158	515
USD 409 District Office	83	475	122	711
Walking Wonders	111	396	160	680

T-shirts may still be ordered. This week all team members will receive a 10 minute Instant Recess Break DVD. Check with your team captain for your details.